



Derek Wahler Fitness LLC

20-Day Kickstart Dessert
Cookbook

derek@dwahlerfitness.com



Vanilla Chocolate Chip Ice Cream

3 servings

10 minutes

Ingredients

- 1 cup Heavy Whipping Cream
- 1 tsp Vanilla Extract
- 1 serving Vanilla Protein Powder
- 1 tbsp Stevia Powder
- 1 oz Dark Chocolate Chips (Chopped)

Directions

- 1 Combine all ingredients in a mason jar. Shake well for 3 minutes.
- 2 Place in the freezer for at least 3 hours.



Chocolate Ice Cream

3 servings

10 minutes

Ingredients

1 cup Heavy Whipping Cream
1 tbsp Cocoa Powder
2 tbsps Stevia Powder
1 tsp Vanilla Extract

Directions

- 1 Add all ingredients to a mason jar. Seal the lid and shake for 3 minutes.
- 2 Place in the fridge for at least 3 hours.



Dark Chocolate Love Bites

15 servings

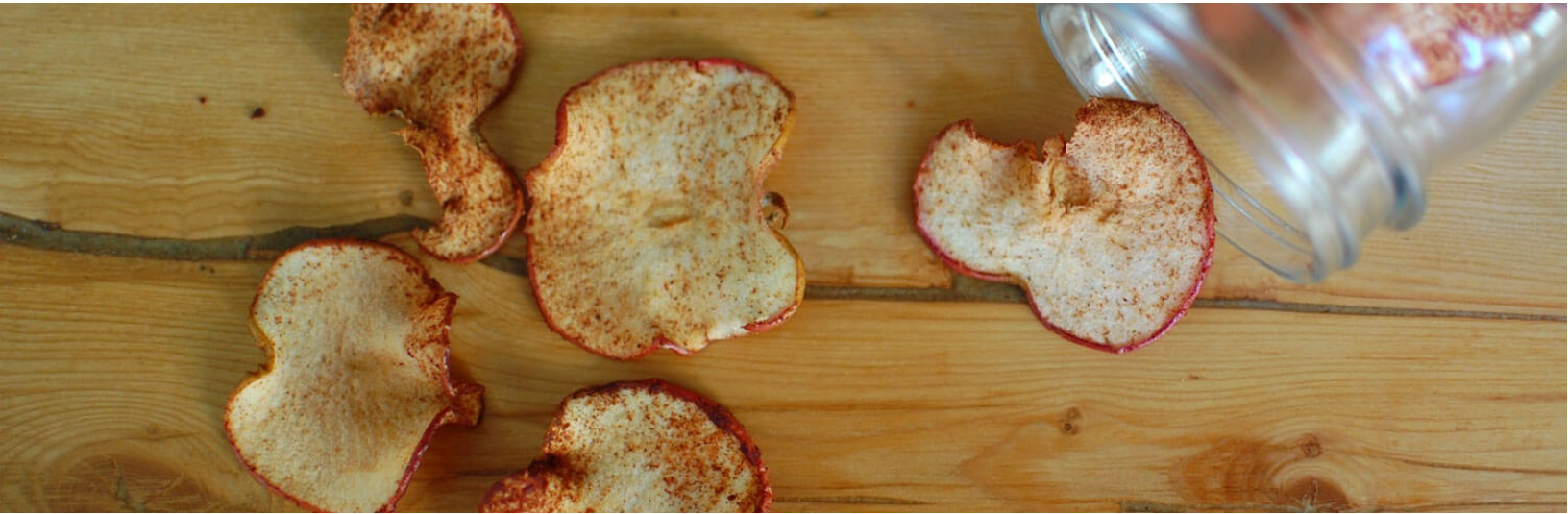
20 minutes

Ingredients

3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)
1/4 cup Pomegranate Seeds
1/4 cup Slivered Almonds

Directions

- 1 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
- 2 Add the dark chocolate into the smaller pot and stir continuously until melted.
- 3 Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
- 4 Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!



Apple Cinnamon Chips

4 servings

1 hour

Ingredients

4 Apple
2 tsp Cinnamon
1 1/2 tsp Coconut Oil

Directions

1

Preheat oven to 230°F (110°C). Use a sharp knife to thinly slice apples into even chip-like pieces. Place sliced apples in a mixing bowl. Add cinnamon and toss well.

2

Line a large baking sheet with foil and grease lightly with coconut oil. Spread apple chips evenly across the baking sheet making sure not to overlap (you might need to bake in batches if your sheet isn't big enough). Place in oven and bake for 1 hour, turning at the 30 minute mark. Remove from oven and let cool completely. Store your apple chips in an airtight container. Enjoy!

Notes

Keep Them Crispy, If chips get soggy over time, throw in the oven at 350 for 5 to 8 minutes to crisp them back up.



Strawberry Banana Ice Cream

1 serving
10 minutes

Ingredients

1/4 cup Frozen Banana
1 cup Frozen Strawberries
2 tbsps Unsweetened Almond Milk

Directions

1

Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!



Almonds & Dark Chocolate

4 servings

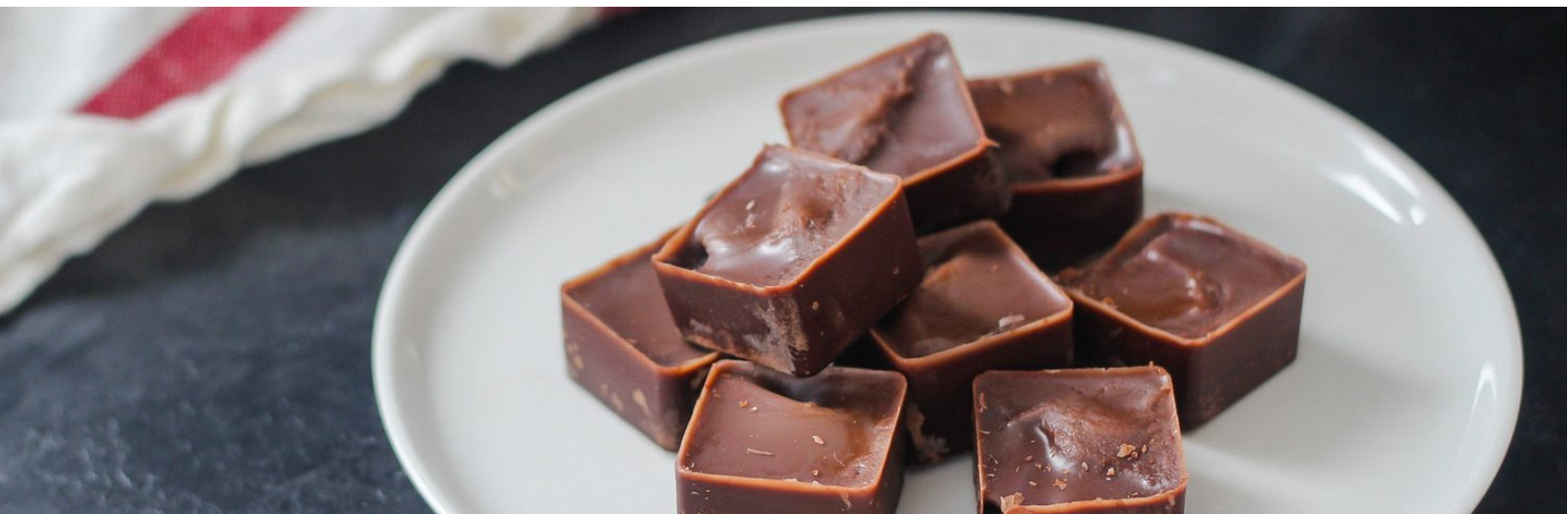
3 minutes

Ingredients

3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)
1/2 cup Almonds

Directions

- 1 Divide between bowls. Enjoy!



Chocolate Coconut Fat Bombs

8 servings

30 minutes

Ingredients

3/4 cup Coconut Oil
1/3 cup Cacao Powder
2 tbsps Monk Fruit Sweetener
1/8 tsp Sea Salt

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir to combine. Add all ingredients to a high-speed blender and blend for 1 to 2 minutes until everything is well combined.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Monk Fruit Sweetener, Sweeten with stevia, honey or coconut sugar instead.

No Coconut Oil, Use coconut butter instead.

Likes it Sweet, Add more sweetener as desired.

No Silicone Mold, Use parchment-lined mini muffin molds.

Serving Size, One serving is equal to one fat bomb, or approximately 35 grams (1.2 ounces).

Storage, Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Peaches with Cinnamon

1 serving

5 minutes

Ingredients

- 1 tsp Cinnamon
- 1 Peach (sliced, pit removed)

Directions

- 1 In a small bowl or container, sprinkle the cinnamon over the peach slices. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days. To prevent browning, squeeze lemon juice over the peaches before refrigerating.

Additional Toppings, Top with yogurt, coconut cream, whipped aquafaba, shredded coconut or hemp seeds.



Coconut Yogurt Parfait

1 serving

5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt (divided)
2 tbsps Walnuts (roughly chopped, divided)
1/2 cup Strawberries (chopped, divided)

Directions

1

Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

Nut-Free, Use sunflower seeds instead of walnuts.

Additional Toppings, Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.



Sunflower Banana Boat

1 serving

5 minutes

Ingredients

1 tbsp Sunflower Seed Butter
1 1/2 tbsps Water (warm)
1 Banana (peeled)
1 tbsp Unsweetened Shredded Coconut

Directions

- 1 In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
- 2 Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut on top. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

Additional Toppings, Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.



Chocolate Strawberry Peanut Butter Rice Cake

1 serving

5 minutes

Ingredients

1 tbsp All Natural Peanut Butter
1 Plain Rice Cake
1/4 cup Strawberries (fresh, chopped)
1 1/2 tps Organic Dark Chocolate Chips

Directions

1

Spread peanut butter onto the rice cake and top with strawberries and chocolate chips. Enjoy!

Notes

Leftovers, Store all ingredients separately until ready to serve.

Nut-Free, Use sunflower seed butter instead of peanut butter.

Additional Toppings, Add a pinch of cinnamon or shredded coconut.

No Strawberries, Use raspberries or blueberries instead.

More Fiber, Sprinkle with hemp seeds, chia seeds or ground flax seeds.