



free eBook

# HEALTHY TREATS

Simple vegan desserts you'll love

by Eat Healthy with Johanna

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 7 waffles

 10 min. +  
15 min. rest time +  
15 min. baking

# WAFFLES



**A truly delicious breakfast for the weekend!**

250 g wholemeal flour  
50 g date sugar  
1 tbsp baking powder  
2 tbsp egg substitute powder  
(alternatively chickpea flour)  
1 tbsp nut butter  
1 pinch of salt  
100 ml sparkling water  
250 ml milk  
zest of half a lemon

oil for the waffle iron

1. Mix egg substitute (or chickpea flour) with 4 tablespoons of water.
2. Meanwhile, mix the dry ingredients in a separate bowl.
3. After a few minutes, mix first the nut butter and then the remaining liquid ingredients into the "egg".
4. Loosely mix all ingredients with a whisk. Do not overmix.
5. Let the dough rest for 15 minutes.
6. Preheat the waffle iron sufficiently and grease it well if necessary.
7. Place a good scoop onto the waffle iron and press it down immediately.
8. Bake waffles one after the other.

 10 rolls

 25 min. +  
90 min. rising +  
25 min. baking

# POPPY SEED ROLLS



## Perfect for an afternoon coffee

500 g wholemeal flour  
1 packet of dry yeast (7 g)  
3 tbsp date sugar  
3 tbsp maple syrup  
250 ml milk  
3 tbsp aquafaba  
3 tablespoons vegan yogurt  
1 pinch of salt

### For the poppy seed filling

140 g poppy seeds, ground  
2 tbsp date sugar  
2 tbsp maple syrup  
220 ml milk  
1 tsp cocoa powder  
1/4 tsp cinnamon

plant milk for brushing

1. Put all dough ingredients into a bowl and knead with the dough hook for a few minutes.
2. Cover and let it rise in a warm place for approx. 70-90.
3. Preheat the oven to 180°C top/bottom heat.
4. For the filling, mix the remaining ingredients.
5. Roll out the dough on a floured surface into a rectangle about 1 cm thick. If the dough is too sticky, add a little more flour.
6. Spread with the filling and roll up from the long side.
7. Using a sharp knife, cut into "snails" about 2 cm thick.
8. Let rise again for about 20 minutes.
9. Brush the rolls with milk and bake for about 25 minutes until they are nicely browned.

 1 sheet

 15 min. +  
14 min. baking

# PEANUT CHOCOLATE COOKIES



## Crispy outside - soft inside

1 tbsp ground flaxseed  
3 tbsp water  
90 g oat flour (or whole wheat flour)  
1/2 tsp baking powder  
1 pinch of salt  
80 g date sugar  
120 g peanut butter (or other nut butter)  
1 tsp vanilla powder  
3-4 tbsp water  
40 g chocolate drops

1. Preheat the oven to 180°C top/bottom heat.
2. Mix the flaxseeds with the water in a bowl and let sit for 5 minutes.
3. Mix the dry ingredients (except the chocolate drops) in a bowl.
4. Add the nut butter and water to the flaxseed mixture and mix well.
5. Then stir in the dry ingredients.
6. Finally, mix in the chocolate drops.
7. Roll small balls out of the dough, then flatten them.
8. Place on a baking tray lined with baking paper.
9. Bake for 12-14 minutes.
10. Allow to cool thoroughly on a rack.

 1 sheet

 15 min. +  
20 min. baking

# ALMOND COOKIES



## fantastically crispy

2 tbsp flaxseed  
6 tablespoons of water  
70 g pecan nuts (optional  
almonds or walnuts)  
2 tbsp maple syrup  
50 g date sugar  
1.5 tbsp whole meal flour  
1 pinch of salt  
1/2 tsp cinnamon  
150 g almond flour  
40 ml plant milk  
  
30 g dark chocolate (85 %)

*You can use ground almonds  
as well.  
The consistency will be just  
a bit different.*

1. Preheat the oven to 180°C top/bottom heat.
2. Mix the flaxseeds with the water and let them sit briefly.
3. Finely chop the pecan nuts.
4. Mix 1 tablespoon of maple syrup into the nuts.
5. In a bowl, mix almond flour, sugar, whole wheat flour, salt and cinnamon.
6. Add 1 tbsp maple syrup and 40 ml milk and mix well.
7. Fold in the chopped nuts.
8. Form small balls from the dough, flatten them and place them on a baking tray lined with baking paper.
9. Bake for 15-20 minutes.
10. Allow to cool thoroughly on a rack.
11. Melt the chocolate in the microwave or over a water bath.
12. Dip the cookies halfway into the chocolate.
13. Best stored in the refrigerator.

 10 pieces

 10 min.

# STUFFED DATES



**The perfect healthy, sweet snack for those with a sweet tooth**

10 Medjoul dates  
4 tsp almond butter  
10 roasted almonds  
20 g dark chocolate (85%)  
coarse salt

1. Pit the dates and open them slightly so they can be filled easily.
2. Place a dollop of nut butter in the center.
3. Press an almond into the nut butter.
4. Fold the dates together.
5. Melt chocolate in the microwave or over a water bath.
6. Dip the filled dates halfway into the chocolate and sprinkle with a little bit coarse salt.
7. Place on a plate or tray lined with baking paper or greaseproof paper.
8. Freeze.
9. You can eat the dates straight from the freezer because the high natural sugar content prevents them from becoming hard.

*Fantastically delicious  
and so easy!*

# CHOCOLATE PRUNES



**So simple and so good!**

200 g dried plums  
40 g dark chocolate 85%

1. Melt chocolate, either in the microwave or over a water bath.
2. Skewer the plums with a toothpick or fork and dip them in the chocolate.
3. Place on a plate or tray lined with baking paper or greaseproof paper.
4. Freeze.
5. You can eat the plums straight from the freezer because they don't become hard due to their high natural sugar content.



18-20 pieces



15 minutes

# BLISS BALLS



## Delicious little energy balls

200 g dates (Medjoul or other soft variety)  
90 g almonds, roasted  
20 g rolled oats, fine  
1 good pinch of salt  
1 tsp vanilla extract

1. First finely chop the almonds in a food processor.
2. Then add oats and pulverize.
3. Then add the chopped dates and chop them.
4. Add salt and vanilla and a teaspoonful of water until the mixture holds together.
5. Form balls from the date mixture (approx. 15-17 g each).
6. Freeze on a plate or tray.
7. The bliss balls can be stored in the freezer. They taste best after thawing for a few minutes.



15-20 pieces



15 minutes +  
cooking sweet potato

# CHOCOLATE TRUFFLES



## A chocolatey temptation

200 g sweet potato  
5 large dates (Medjoul)  
100 g ground almonds  
3 tbsp cocoa powder  
1/2 tsp cinnamon  
1 pinch of salt

cocoa powder or shredded  
coconut for rolling

1. Pierce the sweet potatoes several times with a fork and cook either in the oven (approx. 50 min. at 200°C) or in the microwave (approx. 8-10 minutes, wrapped in damp kitchen paper) until completely soft.
2. Pit the dates and soak them in hot water for 15 minutes.
3. Peel the sweet potato.
4. Mix all ingredients in a food processor.
5. Form small balls with moistened hands and roll them in cocoa powder or coconut flakes.
6. If the mixture is still too soft, add a little more ground almonds.
7. Keeps in the refrigerator for about a week.

 1 serving

 3 minutes

# MUG CAKE



## The super quick cake from the microwave

2 tbsp wholemeal flour  
2.5 tbsp date sugar  
1 tbsp cocoa powder  
1/4 tsp baking powder  
4 tbsp milk  
1 tbsp applesauce

1 small piece of chocolate  
(dark, optional)

1. Mix the ingredients in a large cup.
2. Optionally, press the chocolate piece into the center of the dough.
3. "Bake" in the microwave for about 1 1/2 minutes at 800 watts.
4. When there are no more wet spots on top of the batter, the cake is ready.
5. If the cake stands for longer, it will become relatively dry, so it's best to enjoy it right away.



1 springform  
26 cm



15 min. +  
30 min. baking

# SPONGE CAKE



**tastes fantastic, with or without fruit**

300 g wholemeal flour  
1 pkg. baking powder (16 g)  
100 g date sugar  
160 g applesauce  
240 g plant milk  
100 g ground nuts (hazelnuts  
or almonds)  
1 tsp ground cinnamon

fruits such as apples, plums,  
apricots (optional)

oil for greasing the pan

1. Preheat the oven to 180°C top/bottom heat.
2. If you want to make a fruit cake, halve the fruit (plums, apricots) or cut it into wedges (apples).
3. Mix flour, date sugar and baking powder well in a bowl.
4. In a second bowl, mix the applesauce, milk, nuts and cinnamon well.
5. Sift the flour mixture over it and mix everything well into a dough.
6. Grease the springform pan and fill it with the batter.
7. If desired, distribute the fruit over the cake.
8. Bake the cake in the oven for 30-35 minutes until golden brown.

 1 loaf pan

 15 min. +  
45 min. baking

# BANANA CAKE



**Quick, easy, delicious!**

150 g wholemeal flour  
110 g oat flour  
2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp cinnamon  
1 pinch of nutmeg  
1/4 tsp salt  
230 g mashed banana  
(very ripe)  
125 ml plant milk  
4 tbsp date sugar  
30 g chocolate drops  
(optional)

1. Preheat the oven to 180°C top/bottom heat.
2. Grease a loaf pan with a little oil and line it with a strip of baking paper.
3. In a large bowl, combine both flours, date sugar, baking powder, baking soda, cinnamon, nutmeg, and sea salt.
4. In a second bowl, combine the banana puree, plant-based milk, and vanilla extract.
5. Add to the dry ingredients and finally fold in the chocolate chips.
6. Mix the dough roughly (do not mix too thoroughly!).
7. Pour batter into the loaf pan and bake for about 45 minutes, until the cake is golden brown and a toothpick inserted into the center comes out clean.

 12 pieces

 10 min. +  
25 min. baking

# CHOCOLATE MUFFINS



## A chocolatey delight!

120 g oat flour (optional whole wheat flour)  
80 g date sugar  
35 g cocoa powder  
1 tsp baking powder  
1/4 tsp baking soda  
1/4 tsp salt  
180 ml plant milk  
160 g applesauce  
65 g nut butter  
1 tbsp apple cider vinegar  
1/2 tsp vanilla extract  
40 g chocolate drops (optional)

1. Preheat the oven to 220°C top/bottom heat.
2. Mix all dry ingredients (except chocolate drops) in a large bowl.
3. Mix all wet ingredients in another bowl.
4. Then mix all ingredients.
5. Finally, fold in the chocolate drops.
6. Pour the batter into a muffin tin.
7. Bake the muffins at high heat for about 6 minutes until they have risen well.
8. Then reduce heat to 180 degrees and bake for another 18-20 minutes.

 4 servings

 10 min. +  
30 min. baking

# BERRY CRUMBLE



## Sweet berries under a crispy topping

80 g ground almonds  
80 g rolled oats  
80 g oat flour  
50 g chopped nuts  
4 tbsp maple syrup  
1/2 tsp cinnamon  
1 pinch of salt  
2 tbsp nut butter  
1 tbsp plant-based milk

500 g frozen berries  
2 tbsp cornstarch  
1 tbsp maple syrup (or  
more if the berries are very  
sour)

1. Preheat the oven to 200 °C (upper/lower heat).
2. Mix all the dry ingredients in a bowl.
3. Mix the maple syrup, nut butter, and milk in a small bowl.
4. Add the liquid mixture to the dry ingredients and mix well until crumbs form. Add a little more milk if necessary.
5. Place the frozen berries in a baking dish and mix with the starch and maple syrup.
6. Cover the berries with the crumbs.
7. Bake for approx. 30 minutes.

 4 servings

 5 minutes +  
cooking sweet potato

# CHOCOLATE MOUSSE WITH SWEET POTATOES



## A quick, healthy, chocolatey treat

2 medium sweet potatoes  
30 g cocoa powder  
3 tbsp maple syrup  
1 tbsp almond butter,  
brown  
2-3 tbsp plant milk  
1/4 tsp vanilla extract  
1 pinch of salt

1. Pierce the sweet potatoes several times with a fork and cook either in the oven (approx. 50 min. at 200°C) or in the microwave (approx. 8-10 minutes, wrapped in damp kitchen paper) until completely soft.
2. Peel the sweet potato.
3. Blend all ingredients in a food processor or blender. Add a little more liquid if needed.

 8 servings

 5 min. +  
freeze 5 hours

# POPSICLES



## A delicious summer refreshment

250 g berries, frozen  
250 ml plant milk  
100 g plant-based yogurt  
1-2 tbsp maple syrup  
(optional)

1. Put all ingredients in a blender and mix well.
2. Pour the mixture into popsicle trays.
3. Freeze for at least 5-6 hours.

 2 servings

 5 minutes +  
frozen banana

# NICE-CREAM



**super creamy ice cream made only from fruit**

## **Banana Nice Cream:**

2 overripe bananas  
(frozen for at least 6 hours)  
1-2 tbsp plant milk

## **Chocolate Nice Cream:**

Bananas +  
1 tbsp Cocoa powder  
1-2 tbsp plant milk

## **Blueberry Nice Cream:**

Bananas +  
100 g frozen blueberries  
1-2 tbsp plant milk

## **Strawberry Nice Cream:**

Bananas +  
100 g frozen strawberries  
1-2 tbsp plant milk

1. Peel the bananas, cut them into slices about 1.5 cm wide and freeze for at least 6 hours.
2. For the banana ice cream, put the bananas in a food processor with the milk and puree until creamy. You might have to add a little bit more milk.
3. For the different variations, add the extra ingredients to the bananas and puree everything until creamy.

*Melts quickly, so best served  
in chilled bowls!*



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That's exactly what the **Healthy Eating Master Class** is designed for.

## The Healthy Eating Master Class

A step-by-step guide to healthy, plant-based eating — with clarity instead of confusion.

Inside the course, you'll learn:

- which foods support your wellbeing
- how to make simple, realistic swaps
- how to understand key nutrients
- how to build habits that last (without perfection)

The goal isn't a strict plan —

it's confidence, balance, and sustainable habits in everyday life.

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