

# 7 FAT BURNING APPROVED Desserts!



**By: Dennis Heenan**

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### *A quick word from Dennis...*

Like you, I have a massive sweet tooth almost every single night... Instead of reaching for the ice-cream, cookies, and cake though... **I instead reach for a few healthier options.**

Now, I don't eat dessert every night although I most certainly could...

I typically enjoy a dessert 3-4 nights a week, however, with the recipes below I am allowing my body to continue to burn fat instead of store it.

When making these desserts, I don't go off and eat a whole pan of Dark Chocolate Macadamia Bark (again, although I certainly could because it's so good), but I do enjoy a piece or two and that seems to be enough to calm the sweet tooth.

When it comes to desserts, **it's all about moderation.** And when you do indulge, *you better make something good and enjoy it* (that means guilt free!).

Below I have put together 7 of my favorite fat burning dessert recipes for you to try. From simple berry recipes to some delicious chocolate recipes.

There is something in here for everyone and you can be sure you will continue to burn fat as you eat these desserts.

And just one more tip... Try to eat dessert on the days you workout! It just works best that way :)

Sound good? Cool, lets dive in...

Enjoy,

Dennis Heenan

P.S. Don't forget about my other sites!

[www.FatBurningNation.com](http://www.FatBurningNation.com) - Blog posts, videos, motivation, free gifts, free content, and more.

[www.SuperheroSprints.com](http://www.SuperheroSprints.com) – Revolutionary six-week workout programs that combines the two most powerful fat burning workouts on the planet!

[www.DailyShredDiet.com](http://www.DailyShredDiet.com) – 30-Day Rapid Fat Loss Diet Plan designed to help you lose belly fat while maintaining all your lean muscle!

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# Fruit and Nut Crumble

## **Ingredients:**

- Pecans – 1 cup
- Fruit of choice (apples, pears, plums, etc.)
- Grass Fed Butter Butter – 2 tbs
- Sprinkle of cinnamon and nutmeg
- Heavy cream (for whipped cream) – 2 tbs

## **Directions:**

Toast pecans in the oven on a baking sheet lined with parchment paper. Toast the nuts at 375 degree oven for 6-9 minutes. After toasting, allow the pecans to cool. Grind (food processor or knife) 3/4 cup of toasted nuts to approximately the size of a small peanut. Set aside.

Slice your fruit(s) of choice, and sauté it in butter until the fruit is soft and warmed.

Add cinnamon and nutmeg (and additional spices if desired), and sauté for another minute.

Melt two TBS of butter and mix with the toasted nuts. Put the sautéed fruit into a bowl, top with the nut crumbles and top with a dollop of whipped cream.

# Fresh Fruit and Whip Bowl

## **Ingredients:**

- Fruit of choice (strawberries, blueberries, raspberries, etc.)
- Heavy cream – 2 tbs
- Slivered almonds – ½ cup
- Dark chocolate pieces (80% dark or higher) – 2-3 pieces chopped

## **Directions:**

Slice the fruit and put in a bowl. Whip the heavy cream with a mixer until it is fluffy whipped cream. Put a dollop of whipped cream in the fruit bowl and top with slivered almonds and dark chocolate pieces

# **Honey Nut Berries**

Ingredients:

- Berries of choice (strawberries, blueberries, blackberries, etc.)
- Honey – 1-2 tbs
- Almond Butter – 2 tbs

Place berries in a bowl and drizzle 1-2 TBS of honey and 2 TBS of almond butter over the berries. Enjoy!

# Chocolate Berries

## **Ingredients:**

- Dark chocolate (80% dark or higher) – 2-3 pieces
- Berries (strawberries, raspberries, blueberries, etc.)

## **Directions:**

Melt dark chocolate in a small saucepan. Dip berries in the chocolate and place on parchment paper to cool.

# Coconut Macadamia Bark

## **Ingredients:**

- 1 cup melted coconut oil
- 1/3 cup toasted coconut flakes
- 3/4 cup chopped macadamia nuts
- Sprinkle of cinnamon

## **Directions:**

Stir all ingredients together. Place parchment paper on a baking sheet. Pour the mixture onto the baking sheet. Freeze for at least 45 minutes. When frozen, break apart into pieces of bark. Store the bark in the freezer to maintain the right consistency.

# Chocolate Chip Cookies

## **Ingredients:**

- 4 dates, (remove the pits and grind in food processor)
- 1 1/2 cup walnuts
- 1/2 cup pecans
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 2 tablespoons coconut oil
- 1 egg
- 1 teaspoon vanilla
- 1/4 – 1/2 cup dark chocolate chips

## **Directions:**

Preheat oven to 350 degrees Fahrenheit.

Put the pits in a food processor and grind into a paste. Mix in the walnuts and pecans into the food processor and blend until very finely chopped (approximately 30 seconds). Add baking soda and salt to the mix and blend.

Drizzle warm coconut oil into the food processor with the other ingredients. Keep the food processor running, and add the egg and vanilla. Mix only until all ingredients are blended.

Fold in chocolate chips by hand. Drop spoonful size drops of the dough onto a baking sheet.

Bake for approximately 13 minutes, or until nicely browned.

# Dark Chocolate Macadamia Bark Sprinkled with Sea Salt

## **Ingredients:**

- 12 ounces dark chocolate (85 – 90% cacao), chopped into small pieces
- 1/2 cup macadamia nuts, chopped
- 1/2 teaspoon sea salt

## **Directions:**

Melt  $\frac{3}{4}$  of the chocolate on the stove, stirring constantly (you may also use the microwave, and stir every 30 seconds until melted). Stir in the rest of the chocolate to the melted chocolate and stir until it is completely melted. Stir the nuts into the chocolate

Line a baking sheet or dish parchment paper. Spread the chocolate evenly in the dish. Sprinkle with sea salt. Refrigerate for at least 10 minutes, until the bark is hard. When hardened, cut the bark into pieces.