



free eBook

HEALTHY TREATS

Simple vegan desserts you'll love


by Eat Healthy with Johanna

RECIPE OVERVIEW

Waffles	1
Poppy Seed Rolls.....	2
Peanut Chocolate Cookies.....	3
Almond Cookies.....	4
Stuffed Dates.....	5
Chocolate Prunes.....	6
Bliss Balls	7
Chocolate Truffles.....	8
Mug Cake.....	9
Sponge Cake	10
Banana Cake.....	11
Chocolate Muffins	12
Berry Crumble.....	13
Chocolate Mousse	14
Popsicles.....	15
Nice-Cream	16



 7 waffles

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

WAFFLES




A truly delicious breakfast for the weekend!

250 g (2 cups) wholemeal flour
50 g (1/4 cup) date sugar
1 tbsp baking powder
2 tbsp egg substitute powder
(alternatively chickpea flour)
1 tbsp nut butter
1 pinch of salt
100 ml (7 tbsp) sparkling water
250 ml (1 cup) 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 (4 cups) wholemeal flour
7 g (1 packet or 2 ¼ tsp) active
dry yeast
3 tbsp date sugar
3 tbsp maple syrup
250 ml (1 cup) milk
3 tbsp aquafaba
3 tablespoons vegan yogurt
1 pinch of salt


For the poppy seed filling

140 g (1 cup) poppy seeds,
ground
2 tbsp date sugar
2 tbsp maple syrup
220 ml (scant 1 cup) 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 minutes.
3. Preheat the oven to 180°C/350 °F.
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 (1 cup) oat flour (or whole wheat flour)
1/2 tsp baking powder
1 pinch of salt
80 g (2/3 cup) date sugar
120 g (1/2 cup) peanut butter (or other nut butter)
1 tsp vanilla powder
3-4 tbsp water
40 g (1/4 cup) chocolate drops

1. Preheat the oven to 180°C/350 °F.
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 (2/3 cup) pecan nuts
(optional almonds or walnuts)
2 tbsp maple syrup
50 g (1/4 cup) date sugar
1.5 tbsp whole meal flour
1 pinch of salt
1/2 tsp cinnamon
150 g (1 1/2 cups) almond
flour or ground almonds
40 ml (scant 1 cup) plant milk
30 g (1 oz) dark chocolate
(85 %)

1. Preheat the oven to 180°C/ 350 °F.
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 the 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 (0.7 oz) 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!*

 ca. 25 pieces  10 minutes

CHOCOLATE PRUNES



So simple and so good!

200 g (20 pcs) dried plums/
prunes
40 g (1.4oz) 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 /10 pcs dates, pitted
Medjoul or other soft variety)
90 g (2/3 cup) almonds,
roasted
20 g (1/4 cup) 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/ 0.5 oz 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 (7 oz) or 1 medium
sweet potato

5 large dates (Medjoul)

100 g (1 cup) 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 /400°F) 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/10 inch



15 min. +
30 min. baking

SPONGE CAKE



tastes fantastic, with or without fruit

300 g (2 ¼ cups) wholemeal flour

16 g (1 tbsp + 1 tsp) baking powder

100 g (¾ cup) date sugar

160 g (⅔ cup) applesauce, unsweetened

240 g (1 cup) plant milk

100 g (1 cup) 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/350°F.

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 (scant 1 ¼ cup)
wholemeal flour
110 g (1 cup) 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 (1 cup) mashed
banana (very ripe)
125 ml (1/2 cup) plant
milk
4 tbsp date sugar
30 g (1/3 cup) chocolate
drops (optional)

1. Preheat the oven to 180°C/350°F.
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 (1 ⅓ cups) oat flour
(optional whole wheat flour)
80 g (2/3 cup) date sugar
35 g (1/3 cup) cocoa powder,
unsweetened
1 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
180 ml (3/4 cup) plant milk
160 g (2/3 cup) applesauce
65 g (1/4 cup) nut butter
1 tbsp apple cider vinegar
1/2 tsp vanilla extract
40 g (1/4 cup) chocolate
drops (optional)

1. Preheat the oven to 220°C/425°F.
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°C/350°F and bake for another 18-20 minutes.

 4 servings


 10 min. +
30 min. baking


BERRY CRUMBLE



Sweet berries under a crispy topping

- | | |
|---|---|
| 80 g (3/4 cup) ground almonds | 1. Preheat the oven to 200 °C/400°F. |
| 80 g (1 cup) rolled oats | 2. Mix all the dry ingredients in a bowl. |
| 80 g (1 cup) oat flour | 3. Mix the maple syrup, nut butter, and milk in a small bowl. |
| 50 g (1/2 cup) chopped nuts | 4. Add the liquid mixture to the dry ingredients and mix well until crumbs form. Add a little more milk if necessary. |
| 4 tbsp maple syrup | 5. Place the frozen berries in a baking dish and mix with the starch and maple syrup. |
| 1/2 tsp cinnamon | 6. Cover the berries with the crumbs. |
| 1 pinch of salt | 7. Bake for approx. 30 minutes. |
| 2 tbsp nut butter | |
| 1 tbsp plant-based milk | |
| 500 g (3 1/3 cups) frozen berries | |
| 2 tbsp cornstarch | |
| 1 tbsp maple syrup (or more if the berries are very sour) | |

 4 servings

 5 minutes +
cooking sweet potato


CHOCOLATE MOUSSE WITH SWEET POTATOES




A quick, healthy, chocolatey treat

2 medium sweet potatoes
30 g (1/3 cup) cocoa powder, unsweetened
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/400°F) 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 (1 $\frac{2}{3}$ cups) berries,
frozen
250 ml (1 cup) plant milk
100 g (1/2 cup) 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:

2 overripe bananas +
1 tbsp Cocoa powder
1-2 tbsp plant milk

Blueberry Nice Cream:

2 overripe bananas +
100 g (2/3 cup) frozen
blueberries
1-2 tbsp plant milk

Strawberry Nice Cream:

2 overripe bananas +
100 g (3/4 cup) 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!*



Want more guidance?

Visit my blog for simple nutrition tips, everyday habits, and evidence-based thoughts on healthy eating — all designed to fit into real life.

[Read the blog](#)

This is where healthy eating starts to feel simple.

I hope these recipes show you that healthy eating can be truly enjoyable. But I also know that delicious treats alone aren't enough to end the confusion caused by conflicting online advice. It's exhausting to second-guess every single meal and wonder if you're doing it "right."

The truth is: Healthy eating isn't a test of willpower or a set of restrictive rules. It's about building a sustainable foundation that works for your life. When you shift to a whole-food, plant-based lifestyle, you stop fighting your body and start nourishing it at a cellular level.

In the **Plant-Based Starter System**, we trade guesswork and overwhelm for simple, practical action:

- **Science-Backed Clarity:** Cut through the confusion and understand why a whole-food, plant-based lifestyle is the ultimate tool for your health.
- **Effortless Routine:** Learn exactly how to implement plant-based eating into your busy daily life without stress or overwhelm.
- **Lifelong Vitality:** Build a sustainable foundation where feeling good is your default state and healthy living becomes second nature.

[JOIN THE PLANT-BASED STARTER SYSTEM](#)