



Healthy Sweet Tooth Satisfier List



Need a snack or a sweet fix? Forget ice cream, cookies, cake or other high-glycemic goodies! They're full of refined [sugar](#), which can fan the fires of [inflammation](#) in your arteries and ultimately cause heart disease, [metabolic syndrome](#), obesity, and other degenerative conditions. Many of them also have lots of other ingredients I don't like, such as [bad fats](#), chemicals, artificial colors and flavors, and even [GMOs](#). Now, I don't want to kill your pleasure, but with sugar, less is *definitely* more!

<i>Pass on these sweets:</i>	<i>In favor of these natural treats:</i>
Cookies	1 or 2 of my Chocolate Oatmeal Cookies – Traditional chocolate chip or other cookies are usually chock full of refined white sugar and flour, and omega-6 or even trans-fats. My oatmeal cookies contain lots of fiber and healthy fats to help balance moderate amounts the sugar content of honey and dark chocolate pieces. They're also gluten-free .
Dried fruit snacks	Nut mix with <i>some</i> natural dried fruit and lots of nuts, seeds and unsweetened coconut flakes. With dried fruit, a little goes a long way. Dried fruit can be a good source of fiber and nutrients, but it also contains a lot of sugar, albeit unrefined. Make a mix that's heavy on heart-healthy almonds, walnuts , seeds (like pumpkin and sunflower), and unsweetened coconut flakes to help slow insulin release with heart-healthy fats .
Candy	1 or 2 dates (Nature's true candy). As they contain a good deal of sugar, limit yourself to 1 or 2 in a sitting; you'll also get some fiber, minerals, and vitamins with this sweet fix.
Brownies / cake	My Dark Chocolate Covered Strawberries – High in antioxidants , strawberries are healthy sweets . Be sure to eat organic strawberries, though; commercial varieties are known for having significant pesticide content.
Ice cream / commercial fruit smoothies	Plain organic whole milk yogurt with 1-2 tsp of real maple syrup or 1 tsp honey; also try my Breakfast Fruit Smoothie .
Donuts / muffins	Organic apple slices with 1 or 2 Tbsp nut butter (almond, walnut, even peanut or cashew). Optional: mix 1 Tbsp coconut oil into nut butter for extra healthy fat to help slow insulin release and keep you satiated.
"Diet" desserts	Organic red grapes. Naturally sweet, grapes offer vitamins (especially C & K), minerals, water, and phytonutrients like resveratrol .
Milk or white chocolate	1-2 small pieces of dark (70%+) chocolate.