



**GOLDSTER**★  
*THE BEST SOLUTION FOR YEARS*

Healthy Desserts

---

<https://www.goldster.co.uk/>



## Pistachio Pomegranate Bark

4 servings

30 minutes

### Ingredients

200 grams Dark Chocolate (at least 70% cacao)

1 cup Pomegranate Seeds

1/2 cup Pistachios (shelled and chopped)

1/4 cup Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Calories	449
Fat	32g
Carbs	35g
Fiber	9g
Protein	8g
Calcium	58mg

### Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

### Notes

**Storage:** Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



## Lemon Blueberry Muffins

12 servings

30 minutes

### Ingredients

- 2 cups Almond Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 Lemon (zest and juice)
- 3 Egg
- 1 Banana (medium, mashed)
- 1/4 cup Maple Syrup
- 1 cup Blueberries

### Nutrition

Amount per serving	
Calories	158
Fat	11g
Carbs	13g
Fiber	3g
Protein	6g
Calcium	55mg

### Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
- 3 In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 4 Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
- 5 Remove from oven and let cool. Enjoy!

### Notes

**Serving Size:** One serving is equal to one muffin.

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Almond Flour:** This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

**Banana:** One medium banana is equal to 1/2 cup mashed banana.



## Almond Butter Stuffed Dates

1 serving

5 minutes

### Ingredients

1/4 cup Pitted Dates  
2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	296
Fat	17g
Carbs	33g
Fiber	6g
Protein	7g
Calcium	123mg

### Directions

- 1 Spoon an even amount of nut butter into the centre of each date. Enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter or tahini instead of almond butter.

**Dress Them Up:** Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



## Chocolate Dipped Figs with Flaky Sea Salt

4 servings

25 minutes

### Ingredients

99 grams Dark Chocolate

8 Fig (cut in half)

1/8 tsp Sea Salt (flaky)

### Nutrition

Amount per serving	
Calories	222
Fat	11g
Carbs	31g
Fiber	6g
Protein	3g
Calcium	53mg

### Directions

- 1 Line a baking sheet with parchment paper.
- 2 In a microwave-safe dish, melt the chocolate, working in 30-second intervals until the chocolate is smooth and melted.
- 3 Dip each fig into the chocolate and place on the parchment-lined pan. Top with sea salt. Place in the fridge for 20 minutes. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to four chocolate-dipped figs.



## Mojito Sorbet

2 servings

10 minutes

### Ingredients

- 1/2 Cucumber (large, chopped and frozen)
- 1/4 cup Mint Leaves (fresh)
- 1/2 Lime (juiced)
- 1 tbsp Maple Syrup
- 2 tbsps Water (cold)

### Directions

- 1 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
- 2 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!

### Nutrition

Amount per serving	
Calories	42
Fat	0g
Carbs	11g
Fiber	1g
Protein	1g
Calcium	33mg