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Mouthwatering Desserts That Nutritionists Love

You better believe chocolate made the list!



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Think a healthy diet can't include a little dessert? Oh, it definitely can. And by dessert, I don't mean a small bowl of grapes. I mean cookies, chocolate, frozen treats — they're all fine, even if you're trying to lose weight, as long as you know what kinds to choose.

Brownie Batter Pudding (Raw, Vegan, Gluten-Free)

For example, this [brownie batter pudding](#) is raw, vegan, gluten-free, and full of essential nutrients. But it looks freaking *amazing*. I'm all about healthy eating if it includes this treat.



Photo source: *RECIPE FOR RADIANCE* (Running Press)

For more snacks that satisfy a sweet tooth without wrecking a diet, I asked nutritionists and registered dietitians to share their favorite healthy desserts.

Vanilla Frozen Yogurt with Toppings

"1/2 cup vanilla frozen yogurt (110 calories) + 1 Hershey's Dark Chocolate BLISS, shredded (35 calories) + 1/4 cup raspberries (16 calories) = 160 calories, 7-10 grams protein"

"Yogurt has protein, dark chocolate is full of antioxidants, and berries have phytonutrients, which help prevent effects of aging, cardiovascular disease, arthritis, diabetes, high blood pressure, and even certain types of cancer." - [Dr. Wendy Scinta](#), Obesity Medicine Specialist, Author of BOUNCE™, A Weight-Loss Doctor's Plan for a Happier, Healthier and Slimmer Child

Fresh, Seasonal Fruit with Dark Chocolate Dip



Photo source: Thinkstock

"I love having a small plate of strawberries, apple slices, and banana slices either with a drizzle of melted dark chocolate or a melted dark chocolate dip... I [am] enjoying the indulgence... without breaking the bank in terms of calories added sugars and fats." - [Vandana Sheth](#), RDN, CDE, Registered Dietitian Nutritionist and Spokesperson for the Academy of Nutrition and Dietetics

Chocolate-Covered Fruit

“Place dark chocolate chips in a medium microwave-safe bowl. Microwave at 50 percent power for 30 seconds or until melted, stirring until smooth. Dip half of a clean and dry strawberry or sliced banana in chocolate... For extra pizzaz you can sprinkle with some nuts or shredded coconut.”

“The fiber from the fruit is very filling and will naturally keep you from eating more than you should (hopefully!)... If you use dark chocolate chips it’s a good source of antioxidants.” – [Deborah Enos](#), Licensed Nutritionist

Oatmeal Peanut Butter Cookies



Photo source: Monica Lebre

You can find the recipe for these all-natural cookies on [Monica’s blog](#).

“These cookies are quick, easy and very tasty! For 56 calories each, they’ll please adults and kids alike!” – [Monica Lebre](#), Registered Dietician and Nutritionist

3-Ingredient Banana Cookies

“To make mix 2 bananas (mashed very well), 1 cup of rolled oats, and 1/4 cup of chopped walnuts. Bake at 375 for 18-20 minutes. Makes 16 cookies.”

“They are easy to make, satisfy a sweet tooth, and won’t ruin a day of clean eating. I also find that actually making something is more satisfying than eating chocolate candies while standing in the pantry.” - [Carissa Bealert](#), Registered Dietitian, Certified Personal Trainer

Grilled Peach Sundae

“I grill or pan-grill a halved organic peach until caramelized, then top each half with a small scoop of vanilla frozen yogurt, dollop of raspberry jam (sometimes), and generous sprinkling of toasted natural sliced almonds or roasted pistachios.”

“It has the perfect balance of healthful and indulgent, quenching and crunchy, chilly and toasty, sweet and nutty, all while helping meet whole fruit and nut servings.” - [Jackie Newgent](#), RDN, culinary nutritionist and author of *The With or Without Meat Cookbook*

Cinnamon-Vanilla Ricotta



Photo source: Sarah Waybright's [Instagram](#)

You can find the recipe for this treat on the [Why Food Works website](#).

“A protein-packed dessert dip I’ve been crazy about lately is based on ricotta (high protein content) and spices with honey to add flavor... It has a tiramisu-like quality and works perfectly as a fruit dip or spread on sweet crackers.” – [Sarah Waybright](#), MS, RD, LD

Chocolate-Dipped Strawberries

“Melt dark chocolate (aim for more than 70 percent cacao) in the microwave, dip strawberries in, and place on a wax paper covered baking sheet in the fridge to harden.”

“You get nutrients and fiber from the fruit, plus antioxidants from the dark chocolate —without the extra sugar and fat found in lighter forms of chocolate or sugar-sweetened desserts.” – [Alissa Rumsey](#), Registered Dietician and Certified Strength and Conditioning Coach

Ice Cream (with a Smart Health Hack)

“I’m 8 months pregnant, so I admit to indulging my ice cream cravings — but I do it the healthy way. I use a small, round vintage glass and stick to a 1/2 cup serving, which looks huge in the glass. Then I top the ice cream with toasted coconut flakes, fresh berries, and sprinkle dark chocolate CocoaVia on top. This way I’m getting my sweet, creamy fix and also getting some fiber and heart-healthy cocoa flavanols too. Oh, and I enjoy it with a small teaspoon that a friend bought for me in Paris. Makes the enjoyment last even longer!” – [Frances Largeman-Roth](#), Registered Dietician Nutritionist, author of *Eating in Color: Delicious, Healthy Recipes for You and Your Family*

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