

THE SWEET TOOTH STARTER KIT

10 Gut-Healthy
Desserts to Kill
Cravings Fast



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TABLE OF CONTENTS

TABLE OF CONTENTS	1
AUTHOR'S NOTE	2
1. THE VIRAL "SNICKERS" DATE BARK	3
2. 60-SECOND CACAO PROTEIN MUG CAKE	4
3. FROZEN BLUEBERRY YOGURT CLUSTERS	5
4. THE ACV "FLAT BELLY" SPRITZ	6
5. NO-BAKE PEANUT BUTTER PROTEIN CUPS	7
6. CINNAMON ROLL CHIA PUDDING	8
7. FLOURLESS ALMOND BUTTER CHOCOLATE CHIP COOKIES	9
8. THE GOLDEN TURMERIC PROTEIN SHAKE	10
9. STRAWBERRY CHEESECAKE GREEK YOGURT BOWL	11
10. CHOCOLATE AVOCADO MOUSSE	12
READY FOR THE ULTIMATE UPGRADE?	13

Author's Note

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If you downloaded this guide, you are probably tired of fighting your cravings and feeling guilty every time you eat something sweet. For years, we were told that to heal our guts and lose weight, we had to survive on restrictive diets and give up the comfort foods we love.

I am here to show you that you don't need to give up dessert to reach your goals. When you replace processed sugars and artificial ingredients with real, whole foods, the entire game changes.

I have compiled 10 of my most viral, craving-crushing recipes to get you started. These recipes are designed to taste incredible while actively healing your body. Stop fighting your sweet tooth, and start feeding it the right way. Enjoy every bite.

1. THE VIRAL "SNICKERS" DATE BARK



Prep time: 10 mins | Freeze time: 30 mins | Serves: 4

- Ingredients:

- 10 Medjool dates, pitted and split open
- 1/4 cup natural peanut butter
- 1/4 cup crushed peanuts
- 1/2 cup sugar-free dark chocolate chips, melted
- A pinch of flaky sea salt

- Instructions:

1. Lay the split dates flat on a parchment-lined baking sheet so they touch, forming a single rectangle. Press them down flat.
 2. Spread an even layer of peanut butter over the dates.
 3. Sprinkle the crushed peanuts over the peanut butter.
 4. Pour the melted dark chocolate over the top, spreading it thin. Top with sea salt.
 5. Freeze for 30 minutes, then break into shards.
- The Benefit: Dates provide a massive hit of digestive fiber and potassium, perfectly mimicking caramel without the massive insulin spike of refined sugar.



2. 60-SECOND CACAO PROTEIN MUG CAKE



Prep time: 2 mins | Cook time: 1 min | Serves: 1

- Ingredients:

- 1 scoop chocolate whey or plant protein powder
- 1 tbsp raw cacao powder
- 1/4 tsp baking powder
- 1 tbsp peanut butter
- 1/4 cup almond milk

- Instructions:

1. In a microwave-safe mug, whisk the protein powder, cacao, and baking powder.
 2. Stir in the almond milk until it forms a thick batter.
 3. Drop the peanut butter right into the center of the batter.
- Microwave for 60 seconds. Let it cool for 1 minute before eating.
- The Benefit: Instant gratification. This delivers over 25g of muscle-building protein in under two minutes to immediately kill late-night cravings.

3. FROZEN BLUEBERRY YOGURT CLUSTERS



Prep time: 5 mins | Freeze time: 1 hour | Serves: 3

- Ingredients:

- 1 cup fresh blueberries

- 1/2 cup plain full-fat Greek yogurt

- 1/2 cup sugar-free dark chocolate chips, melted

- Instructions:

1. In a bowl, toss the blueberries with the Greek yogurt until fully coated.

2. Scoop bite-sized clusters of the yogurt-covered berries onto a parchment-lined tray. Freeze for 30 minutes.

3. Dip the frozen clusters into the melted dark chocolate. Place back on the tray and freeze for another 30 minutes.

- The Benefit: The thick Greek yogurt provides active probiotic cultures to heal the gut microbiome, safely sealed inside an antioxidant-rich chocolate shell.

4. THE ACV "FLAT BELLY" SPRITZ



Prep time: 2 mins | Serves: 1

- Ingredients:
 - 1 tbsp raw Apple Cider Vinegar (with the mother)
 - 1 cup sparkling water
 - 1/2 lime, juiced
 - 5 drops liquid stevia (or 1 tsp raw honey)
 - Ice cubes
- Instructions:
 1. Fill a glass with ice.
 2. Pour in the apple cider vinegar, fresh lime juice, and stevia.
 3. Top with sparkling water and stir gently. Drink 15 minutes before dinner.
- The Benefit: The acetic acid in the vinegar blunts your blood sugar spike by up to 30% when you eat, drastically reducing bloating and fat storage.

5. NO-BAKE PEANUT BUTTER PROTEIN CUPS



Prep time: 10 mins | Freeze time: 20 mins | Serves: 6

- Ingredients:

- 1/2 cup natural peanut butter
- 1/4 cup coconut flour
- 2 tbsp maple syrup
- 1/2 cup dark chocolate chips, melted
- 1 tsp coconut oil

- Instructions:

1. Mix the peanut butter, coconut flour, and maple syrup until it forms a dough.
 2. Roll the dough into 6 balls and flatten them slightly into discs. Place on parchment paper.
 3. Melt the chocolate chips and coconut oil together. Spoon a thin layer of chocolate over each peanut butter disc.
 4. Freeze for 20 minutes until the chocolate sets.
- The Benefit: Coconut flour absorbs excess moisture in the digestive tract, sweeping out toxins while providing a satisfying, dense texture.



6. CINNAMON ROLL CHIA PUDDING



Prep time: 5 mins | Chill time: 2 hours | Serves: 1

- Ingredients:
 - 3 tbsp chia seeds
 - 3/4 cup almond milk
 - 1 tsp cinnamon
 - 1 tbsp maple syrup
 - 1 tbsp whipped cream cheese or thick Greek yogurt (for topping)
- Instructions:
 1. Whisk the chia seeds, almond milk, cinnamon, and maple syrup in a jar.
 2. Let it sit for 5 minutes, then whisk aggressively one more time to break up clumps.
 3. Refrigerate for at least 2 hours. Top with a dollop of cream cheese before eating.
- The Benefit: Chia seeds expand to form a gel in your stomach, keeping you entirely full and satisfied for hours while regulating your bowel movements.

7. FLOURLESS ALMOND BUTTER CHOCOLATE CHIP COOKIES



Prep time: 5 mins | Bake time: 10 mins | Serves: 8

- Ingredients:
 - 1 cup creamy almond butter
 - 1/3 cup raw honey
 - 1 egg
 - 1/2 tsp baking soda
 - 1/3 cup dark chocolate chips
- Instructions:
 1. Preheat oven to 350°F (175°C).
 2. Mix the almond butter, honey, egg, and baking soda into a thick dough. Fold in the chocolate chips.
 3. Roll into 8 balls, place on a baking sheet, and flatten gently.
 4. Bake for 10-12 minutes. They will look soft but will firm up as they cool.
- The Benefit: Completely free of inflammatory wheat and grains, relying entirely on the heart-healthy monounsaturated fats from the almonds.



8. THE GOLDEN TURMERIC PROTEIN SHAKE



Prep time: 5 mins | Serves: 1

- Ingredients:
 - 1 scoop vanilla protein powder
 - 1 cup coconut milk
 - 1/2 frozen banana
 - 1 tsp turmeric powder
 - A pinch of black pepper
 - 1/2 cup ice
- Instructions:
 1. Add all ingredients to a high-speed blender.
 2. Blend until perfectly smooth and creamy.
- The Benefit: Turmeric is a master anti-inflammatory. The black pepper and coconut fats ensure your body fully absorbs the curcumin to soothe joint pain and gut swelling.



9. STRAWBERRY CHEESECAKE GREEK YOGURT BOWL



Prep time: 5 mins | Serves: 1

- Ingredients:

- 1 cup full-fat plain Greek yogurt

- 1 tsp vanilla extract

- 1/2 cup chopped fresh strawberries

- 1 plain graham cracker (or 2 tbsp crushed walnuts), crushed

- Instructions:

1. In a bowl, whip the Greek yogurt and vanilla extract until smooth.

2. Top with the fresh strawberries and the crushed graham cracker or walnuts.

- The Benefit: Fast, raw, and highly anabolic. The casein protein in the yogurt repairs muscle tissue while you sleep, making this the perfect late-night snack.



10. CHOCOLATE AVOCADO MOUSSE



Prep time: 5 mins | Chill time: 30 mins | Serves: 2

- Ingredients:

- 1 large ripe avocado
- 1/4 cup raw cacao powder
- 1/4 cup almond milk
- 3 tbsp maple syrup
- 1 tsp vanilla extract

- Instructions:

1. Scoop the avocado into a food processor or blender.
2. Add the cacao, almond milk, maple syrup, and vanilla.
3. Blend on high until completely silky and smooth. Chill for 30 minutes before serving.

- The Benefit: Avocado provides a hyper-creamy, dairy-free base loaded with oleic acid, which drastically reduces systemic inflammation and nourishes the gut lining.