

15 Delicious Desserts So Healthy You Can Eat Them for Breakfast



I would prefer you eat dessert for breakfast than have a banana for breakfast.

Does that sound like I've lost my mind?

It's the truth... If you eat the right kind of dessert! (Sorry, no ice cream or candy bars!)

And today, I'll give you 20 delicious dessert ideas that would be better choices for breakfast than what most people eat to start their day.

But first, let's talk about why eating a banana – or a bowl of cereal, granola bar, or oatmeal – for breakfast is a bad idea.

All of these foods are high in sugar, while at the same time, low in healthy fats. So when you eat a banana – especially on an empty stomach first thing in the morning – you overload your body with sugar with nothing to slow down its digestion.

That means your blood sugar levels will spike. Next, your pancreas tries to compensate by releasing more and more insulin.

If that happens day after day, meal after meal, it becomes a big problem, leading to insulin resistance, possibly diabetes, and more problems that you don't want.

Even if it just happens once in a while because you are in a hurry and grab a banana on your way out the door, it hinders your pancreas' ability to maintain alkaline balance.

It also will lead to you being hungry again much, much faster than if you had made a smoothie – even if that smoothie has a banana in it. If that smoothie also included chia seeds, almond butter, and coconut milk, for example – 3 yummy sources of healthy fat – the chain reaction starting with a blood sugar spike never would have happened!

This is where much of the confusion lies. By adding healthy fats to the sugars you consume, your body is able to metabolize the sugar slowly, which both keeps you fuller longer and stabilizes your blood sugar.

And that's why you can eat the desserts I'm going to share with you today for breakfast, because they are full of healthy fats that change the way you metabolize the sugar in the sweet treat.

Each and every one of these would be WAY better for you than just a banana for breakfast. Not only do they contain healthy fat, but also they are loaded with vitamins and minerals, which means that even with a bit of sugar, they are **alkaline** ways to indulge.

That said, we keep the sugar content down as much as possible, so if you are clean keto, these tasty treats are great ways to end (or start) your day!

1. [THE ORIGINAL VANILLA COCONUT CHIA PUDDING](#)

This is my favorite dessert of all time. It takes only 10 minutes to make in the blender, but please note, you will have to let it sit overnight in the fridge. (That makes it perfect for breakfast!)

I always joke that we'd better make extra because this tasty dessert won't last. Chia was used for energy and strength by Mayan and Aztec civilizations, as it's 50 percent omega-3s — one of the richest sources of these fatty acids and protein. It's also high in fiber, which helps reduce inflammation in the gut and lowers cholesterol.



2. [RAW GUILT-FREE BROWNIES](#)



Yep, you can even have brownies for breakfast! You could eat these every night and still maintain your healthy lifestyle. In fact, these brownies have a lot of good-for-you ingredients like cashews, coconut, cacao, and cayenne. I use cashews in moderation (they have the ability to mold), and this is one of the few recipes I throw them into, to help give that creamy, gooey texture!

Warning: you might become addicted to this recipe.

3. [RAW PUMPKIN PIE](#)

This is another favorite of mine, and we make it throughout the fall at our house. Who doesn't want to start their day with pie for breakfast, am I right?

And as a bonus – there are 2 more delicious sweet desserts on the same page of our blog: Pumpkin Chia Pudding and Pumpkin Pie Breakfast Bowl. If you're a pumpkin spice fan, you just hit the jackpot!

4. [CHOPPED BERRIES WITH MINT AND COCONUT BUTTER](#)

For a number of years berries have been on every list of some of the healthiest foods on the planet, particularly blueberries and strawberries. They are combined in this dish with a healthy dose of fat from coconut butter and you've got yourself a delicious breakfast, snack, or dessert to enjoy any time!



5. [CHOCOLATE ALMOND CHIA PUDDING](#)

This pudding is as good as any high-acid dessert with none of the guilt, headaches, tummy troubles, bloat, or weight gain. Try this with the kids or guests and they are sure to want more (and more...)!

6. [CLEAN KETO COCONUT OIL FAT BOMBS](#)

Coconut oil is right up there with avocados as my favorite sources of healthy fat, and is a great snack for anyone trying to get off their sugar, and move to a healthier lifestyle, where you are burning FAT for fuel!

These bite-size bombs are the perfect treat to get a quick hit of the medium-chain triglycerides (MCT) your body needs for optimal performance. Plus, they give you long-lasting energy and taste like the tropics.

7. [DESSERT SUSHI](#)

This is a perfect example of how a banana is different than dessert WITH banana! We combine it with healthy fats for tasty treat that you – or your kids – are sure to love at breakfast, snack time, or any time of day.



8. [AVOCADO CHOCOLATE MOUSSE](#)

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This is a DECADENT, delicious egg and dairy-free dessert that will satisfy even the most discerning chocoholics. If you don't tell, they'll never know it's avocado-based...and the best part, is that it's alkaline!

Chocolate lovers of all kinds will appreciate this rich, easy to prepare confection.

The recipe says it takes a couple of hours to set in the fridge, but you can also let it sit overnight.

9. [CHOCOLATE BANANA FRO-YO](#)

You'll especially enjoy this frozen dessert in the summer months, but you can eat it year around too. And because it's just about the only alkaline fro-yo around, you can indulge guilt free.

10. [AVOCADO CHOCOLATE CHIA PUDDING](#)

Another chia pudding! What can I say? I love coming up with dessert recipes that contain only nourishing, alkaline ingredients your body loves. This dessert is a perfect example, where every ingredient will not only taste great, but also make your body look and feel its best.

Similar to our other chia pudding recipes, this will make you feel awesome and energized while it satisfies your sweet tooth, instead of sluggish and bloated like most desserts.



11. [MEXICAN HOT COCOA](#)

This energizing, hot beverage will start your day off deliciously and bring you mental clarity and focus. It's a spicy chocolate recipe, but don't worry, you can adjust the level of spice to your taste preference. Trust me – you are going to love starting your day with this rich, creamy hot drink!

12. [ALKALINE SESAME SWEET TREATS](#)



This recipe is sweet enough to serve as an after-dinner dessert, but they're actually very alkaline and filled with nourishing ingredients so you can enjoy them as a snack or even breakfast. Anyone who eats them will think they're getting a special treat, when they're actually getting a boost of energy, protein, vitamins, and minerals.

13. [MINT CHOCOLATE CHIP SMOOTHIE](#)

This dessert smoothie is a hands-down favorite at any time of day! It tastes just like a chocolate mint milkshake. It's LOADED with healthy fats like coconut, chia, avocado, and raw almonds that will nourish your body inside and out as you enjoy this creamy, smooth, and decadent treat.

14. [POMEGRANATE CHIA "RICE" PUDDING](#)

Our final chia pudding is a little different – it's a rice pudding without the [dangers of rice](#). You could enjoy this one for breakfast just like the others. It's got 5 sources of clean keto fats, fiber, vitamins, minerals, and tons of antioxidants. What more could you want out of a dessert? Oh yeah, the taste – trust me, it's delicious.



15. [SWEET POTATO DREAM SHAKE](#)



Eating this dessert actually means eating your veggies. It's got half of a sweet potato, so it's full of alkaline nutrients, and just enough sweetness to make it delicious.

Do you crave sweets morning, noon, and night?

It's okay if you enjoy desserts like this once a day, but if you still can't satisfy your cravings, you probably have a magnesium deficiency. It's very common, which might explain why millions of Americans can't get enough sugar.

Did you know that getting plenty of magnesium also supports a healthy immune system and helps prevent illnesses? In fact, magnesium has hundreds of functions within the human body, so if you're not getting enough, you might feel it from your mood to your muscles.



By ending your day with [Alkamind Daily Minerals](#) every night, you're ensuring that you get enough magnesium, as well as the right balance of calcium, potassium, and sodium bicarbonate, all from quality sources in the perfect proportions, unlike most other supplements.



"I have been using this product for about 3 months. I sleep better, I no longer get leg cramps at night and I just recommended it to my Mother in law and daughter. I highly recommend it. 5 Stars" –Jill C.

GET OFF YOUR ACID!

Dr. Daryl