

100 CALORIE DESSERTS



A close-up photograph of several brownies on a white plate. A glass of milk is visible in the background. A purple rectangular box is overlaid on the image, containing the text 'YOUR DESSERTS ARE WAITING!'.

YOUR DESSERTS ARE WAITING!

ENJOY YOUR FAVORITE TREATS, AND STILL REACH YOUR HEALTH AND NUTRITION GOALS!

THESE 10 DESSERTS ARE MY GO-TO WHEN I NEED A QUICK AND EASY DESSERT. KEEPING DESSERT UNDER 100 CALORIES MEANS I CAN INDULGE RESPONSIBLY, AND STILL MANAGE TO STAY WITHIN MY CALORIE AND MACRO GOALS FOR THE DAY.

LET ME KNOW IF YOU TRY ANY OF THESE DESSERTS AND TELL ME WHAT YOU THINK! DON'T HESITATE TO REACH OUT IF YOU HAVE ANY QUESTIONS.

HERE'S TO A HEALTHY AND HAPPY WEEK!

CHEERS

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CHOCOLATE CHIP PROTEIN COOKIE DOUGH

Prep Time:
5 minutes

Cooking Time:
NO-BAKE

Serves:
9 servings

Ingredients:

- 1 scoop protein powder, vanilla (Optimum nutrition)
- 1/2 cup all purpose flour
- 1 tablespoon Light butter (country crock light)
- 1 tablespoon pasteurized egg whites (Kirkland brand)
- 1/2 teaspoon vanilla extract
- 1 tablespoon mini chocolate chips

1 Tablespoon=

- Calories: 40 cal
- Carbohydrates: 4g
- Protein: 3.5g
- Fat: 1g

Instructions:

1. In a medium sized bowl, whisk together protein powder with the flour.
2. Add the light butter, egg whites, and vanilla extract.
3. Stir all ingredients together. You will think that it will never come together, but if you add too much more liquid, it's too much. You can work the batter with your hands until a dough forms.
4. Depending on the type of protein powder you are using (some absorb the liquid better than others), you CAN add 1-2 TEASPOONS (not tablespoons) more of the egg white to help you make the dough
5. Knead the chocolate chips into the dough with your hands until mixed together.
6. Portion into 1 tablespoon servings or balls for the calories and macros to equal what is listed. If not eating right away, chill in the fridge!.



CHOCOLATE PEANUT BUTTER PROTEIN COOKIES

Prep Time:
5 minutes

Serves:
20 servings

Cook Time:
freezer 30 min.

Ingredients:

- 1/2 cup vanilla unsweetened almond milk
- 1 scoop vanilla protein powder
- 2 tablespoons peanut butter powder
- 1 tablespoon sugar free cheesecake pudding mix
- 1 teaspoon xanthan gum
- 40 cookies Murray sugar free brownie thins

Instructions:

1. Make the creamy protein fluff filling by adding protein powder, peanut butter powder, sugar free pudding mix, and xanthan gum to a high powered food processor.
2. Blend until the ingredients are fluffy. (at least 5 minutes)
3. With the sugar free cookies, arrange 20 on a tray. Top with 1 tablespoon of the peanut butter cream. Top with a second cookie, and place in the freezer for about 30-40 minutes.
4. Remove from freezer and eat!

1 cookie =

- Calories: 35 cal
- Carb: 5g
- Protein: 2g
- Fat: 1g



BLUEBERRY YOGURT PIE

Serves:
2 servings

Freeze Time:
10 minutes

Ingredients:

- 8 Tablespoons Light Whipped topping
- 1 container Greek Yogurt Light & Fit Yogurt blueberry or strawberry
- 2 medium nilla wafers

Instructions:

1. In two small tart tins, muffin cups, or rammekins, add 1 crushed or whole nilla wafer to the bottom.
2. Blend the yogurt with the whipped topping.
3. Scoop the yogurt and whipped topping on the top and freeze!
4. It only takes about 20-30 minutes to firm up, and then you have the perfect, 100 calorie dessert!

Serving: 1 pie

- **Calories:** 87 cal
- **Carbs** 12.6 g
- **Protein:** 6.1g
- **Fat:** 2.8g



BERRY CREAM CUPS

Serves:
1 servings

Freeze Time:
20 minutes

Ingredients:

- 1 tablespoon chocolate chips
- 2 tablespoons light cool whip
- 2 medium raspberries

Instructions:

1. Melt chocolate chips.
2. Scoop and spread the melted chocolate into a silicone cupcake liner.
3. Chill in freezer for about 20-30 minutes, or until chocolate is firm.
4. Scoop cool whip into the chocolate cup and top with berries..

Serving: 1 cup

- **Calories:** 100 cal
- **Carbs** 15
- **Protein:** 1.2g
- **Fat:** 5g



NO BAKE RASPBERRY CHEESECAKE

Prep Time:
5 minutes

Cooking Time:
NO-BAKE

Serves:
9 servings

Ingredients:

- 2 tablespoons lemon juice
- 1 tablespoon unflavored gelatin
- 8 ounces 1/3 fat light cream cheese
- 1/2 cup fat free cottage cheese
- 1/2 cup monk sugar substitute
- 1 teaspoon vanilla
- 2 tablespoons light butter
- 1/2 cup graham cracker crumbs

1 bar =

- Calories: 90 cal
- Carbohydrates: 5g
- Protein: 4g
- Fat: 6g

Instructions:

1. Heat lemon juice in the microwave for 30-60 seconds, till it's bubbly hot.
2. Add the unflavored gelatin and dissolve it in the lemon juice.
3. In a food processor, combine: Lemon juice/gelatin, cream cheese, sugar substitute (Monk sweetener,), vanilla, cottage cheese.
4. Blend until smooth!
5. Combine 2 tablespoons melted light butter with 1/2 cup graham cracker crumbs.
6. Press graham cracker crumbs into an 8X8 square pan.
7. Top with cream cheese mixture. Spread smoothly and softly so the graham cracker crumbs don't get mixed in with your cheesecake.
8. Top with mashed raspberries or other fruit!
9. Chill until ready to eat.



PINEAPPLE UPSIDE DOWN CAKE

Serves:
18 servings

Cook Time:
20 minutes

Ingredients:

- 1 box Angel food cake mix
- 1 can crushed pineapple
- 20 small cherries optional
- whipped topping optional

Instructions:

1. Mix Angel food cake mix according to directions.
2. Spoon one scoop of crushed pineapple into the bottom of a mini loaf pan or muffin tin
3. Cut and pit cherries in half and add to the bottom of the crushed pineapple.
4. Add 1/2 cup of cake batter on top of crushed pineapple
5. Bake in 375 degree oven for 15-20 minutes, or until cake is cooked all the way through.
6. After cake cools, turn over onto a plate and top with whipped cream and another cherry if you have more.

Serving: 1 slices

- Calories: 94 cal
- Carbs 21 g
- Protein: 2g
- Fat: 0g



CHERRY PIE

Serves:
1 servings

Cook Time:
10 minutes

Ingredients:

- 1 square wonton (25 calories)
- 1 tablespoon light cherry pie filling (25 calories)
- 1 brush egg white
- 1 sprinkle cinnamon sugar

Instructions:

1. Add 1 tablespoon of canned cherry pie filling to a square wonton.
2. Fold over and crimp the edges
3. Brush with an egg white wash
4. Sprinkle with cinnamon sugar
5. Bake at 375 for 8-10 minutes

Serving: 1 Mini pie

- Calories: 50 cal
- Carbs 9
- Protein: 2 g
- Fat: 0 g

100 CALORIE MUG CAKE

Serves:
1 Serving

Cook Time:
1 minute

Ingredients:

- 2 tbsp yellow cake mix
- 1 tbsp egg whites
- 1 tbsp water
- Top with optional fruit and whipped topping

Instructions:

1. Spray a small mug with cooking spray
2. Mix powdered cake mix with egg white and water in the mug
3. Cook in microwave for 1 minute.

1 mug cake=

- Calories: 100 cal



100 CALORIE BROWNIE

Serves:
4 servings

Cook Time:
7 minutes

Ingredients:

- 6 tablespoons Brownie Mix
- 1 tablespoons Egg whites
- 1-2 tablespoons water

Instructions:

1. Mix together all ingredients.
2. Pour into a small (3 inch) cast iron skillet or mini cake pan.
3. Bake in the toaster oven at 350 for 7-8 minutes
4. I cut the brownie into 4 bars, but added a strawberry and whipped cream. Brownie alone would have been 75 calories!

- Serving: 1/4 pan
- Calories: 75 cal



LIGHT APPLE CRISP

Serves:
1 servings

Cook Time:
10 minutes

Ingredients:

- 1 small Apple (100 grams)
- 1 tablespoon Golden Monk Sugar
- 1/2 teaspoon ground cinnamon
- 1 tablespoon water
- 1 crumbled Caramel rice cake (or Apple Cinnamon Rice Cake)

Instructions:

1. Cut the apple into bite sized chunks.
2. Sprinkle with cinnamon and the zero calorie sugar.
3. Cook in the microwave for one minute.
4. Take out and stir.
5. Cook for one more minute.
6. Crumble a rice cake on top!

Serving: 1 bowl

- Calories: 100 cal
- Carbs 25 g
- Protein: 1 g
- Fat: 0 g