



Fit with Deb

FIT WITH DEB'S DUMBBELLS & DESSERTS

Carrot Cake Muffins (12 Servings)



INGREDIENTS:

- 2 cups gluten-free almond flour (I like Bob's Red Mill)
- 1 teaspoon baking soda
- 1/2 teaspoon gluten-free baking powder
- 1/4 cup Nature's Hollow honey substitute (from Amazon)
- 3 eggs room temperature
- 1 teaspoon pure vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon lemon peel
- 1/4 nutmeg
- 1/2 cup unsweetened applesauce
- 1 cup shredded carrot from 1 large carrot
- 1/2 cup unsweetened shredded coconut
- 1/4 cup raisins
- 1/4 cup chopped pecans
- Muffin tin liners
- Optional: Additional chopped pecans and coconut for topping

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a large bowl add the wet ingredients first (eggs, applesauce, pure vanilla extract, and "honey") then add the dry ingredients (almond flour, baking soda, baking powder, cinnamon, nutmeg, lemon peel). Mix until fully combined.
3. Add shredded carrots, coconut, pecans, and raisins to almond flour mixture and stir until fully combined.
4. Scoop batter into a lined muffin pan. The batter will be thick.
5. Top muffins with chopped pecans and coconut. (optional)
6. Bake for about 23-26 minutes.
7. Remove and check centers with a toothpick to see if they are done.
8. Allow to cool before serving.
9. Store in an airtight container.



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Banana Nut Scones (6 Servings)



INGREDIENTS:

- 1 cup crushed pecans + ¼ cup topping
- 2 ¼ cups gluten-free almond flour (I like Bob's Red Mill)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 1/2 teaspoon cinnamon
- 1 tsp ground ginger
- 1/2 teaspoon salt
- 1/3 cup grape-seed / coconut oil
- 1 cup mashed ripe banana (about 3 medium-sized bananas)
- 1/3 cup ChocZero or Nature's Hollow syrup (from Amazon)
- 1 teaspoon vanilla extract
- Parchment paper

DIRECTIONS:

1. Preheat oven to 400°F.
2. In a mixing bowl, combine dry ingredients and mix together.
3. In a small bowl, mash bananas.
4. Use a hand mixer to slowly combine all wet ingredients. Don't over mix.
5. Line a circular pie dish with parchment paper. Pour dough in. Bake for 12-15 minutes, until an inserted toothpick removes clean.



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Oatmeal Cookie Banana Ice Cream (3 Servings)



INGREDIENTS:

- 3 large bananas, broken into pieces and frozen (if not frozen, that's okay)
- 1/2 cup dairy-free milk
- 1/3 cup gluten-free oats
- 1/4 cup raisins
- 1 teaspoon cinnamon
- 1 scoop Momsanity Mom Fuel vanilla protein powder

DIRECTIONS:

1. Combine all ingredients in a food processor or with hand mixer until smooth.
2. Pour into freezer-safe containers.
3. Top with extra raisins as desired.
4. Freeze for 2-4 hours.



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One Minute Chocolates (8 servings)



INGREDIENTS:

- ½ cup Enjoy Life chocolate dark chocolate chunks, melted
- 1 tablespoon Nature's Hollow honey substitute (from Amazon)
- 1 tablespoon peanut butter
- 1/2 cup crushed peanuts
- Optional: 1/2 cup raisins (you can omit if you dislike)

DIRECTIONS:

1. Place the ingredients into a bowl and mix to combine.
2. Spoon the mixture evenly into the holes of a silicon muffin mold and place the chocolates into the fridge or freezer to set.





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Lemon Protein Balls (15 servings)



INGREDIENTS:

- 1 cup gluten-free almond flour (I like Bob's Red Mill)
- 1/3 cup coconut / grape-seed oil
- 1 cup unsweetened coconut flakes, plus extra for rolling
- ½ cup Momsanity Mom Fuel vanilla protein powder (from Amazon)
- 2 tablespoons nut butter
- ½ tsp vanilla extract
- Juice and zest of 1 lemon

DIRECTIONS:

1. Place all ingredients in a food processor or with hand mixer and process until mixture comes together. If too wet add more coconut, if too dry add more nut butter.
2. Shape into balls and roll in extra coconut. Place in fridge for at least 30 minutes. Store balls in the fridge or freezer.



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Copycat Starbucks Protein Blended Cold Brew



INGREDIENTS:

- ½ frozen banana (if not frozen, just use more ice)
- 3 medjool dates, chopped
- 1 cup ice
- 2/3 cup dairy-free milk
- ½ cup cold brew or ice coffee
- 2 tbsp CRAVE cocoa blend
- 1 scoop Momsanity Mom Fuel chocolate protein powder (from Amazon)

DIRECTIONS:

1. Place all ingredients in a blender.
2. Blend on high until creamy and smooth.





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Chocolate Pudding (2 Generous Servings)



INGREDIENTS:

- 2 scoops Momsanity Mom Fuel chocolate protein powder (from Amazon)
- 2 scoops CRAVE cocoa (from Amazon)
- 1 1/2 tsp vanilla extract
- 2/3 cup dairy-free milk
- 2 small, ripe avocados
- 1 tsp Swerve sweetener
- Optional: dairy-free whipped cream and/or Enjoy Life chocolate chips

DIRECTIONS:

1. In a blender or using a whisk attachment on your mixer combine all ingredients until completely smooth.
2. Divide into 2 glasses and refrigerate for at least 30 minutes
3. Top with coconut whipped cream and/or Enjoy Life chocolate chips.



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Peanut Butter Banana Oat Bars (12 Servings)



INGREDIENTS:

- 1 cup gluten-free oats
- 1 tsp vanilla extract
- 1 medium extra ripe banana
- ¼ tsp Swerve sweetener
- 1 tbsp Nature's Hollow "honey" (from Amazon)
- 4 tbsp powdered peanut butter

DIRECTIONS:

1. Add all ingredients to a mixing bowl. Stir until well mixed (it will be dry).
2. Scoop out 1 heaping tablespoon at a time, shaping into a bar.
3. Wrap in parchment paper to store. Refrigerate or freeze.





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Coconut Mug Cake (1 Serving)



INGREDIENTS:

- 1 large egg at room temperature
- 2 tablespoon gluten-free coconut flour
- 1 tablespoon dairy-free milk at room temperature
- 1 tablespoon canned full fat coconut milk at room temperature
- 1/4 teaspoon baking powder
- 1 tablespoon Swerve / monk fruit / stevia sweetener

Frosting Ingredients

- 1/4 cup coconut yogurt
- 1 tablespoon Swerve / monk fruit / stevia sweetener
- 1 tablespoon unsweetened coconut flakes



DIRECTIONS:

1. Grease microwave proof mug with coconut oil cooking spray. Set aside.
2. In a small mixing bowl, add all the LIQUID mug cake ingredients (except frosting ingredients!), and then add all the DRY mug cake ingredients (except frosting ingredients). Make sure your egg, milk and cream are all at room temperature to avoid lumps with coconut flour.
3. Whisk all ingredients together until no more lumps and a consistent cake batter form.
4. Microwave mug mixture for 90 seconds.

COCONUT FROSTING

Whisk the frosting ingredients all together. Set aside in the fridge while the cake reaches room temperature.

ASSEMBLE THE CAKE

1. Unmold carefully mug cake and cool down on a rack. You can place it in the fridge for 10 minutes to accelerate the process.
2. Place on cake layer on a plate, evenly spreading coconut frosting on the cake. Sprinkle extra unsweetened coconut flakes on top before serving if desired.



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No Bake Bars (8 Servings)



INGREDIENTS:

- 1/2 cup crunchy nut butter
- 1/2 cup Nature's Hollow honey substitute (from Amazon)
- 2/3 cup gluten-free oats
- 2 ½ scoops Momsanity Mom Fuel vanilla protein powder (from Amazon)
- 2-3 tbsp water (if needed)
- 1/3-1/2 cup Enjoy Life chocolate chips

DIRECTIONS:

1. First, add the peanut butter and "honey" in a pot that is NOT on the burner. Once you have these two ingredients in the pot you can put it over a stove on low heat and stir constantly until it's thinned out. This should only take about 2 minutes.
2. Remove from heat, add your protein powder and oats, and mix it up. You may need to add a little water as the mixture will get super thick. Only add a tsp at a time until it reaches a consistency that is easy to mold but not too hard.
3. Put the mixture into a 9x9 glass dish and press it out into a square. Heat up your chocolate chips in the microwave without burning, and cover the top of your protein bars with chocolate.
4. Put them in the freezer for a few minutes to allow the chocolate to harden then cut to create 10 bars. Take them out about 15 minutes before eating them so they can soften a bit.



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Mint Chocolate Strawberries (9 Servings)



INGREDIENTS:

Bottom Chocolate Layer:

- 4 oz Enjoy Life Chocolate Chips
- 1 Tbsp Coconut / Grape-seed Oil
- 1/4 Tsp Mint Flavor

Bottom Chocolate Layer:

- 1/4 Cup Coconut Milk
- 3-4 Strawberries, Finely Diced

DIRECTIONS:

CHOCOLATE LAYER

1. Place the chocolate chips and the oil in a microwave safe bowl or jug and melt in 20-30 second intervals, until runny.
2. Stir well after each microwave burst to ensure chocolate doesn't burn.
3. Add mint flavor and stir through.
4. Pour chocolate mixture into molds to about 1/4 inch or 1/2 cm.
5. Place in freezer to solidify for 15-20 minutes.

STRAWBERRY LAYER

1. Place coconut milk and strawberries in a microwave safe bowl or jug and heat for 30-45 secs. The mixture will be runny.
2. Crush up the strawberries with a spoon or fork so they break up and the mixture turns pink. Leave some strawberry chunks for texture.
3. Remove the chocolate molds from the freezer and check it has hardened (around 15 minutes)
4. Pour the strawberry mixture on top of the chocolate layer (another quarter inch or 1/2 cm)
5. Place in freezer to harden for at least 20 minutes or longer if possible.



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Blondies with Chocolate Chips (6 Servings)



INGREDIENTS:

- ½ cup + 2 tbsp nut butter
- 1/4 cup + 2 tbsp dairy-free milk
- ¼ cup Swerve / monk fruit sweetener
- 2 tsp vanilla extract
- 3/4 cup gluten-free almond flour (I like Bob's Red Mill)
- 1/4 tsp baking soda
- 1/4 cup oat flour (pulse oats in food processor)
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 1/3 to 1/2 cup Enjoy Life chocolate chips

DIRECTIONS:

1. Preheat the oven to 350 degrees. In a bowl, mix the almond butter, milk, Swerve and vanilla until well combined and smooth.
2. Sift in the both flours, baking soda, salt and cinnamon into the bowl. Or whisk them together in another bowl and mix in.
3. Fold in the chocolate chips. Drop the thick stiff batter into a greased or parchment lined pan. Using a spatula press the batter down to event it out into the pan. Sprinkle a tablespoon or so chocolate chips on top and press in.
4. Bake for 23 to 26 minutes. The top should be set. Let the blondies cool for 15 minutes before slicing.





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Peanut Butter Cookies (12-15 Servings)



INGREDIENTS:

- 1 ¼ cup natural peanut butter
- ¾ cup oat flour (you can pulse oats in food processor)
- ¼ cup + 1 tablespoon ChocZero or Nature's Hollow "syrup" (from Amazon)
- Optional: 5-6 drops vanilla stevia or ¾ tsp monk fruit / Swerve

DIRECTIONS:

1. Preheat oven to 350F. Line a cookie sheet with parchment paper. Set aside.
2. In a medium size mixing bowl add peanut butter with "syrup."
3. Combine with a spatula until it forms a creamy paste.
4. Fold in the flour (and optional sweetener) and stir until it forms a cookie dough ball
5. Divide the cookie dough into 12 pieces. Roll each piece into a ball between your hands
6. Place each ball on the prepared cookie sheet and using a fork flatten the cookies. Flatten each cookie twice, forming a cross shape on the top of the peanut butter cookies
7. Repeat until all cookies are shaped and leave a thumb space between each cookie. They won't expand while baking but you don't want the cookies to touch each other.
8. Bake for 12-18 minutes or until the sides are golden brown.
9. Cool down 10 minutes on the cookie tray then transfer on a cooling rack. Be patient they will get crunchier with time; after 3 hours they will get a nice crunchy texture.



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Strawberry Protein Fluff (3 Servings)



INGREDIENTS:

- 2 cups Frozen Strawberries
- 2 cups Unsweetened Vanilla Dairy-Free Milk
- ½-¾ cup Momsanity Mom Fuel vanilla protein powder
- ¾ tsp Xanthan Gum (for thickening)

DIRECTIONS:

1. In a blender or food processor, add the frozen strawberries and dairy-free milk. Puree until almost completely smooth. If you use less than 2 cups of dairy-free milk, your appliance will struggle to blend properly.
2. In a small bowl, whisk together the protein powder and xanthan gum. Dump this into the blender/processor and blend again. After about 10 seconds, scrape down the sides of the processor to catch any powder that flung up, then blend again.
3. Blend for ~1 full minute, or until the mixture doubles in volume and turns a nice pink color. Serve immediately.



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Protein Packed Hot Cocoa (1 Serving)



INGREDIENTS:

- 1 ½ cups water
- 1 cup unsweetened dairy-free milk
- 1 scoop Momsanity Mom Fuel chocolate protein powder (from Amazon)
- 2 scoops CRAVE cocoa (from Amazon)
- 1/4 tsp vanilla extract

DIRECTIONS:

1. Combine the water and milk. Microwave for 3-4 minutes until piping hot.
2. Add the protein powder and whisk/blend well until all combined.
3. Add the CRAVE and vanilla extract and whisk/blend well until completely incorporated.
4. Serve hot!

