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-PERFECT-

Fat Burning
DESSERTS



Presented by
Mike Geary

PERFECT FAT BURNING DESSERTS

Presented By Mike Geary, "The Nutrition Watchdog"

LEGAL DISCLAIMER

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Mike Geary there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Mike Geary or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

MY DISCLAIMER

The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don't expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that's what you're doing right now.

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What If Dessert Could Help You Lose Weight?

It can. And it will.

Now, you could choose to eat any dessert during your weekly treat meal and be done with it. But once sugary, chemical-laden desserts become a frequent habit, fat gain is just around the corner.

To prepare dessert you can eat more frequently and that you know gives your body essential nutrients; you simply need to cook smarter. Smarter ingredients, smarter recipes, smarter methods – but all while keeping the taste to a maximum.

Thankfully, you don't have to spend hours in the kitchen testing out, refining and tweaking recipes to do so. I'm so obsessed with developing the perfect fat burning desserts that I've already done the job for you.

All that's left to do is to follow the proven recipes, and enjoy these mouth-watering desserts... guilt-free.

7 Huge Problems With Most "Healthy" Desserts

1. Too much sugar

Some recipes might appear healthy, when in reality they're not any healthier than the store-bought stuff. A good example is recipes calling for 1-2 cups of honey for just a couple servings of dessert.

Look – even if honey is a natural sweetener, it's still almost pure sugar. A real fat burning recipe should contain no added sugar – so you won't find any in this book.

2. Wrong ingredients

I still see so-called "healthy eating" blogs recommending terrible ingredients like canola oil or aspartame. Bad, bad choices.

There are a lot of healthier alternatives to these fattening ingredients, and they aren't as hard to find as you may think.

3. Too much work

A perfect dessert should be healthy, but also very easy to prepare. If a recipe has more than 10 steps and requires me to spend the entire day in the kitchen... I'll ditch it.

Don't get me wrong. I do love cooking. But I also love doing other things in my spare time than preparing a complex triple-layered cake with fancy decorations.

4. Where's the taste?

I like the idea of preparing dessert with healthier ingredients, but if my favorite dessert ends up tasting like sand or having a metallic aftertaste, I simply don't see the point of eating it.

My perfect fat burning desserts have been tweaked and tested until I've found the perfect match between the right ingredients and the best taste possible.

5. What the hell is that thing?

Some healthy recipes ask for weird ingredients that are hard to find, and end up looking disgusting when you prepare them. Not something I would serve my guests.

My recipes do ask for ingredients you'll probably have to buy online, but will always look and taste amazing – making your guests ask for the recipe every single time!

Also, I've only included recipes derived from the most popular desserts in America – not weird desserts that no one will even want to taste.

6. Obscene serving sizes

So you just prepared a cake that could serve 20 people. Now what? Will you eat cake for the entire next week and sabotage your fat loss – or will you have the willpower necessary to throw it away in regret?

Dessert recipes need to be prepared in limited quantities, because keeping dessert around all week long is guaranteed to trigger your cravings and make you go overboard.

7. Where are the pictures?

A recipe book without pictures... are you kidding me? According to a survey done in the UK, 10% of people preparing a recipe need a clear picture to avoid confusion.

In reality, I think everyone needs those pictures to understand what their recipe is supposed to look like, and how it should be served. After all, science proves that the way our food looks determines its taste to some degree.

The high quality pictures in this book alone will please your taste buds.

How Often Can I Eat Dessert?

It depends on a lot of factors.

If you're trying to burn fat fast, skipping dessert altogether except for your weekly treat meal(s) might be the best idea. Or, at least make sure that the amount of dessert you're eating fits your daily calorie needs.

Because they contain all the right ingredients, these perfect desserts won't trigger fat storage or hinder your fat loss like other desserts do. But keep in mind that dessert will never replace your staple fat burning foods like veggies, fruits, meats, fish, eggs, nuts and seeds.

If – on the other hand – you're trying to build muscle, you can always adapt recipes to include more protein powder in them. My #1 recommended brand is BioTrust, simply because this high-quality cold-processed whey protein is sweetened naturally and has the most addicting taste of all protein powders I've ever come across – a must when preparing tasty dessert.

You can grab it here: [BioTrust Low Carb™](#)

Discover Smarter Ingredients

Do you want to make dessert your fat burning ally?
It's about time you discover these smarter ingredients.

Don't freak out if you don't have 100% of them. But gradually try them out and I guarantee you won't go back to using cheap processed ingredients to cook your favorite desserts.

Sweeteners

Ingredient	Benefits	Uses	Recommendations
Erythritol	<ul style="list-style-type: none"> + No calories + Doesn't impair your immune system like sugar 	<ul style="list-style-type: none"> + Replace sugar 1:1 	<ul style="list-style-type: none"> + Choose GMO-free erythritol + Smart Sweet Erythritol
Xylitol	<ul style="list-style-type: none"> + 40% less calories than sugar + Doesn't impair your immune system like sugar 	<ul style="list-style-type: none"> + Replace sugar 1:1 	<ul style="list-style-type: none"> + Choose xylitol made from birch or GMO-free corn + Now Foods Xylitol
Stevia cooking blend	<ul style="list-style-type: none"> + Usually contains all-natural stevia and erythritol 	<ul style="list-style-type: none"> + Replace sugar 1:1 	<ul style="list-style-type: none"> + Choose GMO-free + Steviva Blend
Dates	<ul style="list-style-type: none"> + Very nutritious 	<ul style="list-style-type: none"> + Can replace sugar in some recipes + Holds ingredients together 	<ul style="list-style-type: none"> + Organic dates are the freshest, but any kind will do the trick + Organic Medjool Dates

Liquid Ingredients

Ingredient	Benefits	Uses	Recommendations
Almond milk	<ul style="list-style-type: none"> + Non-allergenic 	<ul style="list-style-type: none"> + Replace milk 	<ul style="list-style-type: none"> + Unsweetened + Blue Diamond Almond Breeze
Coconut milk	<ul style="list-style-type: none"> + Coconut products support your weight loss 	<ul style="list-style-type: none"> + Makes great mousse + Replace cream 	<ul style="list-style-type: none"> + BPA-free cans + No preservatives + Thai Kitchen Coconut Milk
Coconut oil	<ul style="list-style-type: none"> + Coconut products support your weight loss + Very stable under heat 	<ul style="list-style-type: none"> + Fat in baked goods 	<ul style="list-style-type: none"> + Cold-extraction from fresh coconuts + Tropical Traditions Gold Label Coconut Oil
Expeller-pressed coconut oil	<ul style="list-style-type: none"> + Coconut products support your weight loss + Very stable under heat + No coconut taste 	<ul style="list-style-type: none"> + Fat in baked goods 	<ul style="list-style-type: none"> + Extracted without chemicals + Tropical Traditions Expeller Pressed Coconut Oil
Butter	<ul style="list-style-type: none"> + Great source of vitamins and minerals – especially the pastured kind 	<ul style="list-style-type: none"> + Fat in baked goods 	<ul style="list-style-type: none"> + Grass-fed (pastured) + Kerrygold Butter + The Cadillac: Grass-fed Ghee
Vanilla extract	<ul style="list-style-type: none"> + High levels of antioxidants 	<ul style="list-style-type: none"> + Adds great taste to baked goods 	<ul style="list-style-type: none"> + Made from natural vanilla + Rodelle Pure Vanilla Extract

Dry Ingredients

Ingredient	Benefits	Uses	Recommendations
Protein powder	<ul style="list-style-type: none"> + Extra protein in your dessert, making it more filling 	<ul style="list-style-type: none"> + Add in some recipes + Balance liquid ingredients if you choose to add more 	<ul style="list-style-type: none"> + Sweetened naturally + Hormone-free + Cold-processed + BioTrust Low Carb™ + Vegan alternative: Onnit Hemp Force
Coconut flour	<ul style="list-style-type: none"> + Gluten-free + High protein and fiber 	<ul style="list-style-type: none"> + Replaces some or all the flour in recipes + Needs to be used with whole eggs to compensate for its dry nature 	<ul style="list-style-type: none"> + Bob Red Mills' Organic Coconut Flour
Arrowroot starch	<ul style="list-style-type: none"> + High in minerals + Easy to digest 	<ul style="list-style-type: none"> + Replace corn starch as a thickener 	<ul style="list-style-type: none"> + Bob Red Mills' Arrowroot Starch
Dark chocolate drops	<ul style="list-style-type: none"> + Stabilizes your blood sugar 	<ul style="list-style-type: none"> + Chocolate recipes 	<ul style="list-style-type: none"> + At least 70% cocoa content + Dagoba Chocolate Drops
Cocoa powder	<ul style="list-style-type: none"> + Stabilizes your blood sugar 	<ul style="list-style-type: none"> + Chocolate recipes 	<ul style="list-style-type: none"> + Raw, if possible + Navitas Cocoa Powder
Chia seeds	<ul style="list-style-type: none"> + Great source of vitamins and minerals 	<ul style="list-style-type: none"> + Use as a pudding or to add nutrition to your desserts 	<ul style="list-style-type: none"> + Navitas Chia Seeds
Hemp hearts	<ul style="list-style-type: none"> + Great source of GLA – omega-3 that support weight loss 	<ul style="list-style-type: none"> + Great in cakes, cookies and other pastries 	<ul style="list-style-type: none"> + Manitoba Harvest Hemp Hearts
Nuts (cashews, pecans, almonds, walnuts, macadamias)	<ul style="list-style-type: none"> + Source of healthy fats, fiber, vitamins and minerals 	<ul style="list-style-type: none"> + Base for healthy crusts + Great addition to most baked goods 	<ul style="list-style-type: none"> + Raw, if possible + Anything made by the Bergin Nut Company
Dried coconut	<ul style="list-style-type: none"> + Coconut products support your weight loss + Very high protein and fiber 	<ul style="list-style-type: none"> + Helps hold sticky ingredients together 	<ul style="list-style-type: none"> + Unsweetened + Bob Red Mill's Unsweetened Shredded Coconut
Black beans	<ul style="list-style-type: none"> + Stabilizes your blood sugar + Great source of antioxidants 	<ul style="list-style-type: none"> + Base for baked goods 	<ul style="list-style-type: none"> + Prepare them from dried beans if possible + Bob Red Mill's Black Beans
Cinnamon	<ul style="list-style-type: none"> + Increases glucose metabolism by about 20 times 	<ul style="list-style-type: none"> + Perfect spice for most desserts 	<ul style="list-style-type: none"> + Ceylon cinnamon
Gelatin	<ul style="list-style-type: none"> + Improves digestion + Helps joint recovery 	<ul style="list-style-type: none"> + Gelling agent 	<ul style="list-style-type: none"> + From grass-fed animals, if possible + Great Lakes Gelatin
Unrefined salt	<ul style="list-style-type: none"> + Essential minerals 	<ul style="list-style-type: none"> + Brings out the sweet flavor in baked goods 	<ul style="list-style-type: none"> + Aztec Sea Salt

Guilt-Free Protein Gummies

Prep time:
10 minutes

Waiting time:
10-30 minutes

Each serving provides:

Calories: 94

Fat: 0 g

Protein: 24 g

Carbs: 0g

- + Protein snack
- + Joint support
- + Sugar-free treat

Serves: 2



Ingredients

2 cups water

¼ cup (1 oz.) plain gelatin powder

3-4 tbsp. sweetener to taste (erythritol preferred)

Tips

- + Experiment with different flavors
- + For a Jell-O texture, use only 1 tbsp. gelatin powder per cup of water
- + These gummies will stay solid outside the fridge

Instructions

1. Add a splash of water and a sprinkle of gelatin to the blender container.
2. Add the rest of the liquid and the sweetener to a pan on the stove.
3. If you want to flavor your gummies, add a splash of cinnamon, fruit juice, cocoa powder or even dried mint.
4. Heat the liquid to almost boiling, then pour it into the blender container and blend on lowest setting.
5. Add remaining gelatin slowly. When combined, spoon off any froth that has formed on top.
6. Pour the rest of the mixture into a baking pan and put it in the fridge for about 30 minutes or in the freezer for about 10 minutes.

Chocolate Chia Seed Pudding

Prep time:
10 minutes

Each serving provides:

Calories: 226

Fat: 16 g

Protein: 6 g

Carbs: 21 g

+ Antioxidants

+ Omega-3 and fiber

+ Complete protein

Serves: 1

Ingredients

¼ cup chia seeds

1 cup almond milk

1 tbsp. cocoa powder

1-2 tsp. sweetener (erythritol preferred)

Tips

- + Experiment with added berries, dried coconut and cinnamon
- + To turn this pudding into a high-protein snack, add 1 scoop of **BioTrust Low Carb™**. You might need to add a little bit more almond milk to get the texture right.



Instructions

1. Combine chia seeds and almond milk.
2. Stir in cocoa powder and the sweetener.
3. Let sit for 30 minutes or overnight until mixture has thickened.

Superfood Truffles



Each serving provides:

Calories: 317

Fat: 25 g

Protein: 15 g

Carbs: 17 g

+ Healthy fats

+ Antioxidants powerhouse

Serves: 2

Prep time:
10 minutes

Waiting time:
1 hour

Ingredients

2 tbsp. sweetener (erythritol preferred)

½ tsp. vanilla extract

1 tbsp. water

¼ cup raw cashews

¼ cup raw almonds

¼ cup hemp hearts

⅓ cup cocoa powder

A pinch of sea salt

Tips

- + You can replace the cocoa powder with another superfood powder like maca or even a greens powder like **Athletic Greens®**

Instructions

1. Line a cookie sheet with plastic wrap or parchment paper and set aside.

2. In a small bowl, stir together the sweetener, vanilla and water. Set aside.

3. In the bowl of a food processor, blend together the cashews, almonds, hemp hearts, cocoa and salt until the mixture resembles a powder. Rub a little of it between your thumb and fingers; if you can still see whole hemp seeds, process a bit more, but do not create nut butter (it should remain dry).

4. Stir the wet mixture one more time and pour over the dry mixture in the processor bowl.

5. Blend until it comes together in a sticky dough. It will likely stick to your fingers and the processor bowl, but should be thick enough to hold its shape. Do not add more dry ingredients; the truffles will firm up considerably after a few hours.

6. Roll in balls and set on the plastic wrap. Set in freezer for at least 1 hour.

5-Minute Caramelized Bananas

Prep time:
5 minutes

Each serving provides:

Calories: 272

Fat: 18 g

Protein: 3 g

Carbs: 29 g

Serves: 1

+ Really fast dessert

+ Healthy fats

Ingredients

1 banana

1 tbsp. coconut oil

2 tbsp. nuts (pecans, almonds, macadamias are all good)

Tips

- + Do not rush the process and burn the nuts. This will destroy the delicate healthy fats inside
- + If you don't want the coconut taste, use expeller-pressed coconut oil
- + Sprinkle your recipe with cinnamon for an extra kick



Instructions

1. Heat nuts in a pan over low heat. Remove from heat when slightly roasted. Do not burn.
2. Meanwhile, peel the banana and cut in half length-wise.
3. In the same pan, heat coconut oil over medium-high heat. Add the banana and cook until light golden brown and then turn the heat down and flip to brown the other side.
4. Sprinkle nuts on top and serve warm.

1-Ingredient Perfect Dairy-free Ice Cream

Prep time:
10 minutes

Waiting time:
1-2 hours

Each serving provides:

Calories: 210

Fat: 0 g

Protein: 2 g

Carbs: 54 g

+ Dairy-free

+ No added sugar

Serves: 2

Ingredients

4 bananas

Tips

- + Add cocoa powder, cinnamon, dried coconut, berries or any fruit you like to create different flavors
- + You can substitute bananas for boiled sweet potatoes. I'm serious!



Instructions

1. Peel your bananas and cut them into small pieces.
2. Freeze them for 1-2 hours on a plate.
3. Blend the frozen bananas – scraping down the bowl when they stick.
4. For a harder consistency, refreeze for a couple hours.

Classic Chocolate Chip Cookies

Prep time:
20 minutes

Each serving provides:

Calories: 84

Fat: 7 g

Protein: 1 g

Carbs: 5 g

- + Gluten-free
- + Sugar-free
- + Perfect texture

Serves: 20
cookies

Ingredients

$\frac{2}{3}$ cup coconut flour

$\frac{1}{3}$ cup arrowroot starch

$\frac{1}{2}$ tsp. baking powder

$\frac{1}{4}$ tsp. baking soda

$\frac{1}{3}$ cup sweetener (erythritol preferred)

1 tsp. vanilla extract

2 eggs

$\frac{1}{3}$ cup dark chocolate drops

4 tbsp. melted coconut oil

4 tbsp. softened butter

Tips

- + Gives a lot of cookies, so do share with your friends and family



Instructions

1. Have all ingredients out to room temperature. Preheat oven to 350°F.
2. In a large bowl, mix all your dry ingredients.
3. Add in your chocolate drops and stir. Add in the butter, coconut oil, vanilla and eggs. Mix well.
4. Add in your water, one tablespoon at a time – until you get the batter to start holding together. You want it to be on the thick side.
5. Scoop onto cookie sheets. This should give you about 20 cookies.
6. Bake for 14-16 minutes. Cool before removing from cookie sheets.

Mini Carrot Cakes



Serves: 6 muffin-sized cakes

Each serving provides:

Calories: 120

Fat: 6 g

Protein: 2 g

Carbs: 19 g

+ Vitamin A

+ Fat burning spices

Ingredients

1 cup grated carrots

½ cup chopped pitted dates

½ cup walnuts

2 tsp. ground cinnamon

1 tsp. ground ginger

¼ tsp. ground nutmeg

A pinch of sea salt

1 tbsp. sweetener (optional)

⅓ cup raisins

Instructions

1. Line a baking sheet with paper towels. Spread grated carrots across baking sheet and cover with another layer of paper towels. Top with a second baking sheet. Place heavy objects, such as books or a skillet, on top of baking sheet. Let stand until most of liquid has been pressed out of carrots, about 10 minutes.

2. Meanwhile, in the bowl of a food processor, combine dates and walnuts. Pulse until they have broken down into a sticky, uniform paste, about 1 minute, scraping down sides as necessary. Add cinnamon, ginger, nutmeg, and salt and pulse to combine.

3. Remove carrots from baking sheet and squeeze out any excess moisture. Add to bowl of food processor. Add the sweetener and pulse until evenly combined.

4. Add raisins and pulse until most raisins have been incorporated and mixture is a coarse textured paste.

5. Scoop mixture out of food processor and press firmly in 6 muffin tins. Place in refrigerator and let chill at least one hour. Remove from tins and serve.

Miracle Brownies



Prep time:
30 minutes

Waiting time:
10 minutes

Serves: 9 brownies

Each serving provides:

Calories: 183 cal

Fat: 13 g

Protein: 6 g

Carbs: 15 g

+ Dairy-free

+ Gluten-free

+ No added sugar

Ingredients

1½ cups black beans (or 1 can of BPA-free canned beans)

¼ cup melted coconut oil (or melted butter)

¼ cup cocoa powder

2 tsp. vanilla extract

½ cup sweetener (erythritol preferred)

A pinch of sea salt

3 lightly beaten eggs

½ cup dark chocolate drops

Instructions

1. Preheat oven to 350°F. Grease an 8-inch pan.
2. Place the black beans, oil, cocoa, sweetener, vanilla extract and salt into a blender or food processor and blend until smooth.
3. Fold in the eggs and chocolate drops. Mix well.
4. Pour into the pan and bake for about 20 minutes. Let cool for at least 10 minutes before cutting, or eat straight from the pan!

Tips

- + This recipe will make 9 brownies, so I highly suggest you share the love!
- + To prepare your beans from scratch (highly recommended), simply soak 2/3 cup dried beans overnight and then boil them until soft (45 minutes)

"I Can't Believe There's No Cheese!" Mini Cheesecakes

Each serving provides:

Calories: 322 cal

Fat: 30 g

Protein: 5 g

Carbs: 13 g

- + Dairy-free
- + No added sugar
- + Healthy fats

Serves: 6
cakes

Ingredients

Crust

2/3 cup raw macadamia nuts (or walnuts)

1/4 cup dates, chopped

4 tbsp. cup dried coconut

Filling

1 cup chopped cashews, soaked for at least 1 hour

1/4 cup lemon juice

1/4 cup sweetener (erythritol preferred)

1/4 cup melted coconut oil

1/2 tsp. vanilla extract

A pinch of sea salt

3 tbsp. water

Tips

- + Splitting the cake in 6 muffin tins will help you portion control, but feel free to make one bigger cake out of this recipe instead
- + Add 2 tbsp. cocoa powder to the mix to turn your cake in an even more decadent dessert



Prep time:
10 minutes

Instructions

1. Process the macadamia nuts and dates in a food processor until smooth.
2. Sprinkle dried coconut onto the bottom of 6 grease muffin tins. Press crust onto the coconut. This will prevent it from sticking.
3. Blend the cashews, lemon, sweetener, coconut oil, vanilla, sea salt and water. Blend until smooth and adjust to taste.
4. Pour the mixture onto the crust. Place in the freezer until firm.

Perfect Apple Crumble



Prep time:
1 hour

Serves: 4

Each serving provides:

Calories: 271 cal

Fat: 15 g

Protein: 4 g

Carbs: 34 g

+ Healthy fats

+ Regulates blood sugar

Ingredients

Filling

3 apples

½ tsp. cinnamon

¼ tsp. ground nutmeg

Juice and zest of a lemon

1 tbsp. arrowroot powder

1 tbsp. sweetener (erythritol preferred)

Topping

½ cup nuts (cashews, almonds, Brazil nuts, etc.)

A pinch of sea salt

2 tbsp. arrowroot powder

2 tbsp. melted coconut oil or butter

¼ cup raisins

1 tsp. vanilla extract

Instructions

1. Preheat your oven to 325°F. Grease up a baking dish and set aside.

2. Peel and thinly slice the apples. Place into a large mixing bowl. Add the other filling ingredients and mix well.

3. Pulse the nuts, salt, and arrowroot powder in a food processor until the nuts are in crumbly, small chunks. Then slowly add the coconut oil or butter one tablespoon at a time while pulsing the mixture. Add in the raisins a bit at a time while pulsing. Now do the same with the vanilla. The mixture should be holding together like a doughy mixture.

4. Fill your baking dish with the apple mixture. Then use your fingers to dollop the topping over the surface a bit at a time.

5. Bake for 45 minutes – until golden brown and bubbly.

Tips

+ To get the soft feeling of an apple pie, try baking your crumble longer

+ Feel free to remove lemon zest from the recipe if you find it too overwhelming