

ASHLEY FOSTER · ATLANTA

Free sugar-free dessert pack

My mom couldn't have sugar anymore, so I learned to rebuild the sweet stuff without it. These three are the ones my girls ask for on repeat.

Three recipes inside, each built on a real swap:

- Chocolate banana nice cream, sweet from ripe banana
- Peanut butter brownie energy bites, sweet from Medjool dates
- Strawberry yogurt bark, sweet from whole strawberries

Make them once. See which one your table fights over.
— Ashley

RECIPE ONE

Chocolate banana nice cream



The swap: ripe banana does all the sweetening. No sugar added.

Serves 2. About 5 minutes, plus freezing.

Ingredients

- 3 ripe bananas, peeled, sliced, and frozen solid (at least 3 hours)
- 2 tablespoons unsweetened cocoa powder
- 2 to 3 tablespoons milk of choice, only if needed to blend
- Pinch of flaky sea salt and a few banana coins to top

Method

1. Drop the frozen banana slices into a food processor or strong blender.
2. Blend. It will look crumbly, then grainy, then suddenly creamy. Push the sides down as you go.
3. Add the cocoa. Blend again until it's a smooth soft-serve. Add a splash of milk only if your machine is struggling.
4. Scoop into bowls right away for soft-serve, or freeze 30 minutes for scoopable.
5. Top with banana coins and a pinch of salt. Eat fast.

RECIPE TWO

Peanut butter brownie energy bites



The swap: Medjool dates, used in moderation, instead of added sugar.

Makes about 14. About 10 minutes, plus a short chill.

Ingredients

- 1 cup rolled oats
- 6 to 8 pitted Medjool dates (soak in warm water 5 minutes if firm)
- 1/2 cup natural peanut butter
- 3 tablespoons unsweetened cocoa powder
- 2 to 3 tablespoons dark chocolate chips, no added sugar if you have them
- Pinch of salt, splash of water if needed

Method

1. Put the oats and drained dates in a food processor. Pulse until the dates break down into small bits.
2. Add the peanut butter, cocoa, and salt. Process until it clumps into a sticky dough. Add a teaspoon of water at a time if it's too dry.
3. Pulse in the chocolate chips just to scatter them, don't fully blend.
4. Roll into bite-size balls with damp hands.
5. Chill 20 minutes so they firm up. Keep in the fridge up to a week.

RECIPE THREE

Strawberry yogurt bark



The swap: whole strawberries do most of the work, with optional monk fruit instead of sugar.

Makes one tray, about 10 pieces. 10 minutes, plus 4 hours freezing.

Ingredients

- 2 cups thick Greek yogurt (plain, whole milk holds up best)
- 1 to 2 teaspoons monk fruit sweetener, optional, to taste
- 1 teaspoon vanilla extract
- 1 cup fresh strawberries, sliced
- 1/4 cup blueberries
- 2 tablespoons slivered almonds, lightly toasted

Method

1. Line a sheet tray with parchment.
2. Stir the yogurt with the vanilla and the monk fruit if you're using it. Taste and adjust.
3. Spread the yogurt over the parchment about a quarter inch thick.
4. Press the strawberries, blueberries, and almonds into the surface so they stick.
5. Freeze flat at least 4 hours, until solid. Break into shards. Store in the freezer in a bag or container.