

BODYWEIGHT PILATES COOKBOOK



Lean Body: Desserts

Table of Contents

16 Delicious Lean Body Dessert Recipes.....	3
5 Tips for Making Guilt-Free Desserts	3-4
Lean Body Dessert Recipes	4
Fit Apple Crisp.....	5
Tasty Granola Bars	6-7
Pumpkin Chocolate Chip Cookies	8
Tasty Apple Pie	9
Chocolate Chip Cookie Dough	10
Cinnamon Swirl Loaf	11
Lemon Bar Delight.....	12-13
Chocolate Chip Banana Bread	14-15
Chocolate Almond Mug Cake	16
Cinnamon Mug Cake Roll.....	17
Vanilla Berry Chia Pudding	18
Zucchini Brownies.....	19
Strawberry Ice Cream.....	20
Almond Butter Blondies	21
Churro-Mex Waffles.....	22
Chocolate Frozen Banana Bites	23
 Cheat Meal Plan	 24
How to Use the Cheat Meal Plan	24
Cheat Meal Plan Cycle	25-26

16 Delicious Lean Body Dessert Recipes

Why give up on satisfying your sweet tooth craving when you have these delicious fat burning dessert recipes ready to prepare.

While there's no denying that fruit is delicious, certain occasions call for a bit of lavish indulgent treat. The desserts in this book contain no dairy, grains and zero cane sugar. Feel free to indulge without any of the guilt.

5 Tips for making guilt-free desserts....

#1: Skinny on Sweeteners

The truth is cane sugar and high fructose corn syrup have absolutely no place in a healthy eating plan. The good news is, there are plenty of wholesome sweeteners available which will have less of an impact on your blood sugar.

Here are some of my favorites: Stevia, Raw Honey, Maple Syrup, Coconut Crystals

#2: What About the Flours

Traditional flours have no place in your kitchen either and should be removed from your healthy clean eating altogether. Those flours are filled with gluten, which is a digestive irritant and stimulates your body to store fat.

Try these instead: Almond Flour, Coconut Flour and Flax Meal.

#3: Chocolate Please

If you just can't live without chocolate and it's your dessert of choice then it's important to start loving the dark chocolate. 73% cocoa content is a good place to start, then as your sweet receptors become more sensitive you'll start to like even darker chocolate.

Fact: Dark chocolate is lower in sugar and higher in cocoa, that's where the actual benefit of chocolate is: antioxidants, vitamins and minerals.

#4: It's All About Portions

Portion control is probably one of the most challenging of all. It's common to think that wholesome desserts should be enjoyed with no limits. Unfortunately that's not the case. We have to remember dessert is still dessert and is to be enjoyed in reasonable portions. Keep your desserts no more than a few bites.

Tip: Slow it down, take your time savoring each bite of your dessert.

#5: Moderation is key

Although these delicious fat burning recipes have wholesome ingredients. Keep in mind desserts should not be an everyday occurrence. Your daily clean eating should be filled predominately of lean meats, and lots of fresh vegetables. Portion controlled desserts are OK to include once and while but not all the time.

Tip: Plan the day you will be enjoying your dessert for the week, it keeps you excited and looking forward to that treat.

Enjoy the Delicious Fat Burning Dessert Recipes!
Sylvia =)

Disclaimer:

The information contained in this book is for educational purposes only. This content is meant to supplement, not replace. Always consult your physician prior to starting a new nutrition plan.

Fit Apple Crisp

Prep: 15 minutes **Bake:** 40 minutes **Oven:** 375 degrees F. **Makes:** 12 servings

One serving equals:

228 calories, 15g fat, 20g carbohydrate, 3g fiber, 3g protein



Ingredients:

- 4 organic apples
- ½ cup golden raisins
- 1 Tablespoon coconut flour
- 2 Tablespoons maple syrup
- 1 ½ Tablespoons fresh lemon juice
- ½ cup coconut oil
- ½ cup almond flour
- ½ cup coconut crystals
- ½ cup sliced blanched almonds
- ¼ cup chopped pecans

1. Preheat oven to 375 degrees F. Evenly grease a baking dish with coconut oil.
2. Core and chop the apples. Combine the apples, raisins, coconut flour, maple syrup and lemon juice in the prepared dish.
3. In a bowl, use your fingers to combine the coconut oil, almond flour, coconut crystals, sliced almonds and chopped pecans. When the mixture is crumbly, sprinkle it over the fruit.
4. Bake for 30-40 minutes until the top is browned and apples are tender.

Tasty Granola Bars

Prep: 15 minutes **Bake:** 35 minutes **Oven:** 325 degrees F. **Makes:** 20 bars

One serving equals:

171 calories, 14g fat, 9g carbohydrate, 2g fiber, 4g protein



Ingredients:

- 2 Tablespoons ground flax meal
- 3 Tablespoons filtered water
- 1/3 cup coconut oil, melted
- 1/4 cup pure maple syrup, grade b
- 1/2 cup almond butter (no sugar added)
- 1/4 teaspoon almond extract
- 1/2 cup raw pumpkin seeds
- 1/2 cup roasted, salted sunflower seeds
- 1/2 cup sliced almonds
- 1/2 cup dark chocolate chips
- 1/2 cup unsweetened shredded coconut

Instructions:

1. Preheat oven to 325 degrees F. Line the bottom of a 8x8 inch pan with parchment paper, and coat with coconut oil. Set aside.
2. In a small cup combine the flax meal and water. Whisk with a fork and set aside to thicken.
3. In a small saucepan, over low heat, combine the coconut oil, maple syrup, almond butter and almond extract. Stir occasionally and remove from heat when melted.
4. Allow for it to cool, about 10 minutes.
5. Add the thickened flax meal to the saucepan and mix to combine.

6. In a medium bowl, combine the seeds, nuts, coconut and chocolate chips. Pour the almond butter mixture in and mix well. Press the mixture into the prepared pan.
7. Bake for 25-35 minutes, until golden and bubbly.
8. Remove from oven and allow to cool in the pan for 15 minutes.
9. Once cooled, loosen the sides with a knife, then invert onto a cutting board. Remove the parchment paper by peeling off carefully.
10. Place the entire cutting board into the fridge for 15 minutes (this is an important step that ensure that your bars harden completely and do not crumble.)
11. After 15 minutes, remove from fridge and cut into 20 bars. Store in an airtight container in the fridge.

Pumpkin Chocolate Chip Cookies

Prep: 15 minutes **Bake:** 20 minutes **Oven:** 350 degrees F. **Makes:** 12 cookies



Ingredients

- ½ cup coconut flour
- ½ cup maple syrup
- ½ cup pumpkin puree
- ½ cup butter, melted
- 1 Tablespoon vanilla extract
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- 2 ½ teaspoon pumpkin pie spice
- 1 Cup dark chocolate chips

Directions:

1. Preheat oven to 350 degrees F. In a bowl, mix all the wet ingredients. In a small bowl, mix the dry ingredients. With the mixer on medium low, gradually add the dry ingredients to the wet, making sure to mix well to avoid clumps.
2. Add chocolate chips. Mix again. Drop by tablespoons onto parchment paper lined baking sheet and flatten with your hand. They will not spread, so you can fit quite a few on a pan.
3. Bake for 15-20 minutes. Let cool and enjoy!

Tasty Apple Pie

Prep: 20 minutes **Bake:** 55 minutes **Oven:** 350 degrees F. **Makes:** 12 servings

One serving equals:

123 calories, 7g fat, 13g carbohydrate, 3g protein



Ingredients:

- 4-6 medium green apples, cored and sliced
- 4 whole eggs
- 2 Tablespoons agave nectar
- ½ cup full fat coconut milk from can
- 2 Tablespoons coconut oil, melted over low heat
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- 1/3 cup blanched almond flour
- ¼ teaspoon salt
- ½ teaspoon cinnamon plus more for garnish
- Pinch of ground nutmeg

1. Preheat oven to 350 degrees F. Grease a 9-inch pie pan with coconut oil, then dust with blanched almond flour.
2. Arrange the apple slices in circles, fanning out from the center of the pan.
3. In a medium bowl whisk together the eggs, agave nectar, coconut milk, coconut oil, vanilla and almond extracts. In another bowl combine the almond flour, salt cinnamon and nutmeg.
4. Stir the wet ingredients into the flour mixture until fully combined. Pour over the arranged apples.
5. Bake for 45-55 minutes, until the pie is set and the top is golden. Allow to cool for 30 minutes before slicing.

Chocolate Chip Cookie Dough

Prep: 5 minutes **Cook:** 5 min **Makes:** 8 servings

One serving equals:

265 calories, 8g fat, 36g carbohydrate, 13g protein



Ingredients:

- 1 (15oz) can chickpeas, drained and rinsed
- ¼ cup creamy, natural peanut butter or almond butter (no sugar added)
- 1 Tablespoon honey
- 20 drops liquid stevia
- 2 Tablespoon ground flax seeds
- 2 teaspoons vanilla extract
- 1 Tablespoon coconut milk
- 2 cracks of fresh sea salt
- ¼ cup stevia-sweetened dark chocolate chips

Instructions:

1. Combine all of the ingredients, except the chocolate chips, in a food processor. Blend until smooth and creamy. Add more coconut milk if needed.
2. Transfer the dough to a bowl. Mix in the chocolate chips. Enjoy!

Cinnamon Swirl Loaf

Prep: 10 minutes **Cook:** 20 minutes **Makes:** 6-8 servings

One serving equals:

134 calories, 3.2g fat, 23.7g carbohydrate, 4.1g protein



Ingredients:

- 2 cups oat flour
- 2 whole eggs
- ¼ cup honey
- 1 teaspoon pure vanilla extract
- ½ cup canned coconut milk
- ½ Tablespoon potato starch
- 1/8 cup organic butter
- ½ Tablespoon baking powder
- 1 teaspoon coconut oil
- 1 teaspoon cocoa powder
- 1 teaspoon pure maple syrup
- Pinch of sea salt

Instructions:

1. Pre-heat oven to 375 degrees F.
2. Place eggs, honey, vanilla, coconut milk and butter into a medium sized mixing bowl and beat until fluffy.
3. Place dry ingredients into a large bowl and combine well.
4. Pour the wet ingredients into the dry ingredients and combine until fully mixed.
5. Pour batter into a loaf pan lined with parchment paper.
6. Stir oil, maple syrup, cinnamon and cocoa in a small bowl.
7. Using a spatula, pour drops onto the loaf. Use a fork to swirl the cinnamon oil all over the top of the loaf.
8. Place in preheated oven, bake uncovered for 20 minutes or until a toothpick comes clean from the center of the loaf.

Lemon Bar Delight

Prep: 20 minutes **Chill:** 120 minutes **Bake:** 35 minutes **Oven:** 350 degrees F.

Makes: 30 bars

One serving equals:

151 calories, 12g fat, 8g carbohydrate, 4g protein



For the Crust:

- 3 cup blanched almond flour
- 1 teaspoon salt
- ¼ cup coconut oil, melted over low heat
- 2 Tablespoons agave nectar
- 1 Tablespoon vanilla extract
- ½ teaspoon almond extract
- 1 teaspoon lemon rind

For the Lemon Layer:

- ½ cup coconut oil, melted over low heat
- ½ cup agave nectar
- 3 whole eggs
- 2/3 cup fresh lemon juice
- 2 Tablespoon lemon rind
- 2 Tablespoon coconut flour

Instructions:

1. Preheat oven to 350 degrees F. Generously grease a 13x9 inch-baking pan with coconut oil and lightly dust with coconut flour. Set aside.
2. For the crust: In a medium bowl combine the almond flour and salt. In another bowl combine the coconut oil, agave nectar, extracts and lemon rind. Mix the dry and wet ingredients together until well combined. Press the dough into the bottom of prepared pan. Bake for 15 minutes, or until golden.

3. For the Lemon Layer: In a blender combine all of the lemon layer ingredients on high until smooth. Poor over the baked crust. Bake for another 15-20 minutes until golden. Allow to cool for 30 minutes then refrigerate for 2 hours until set.
4. Cut into bars and serve.

Chocolate Chip Banana Bread

Prep: 10 minutes **Cook:** 30 minutes **Makes:** 10 slices

One serving equals:

154 calories, 9g fat, 22g carbohydrate, 4g protein



Ingredients:

- 4 medium ripe bananas, mashed
- 1 Tablespoon honey
- 1 teaspoon vanilla extract
- 4 Tablespoons almond butter
- 2 Whole eggs
- ½ cup coconut flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon fine grain sea salt
- ½ cup dark chocolate chips

Instructions:

1. Preheat oven to 350 degrees F and place rack in the middle.
2. Line a 8x4 inch loaf pan with parchment paper and lightly grease. Set aside.
3. In a large bowl combine mashed bananas, honey, vanilla, and almond butter. Mix until smooth.
4. Add eggs, one at a time until fully combined.
5. Mix in coconut flour, baking soda, baking powder, and salt, until just combined. Do not overmix.
6. Gently fold in chocolate chips.
7. Pour batter into the prepared baking pan, smooth the top with a spatula.

8. Bake for about 25 to 30 minutes, or until a toothpick inserted in middle comes out clean.
9. Remove from oven and let cool on a wire rack for 20 minutes.
10. Carefully invert and let cool completely before slicing it.
11. If you feel like a bit of melted dark chocolate on top, please do!

Chocolate Almond Mug Cake

Prep: 5 minutes **Cook:** 2.5 minutes **Makes:** 1 mug

One serving equals:

298 calories, 17g fat, 36.5g carbohydrate, 9.5g protein



For Cake:

- 1 Egg white
- ¼ teaspoon coconut oil
- ½ teaspoon vanilla extract
- 2 Tablespoons pure maple syrup
- 2 ½ Tablespoons almond meal

For Icing:

- ½ teaspoon coconut oil
- 1 teaspoon cacao powder or cocoa powder
- 1 teaspoon pure maple syrup

Directions:

1. Mix cake ingredients into a coffee mug.
2. Place in microwave for 2.5 minutes.
3. Place the oil in the microwave for 20 seconds.
4. Mix the melted oil with the maple syrup and cocoa powder until smooth.
5. Carefully remove the cake from the mug and transfer to a serving plate.
6. Drizzle the chocolate icing over top of the cake.
7. Sprinkle with topping of shredded coconut and nuts of choice (optional)

Cinnamon Mug Cake Roll

Prep: 5 minutes **Cook:** 2 minutes **Makes:** 1 mug

One serving equals:

452 calories, 30g fat, 39g carbohydrate, 9g protein



For Cake:

- 2 Tablespoons coconut flour
- Pinch of fine grain sea salt
- Pinch of nutmeg
- ½ teaspoon baking powder
- 1 Whole egg
- 2 Tablespoon almond milk
- 1 ½ Tablespoons maple syrup
- 1 Tablespoon coconut oil (melted)
- ½ teaspoon vanilla extract
- 1 teaspoon cinnamon

For Icing:

- 1 Tablespoon coconut butter
- 1 Tablespoon almond milk
- 1 teaspoon coconut sugar
- ½ teaspoon lemon juice

Instructions:

1. Mix all cinnamon cake roll ingredients in mug, adding the baking powder last.
2. Microwave on high for 2 minutes
3. In the meantime mix all the icing ingredients in a small bowl.
4. Drizzle icing over hot cinnamon roll.

Vanilla Berry Chia Pudding

Prep: 5 minutes **Cook:** Overnight or 1 hour **Makes:** 1 serving

One serving equals:

261 calories, 8g fat, 48g carbohydrate, 5g protein



Ingredients:

- ¼ cup chia seeds
- ¾ cup unsweetened vanilla almond milk
- 1 teaspoon vanilla extract
- 1 very ripe banana, mashed (optional)
- 2 Tablespoons honey, maple syrup or raw coconut palm sugar
- 1 cup raspberries/blueberries

Instructions:

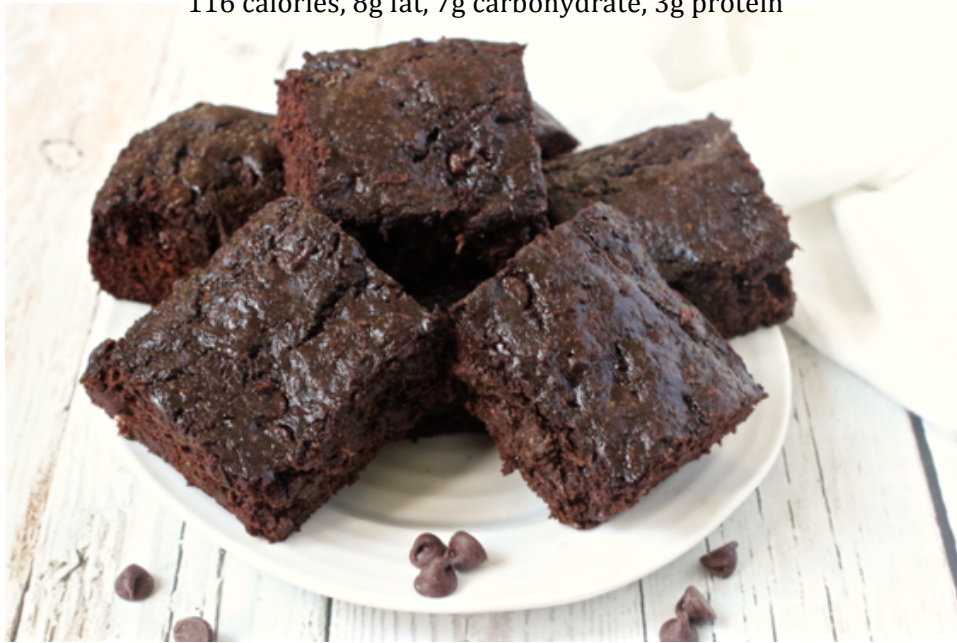
1. In a mason jar (or Tupperware) combine chia seeds, almond milk, pure vanilla extract, sweetener and mashed banana (if using). Let soak for at least 1 hour (overnight is best)
2. After soaking, give a good stir and take a taste. Adjust sweetness if necessary.
3. Layer a glass (or a bowl) with the chia pudding and berries.

Zucchini Brownies

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 degrees F. **Makes:** 16 brownies

One brownie equals:

116 calories, 8g fat, 7g carbohydrate, 3g protein



Ingredients:

- 5 oz dark chocolate, 72% or higher cocoa content
- ¼ cup coconut oil
- 2 teaspoons vanilla extract
- ¼ teaspoon almond extract
- 1 cup blanched almond flour
- ¼ cup unsweetened cocoa powder
- 1 ½ teaspoons baking soda
- ¼ teaspoon salt
- 2 whole eggs
- ¼ cup raw honey

Instructions:

1. Preheat oven to 350 degrees F. Grease an 8x8 pan with coconut oil, then dust with blanched almond flour. Set aside.
2. In a double boiler, melt the chocolate. (if you don't have a double boiler then fill a skillet with a few inches of water and set a small pot in water, place over very low heat.) Add the coconut oil, honey and mix until fully combined. Remove from heat and set aside to cool.
3. In a small bowl combine the eggs, vanilla and almond extracts. Add the cooled chocolate mixture.
4. In a medium bowl combine almond flour, cocoa powder, baking soda and salt. Pour in the wet ingredients and mix until fully combined.
5. Using a food processor shred the zucchini. Then place on a cutting board and finally chop the shredded pieces. Having tiny pieces of zucchini is the key to making this recipe work!
6. Fold the zucchini into the batter. Pour into prepared pan and bake for 25 minutes or until fully set. Allow to cool in the pan for at least 30 minutes before cutting. When cutting use a serrated, plastic knife to cut your brownies – this makes it less likely to crumble.

Strawberry Ice Cream

Prep: 5 minutes **Chill:** Overnight or 1 hour **Makes:** 1 serving

One serving equals:

130 calories, 0g fat, 35g carbohydrate, 1g protein



Ingredients:

- 4 Cups strawberries, frozen
- 4 bananas, sliced and frozen
- 2 Tablespoons mild tasting honey

Directions:

1. Place frozen strawberries in a microwave-safe bowl, add honey (or the sweetener of your choice and toss to combine.)
2. Place bowl in the microwave and microwave on high for 30 seconds. Remove and gently toss with a spatula. Microwave for further 30 seconds and toss again.
3. Microwave for another 30 seconds and toss. At this point the strawberries should have softened slightly and the honey should have dissolved in the juice.
4. Transfer strawberry mixture to a blender (or food processor), add bananas and blend for about 2 to 3 minutes until nice and creamy.
5. Serve immediately or transfer to a freezer safe container to allow it to firm up.

NOTE: As there are no preservatives this “ice-cream” will freeze solid. Thaw for about 10 to 15 minutes to allow it to soften before serving.

Almond Butter Blondies

Prep: 15 minutes **Bake:** 23 minutes **Oven:** 350 degrees F.

Makes: 12 servings



Ingredients:

- 1 cup almond butter
- ¼ cup honey
- ¼ cup maple sugar or coconut sugar
- ½ cup dark chocolate chips
- 1 whole egg
- 1 teaspoon vanilla extract
- ½ teaspoon baking soda
- pinch of sea salt

Instructions:

1. Preheat oven to 350 degrees F.
2. Grease an 8x8 baking dish.
3. Mix all ingredients together and fold in chocolate chips.
4. Pour mixture into baking dish and spread out evenly.
5. Bake for 20-23 minutes (the top will seem soft but will harden when cooled)
6. Let cool for about 10 minutes before slicing.

Churro-Mex Waffles

Prep: 10 minutes **Cook:** 10 minutes **Makes:** 6-8 small waffles



Ingredients:

- 1.5 cups almond meal/flour
- Pinch of salt
- 1/3 cup canned coconut milk
- 1 Tablespoon honey
- 1 teaspoon vanilla extract
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ - 1/3 cup coconut sugar
- 3 Tablespoons coconut oil
- 2 eggs, whisked

Instructions:

1. Place almond flour, baking soda, cinnamon and salt in a bowl and whisk together.
2. Then add coconut milk, eggs, honey and vanilla extract and mix well.
3. Place mixture into a hot waffle iron and cook until cooked through. I used a non-stick waffle iron but you may want to grease it just in case.
4. Melt butter in a bowl and place coconut sugar in another bowl.
5. After waffles are cooked through, place each other into the melted butter, soaking it on both sides, then place them into the coconut sugar to coat.
6. Then eat & enjoy!

Chocolate Frozen Bananas Bites

Prep: 40 minutes **Freeze:** 30 minutes **Makes:** 8

One serving equals:

282 calories, 19g fat, 24g carbohydrate, 6g protein



Ingredients:

- 2/3 cup almond butter
- 4 bananas
- 8 wooden skewers
- 1 Tablespoon raw honey
- 2/3 cup unsweetened dark chocolate pieces
- 2 Tablespoons coconut oil

Instructions:

1. Slice 4 bananas in half lengthwise and crosswise. Cover each sliced banana with the almond butter mixture; press a wooden skewer between two pieces of a banana to create 8 sandwiches. Freeze for 30 minutes.
2. Over low heat, melt the chocolate, coconut oil and honey together. Dip each frozen sandwich in the melted chocolate until fully coated. Return to freezer for 10 minutes. Enjoy!

Additional Flavor options:

- Mix in 1 teaspoon vanilla extract, ¼ teaspoon almond extract and ½ teaspoon ground cinnamon to the almond butter.
- Top the dipped bananas with unsweetened shredded coconut or chopped almonds before freezing.

Lean Body Cheat Meal Plan

The Lean Body Cheat Meal Plan is your guide to compliment your Lean Body Cookbook approved meals to avoid any sabotage from all your efforts with Bodyweight Pilates, which can end filling up your body with sugar and fat.

Just envision yourself burning more calories and stubborn belly fat every single day while enjoying your favorite mouth watering desserts!

How To Use The Lean Body Cheat Meal Plan

The LBD Cheat Meal Plan will show you how to strategically plan your meals to burn the most fat and lose the belly fat.

Cheat meals are your favorite meals including some of your favorites.

As you progress through the series of CORE meals, adding in the desserts above will keep your metabolism burning and your fat loss efforts as the top priority.

Follow the format below. The plan below is over a 6 week period, the length of the entire Bodyweight Pilates program.

It is detailed on a per week basis with the cycle for each CORE meal plan in conjunction with the dessert recipe given.

Cheat Plan

Week 1

Cycle 1: (CORE Meal Plan)

Monday – Saturday

Add “Churro-Mex Waffles” (see recipe above) on Sunday morning before exercising.

Week 2

Cycle 2: (CORE Meal Plan)

Monday-Wednesday

Add “Vanilla Berry Chia Pudding” (see recipe above) on Wednesday Morning

Week 3

Cycle 3: (CORE Meal Plan)

Monday-Friday

Add “Frozen banana bites” (see recipe above) on Friday night

Week 4

Cycle 4: (CORE Meal Plan)

Monday-Sunday

Add “Almond Butter Blondies” see recipe above) on Saturday evening

Week 5

Cycle 2: (CORE Meal Plan)

Monday-Wednesday

Add “Zucchini Brownies” (see recipe above) on Wednesday evening

Week 6

Cycle 1: (CORE Meal Plan)

Monday-Saturday

Add "Chocolate Almond Mug Cake" (see recipe above) on Wednesday evening

As you progress week to week and month to month continue to switch in and out the dessert recipes above.

There are 16 Dessert recipes approved by Bodyweight Pilates above. Any of the above when rotated into the series of weekly eating above will satisfy your sweet tooth cravings and keep you burning fat with every meal.

Enjoy!
Sylvia =)