

Desserts nutritionists eat

The sweet treats health experts REALLY eat. So they must be OK, right?

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A life without dessert would be like a life without shirtless pics of Ryan Gosling (read: not worth living). So we consulted the health experts on what *they* eat for dessert. And it turns out you *can* indulge in delish foods that can seriously benefit your health too. #winning

“My first choice for dessert is a few pieces of dark chocolate with peppermint tea. Together, they help our bodies with digestion, prevent fat storage, and satisfy that post-dinner sweet tooth that often kicks in. They tell your body to release more enzymes in the stomach, helping to break down food that you may have eaten prior, preventing fat storage.” - [Moodi Dennaoui](#), celebrity nutritionist

“Homemade ice-cream is delicious and can save you from taking in a bunch of calories, refined sugar and unnecessary additives. Simply peel, chop and freeze a ripe banana in a zip lock bag. Once frozen, place in blender with 1tsp vanilla bean paste and a little almond or

coconut milk to facilitate blending. Blend until smooth and enjoy! It's rich in potassium and high in fibre to help keep your bowel movements regular." - [Lucinda Zammit](#), **nutritionist**

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"I love chocolate self-saucing puddings and I don't believe in deprivation. If I'm out at a restaurant I order what I want but my golden rule is to *always* share it! That way you won't over-indulge." - [Lisa Costa Bir](#), **naturopath**

"I eat baked whole red apple with vanilla and cinnamon flavours, stuffed with rolled oats, walnuts and chia seeds. Red apples and cinnamon contain unique antioxidants, the oats are cholesterol-lowering and offer loads of fibre while the chia seeds are high in omega 3s – good fatty acids. Walnuts offer cholesterol-lowering benefits and are high in anti-oxidants and B vitamins which can help prevent ageing and improve skin and hair health." - [Kate Save](#), **dietitian**

"The only desserts I eat on a regular basis would consist of a combination of yoghurt, fruit and dark chocolate. I have three to four tablespoons of natural yoghurt, plus half a serve of chopped fruit. Fruit, especially berries, are full of fibre, vitamins and minerals and are low in calories. Natural yoghurt is high in calcium essential for strong bones and high in protein to fill us up. Add fruit for natural sweetening." - [Jaime Rose Fronzek](#), **nutritionist and dietitian**

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"A healthy dessert I love is just blended frozen fruit. It comes out like sorbet and tastes delicious. You can use any fruit that freezes, like banana and mango or banana and berries, and a good portion size would be about half a cup. You could also add some coconut cream or some raw cacao powder for a chocolate flavour or you can sprinkle chia seeds on the top, they're like healthy hundreds and thousands." - [Lisa Snowdon](#), **nutritionist**

"I love dark organic chocolate because it's good for the soul! It helps to raise dopamine levels to make us feel happy, it's a strong antioxidant and, surprisingly, a little chocolate can boost weight loss and reduce heart disease. Fresh berries and chopped pear with a drizzle of chocolate is also a great after dinner option as they're filling, antioxidant rich and yummy." – [Dr Rebecca Harwin](#)

<http://www.cleo.com.au/you/health-fitness/2014/3/desserts-nutritionists-eat/>