

Healthy Dessert & Candy Recipes

Keep your family healthy during this holiday season with these recipes brought to you by our Functional Nutrition experts at Resonance Wellness

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ABOUT THE AUTHOR



I am Dr. Leila Doolittle, a Functional Medicine and Functional Neurology Practitioner dedicated to optimizing people's health through root-cause healing. I focus on the three pillars of health: body, mind, and soul as none of our systems ever work alone.

Because my approach focuses on healing both the mind and body I specialize in Functional Neurology assessments and passionately help my patients reach their full potential through through cutting-edge diagnostics and tailored therapies, giving mental clarity and resilience to my patients.

People come to me with a wide range of chronic health issues, including brain fog, persistent low energy, a variety of digestive and skin issues, hormonal imbalances, anxiety, food allergies, and chemical sensitivities. Sadly, the list goes on. But together, we find the root cause, addressing toxin exposure, mycotoxin illness, parasites, heavy metals and much more.

I run my own private practice and offer both in-person and virtual sessions, enabling me to connect with and assist people worldwide. I firmly believe that each individual's health journey is unique and should be designed through functional nutrition, testing, and tailored therapy tracks.

Committed to lifelong learning, I stay at the forefront of scientific discoveries, explore longevity techniques, experiment with groundbreaking therapies, and develop nourishing resources and effective detoxification protocols.

Spending time in nature and traveling are among my greatest passions outside of my family and patients. You can find me anywhere in the world, exploring beautiful destinations in nature, learning new cultures, and continuously growing in my own health journey.

Thank you for being here! If you're interested in optimizing your health and brain function check out my website below to schedule a FREE discovery call. I look forward to connecting with you!

Dr. Leila Doolittle

READY TO BEGIN?

A New Approach to Healthy Sweets for Kids

With the holidays and celebrations often come sweets, and while treats can be part of the joy, there's a way to make them part of the wellness journey too. This guide is designed to help parents create desserts and candies that satisfy cravings while prioritizing health and nutrition. Each recipe is crafted with Functional Medicine principles in mind, emphasizing natural ingredients, balanced blood sugar, reduced inflammation, and support for brain and immune health.

Functional Medicine goes beyond treating symptoms to look at how each system in the body works together, promoting optimal health from the ground up. With this holistic approach, these recipes focus on nutrient-rich, whole foods and natural sweeteners that offer the best of both flavor and health.

Why Functional Medicine Matters in Childhood Nutrition

Children's bodies are constantly growing and developing, and nutrition plays a central role in supporting that growth. Functional Medicine recognizes that each child's health journey is unique and takes into account genetics, environment, lifestyle, and nutrition to promote balanced well-being. Through Functional Medicine-inspired treats, parents can make sweets that not only avoid harmful ingredients but actively nurture the mind and body.

1. Blood Sugar Stability for Energy and Focus

One of the main goals of this guide is to support stable blood sugar levels in children. Conventional sweets are often loaded with refined sugars, causing spikes and crashes in blood glucose levels that can lead to irritability, hyperactivity, and even mood swings. The natural sweeteners used in these recipes, like honey, maple syrup, and dates, release energy more slowly, helping maintain steady blood sugar levels. This supports stable energy, focus, and behavior.

Each recipe pairs these natural sugars with fiber and healthy fats—such as oats, nuts, or seeds—to further slow glucose absorption, providing long-lasting energy without the usual sugar crash. The result? Kids enjoy their treats while keeping their energy and mood balanced throughout the day.

2. Natural Colors and Ingredients for Reduced Inflammation

The bright, colorful look of many candies and desserts often comes from artificial dyes and chemical additives, which are linked to hyperactivity, inflammation, and even behavioral changes in children. Functional Medicine promotes reducing inflammation as a key aspect of health, especially in children who are still developing physically and neurologically. The recipes in this guide use colors from nutrient-dense ingredients like beets, blueberries, turmeric, and spirulina, adding vibrant hues with health benefits.

These natural colors not only make desserts fun but also bring powerful antioxidants and anti-inflammatory properties, helping to protect against oxidative stress and supporting overall health. Kids can enjoy treats with all the visual appeal of traditional sweets, but with added benefits for their well-being.

3. Brain Health and Cognitive Support

Children's brains are rapidly developing, and they require a steady supply of essential nutrients to support this growth. Omega-3 fatty acids, B vitamins, antioxidants, and minerals like magnesium are crucial for brain function and are incorporated in many of these recipes. For example, seeds like chia and flax provide brain-boosting omega-3s, while dark chocolate and berries offer antioxidants that help protect brain cells.

Additionally, these treats avoid artificial ingredients and refined sugars, which can overstimulate brain pathways and lead to difficulty concentrating or behavioral challenges. With these Functional Medicine desserts, parents can feel confident that they're supporting their child's cognitive health and helping them build a foundation for lifelong focus, learning, and emotional balance.

HOW TO USE THIS RECIPE GUIDE

The recipes in this guide are created to be both easy and engaging for kids and parents to make together. Each recipe includes only natural ingredients with functional health benefits, using accessible items that can be easily sourced in most grocery stores.

Here's what you'll find inside:

- Vibrant Gummies and Fruit-Based Candies: Colorful and nutrient-rich, these treats offer natural sweetness with real fruit and veggie extracts for color.
- Brain-Boosting Smoothies and Ice Pops: Cool, refreshing, and packed with omega-3s, antioxidants, and fiber to support cognitive development.
- Immune-Supporting Energy Balls and Bars: Portable and delicious, these treats contain healthy fats, fiber, and superfoods to keep kids satisfied and resilient.
- Comforting Warm Treats: Perfect for cozy days, these baked goodies use ingredients like pumpkin, apples, and spices with anti-inflammatory and immune-boosting properties.
- Delightful Chocolates and Fudges: With rich, dark chocolate or coconut oil bases, these sweets are full of antioxidants and minerals that support mood and focus.

Whether it's a fun baking project or a quick weekday treat, these recipes make it easy to create desserts that everyone can enjoy, knowing they're supporting children's health on every level.

Creating a Lifelong Love for Healthy Foods

One of the best gifts parents can give their children is a healthy relationship with food. This guide is designed to show that healthy treats can be fun, delicious, and deeply nourishing. Functional Medicine encourages mindfulness around food choices, empowering children to understand how different foods impact their bodies. By involving children in the preparation process, like picking out ingredients or stirring mixtures, parents can foster excitement about whole foods and establish a positive connection with nutritious eating.

Building these habits now helps children make better choices independently in the future, setting them up for a lifetime of health and wellness. They'll learn that treats don't have to come with negative side effects and that healthy eating can feel indulgent and rewarding.

A GIFT OF WELLNESS

Encouraging children to "eat by the rainbow" not only introduces them to a variety of tastes and textures but also inspires a sense of wonder and curiosity about food's natural colors and health benefits. Each color in fruits and vegetables represents a unique profile of vitamins, minerals, and antioxidants essential for growth, brain development, and immune resilience. By choosing vibrant, whole ingredients like blueberries, carrots, and leafy greens, children can enjoy treats that support their health while exploring the beautiful spectrum nature provides. Eating by the rainbow allows kids to connect the joy of colorful foods with the powerful nourishment these colors bring, creating an early understanding of how nutrition helps them feel strong, energized, and ready to explore the world.

This recipe guide is more than just a collection of sweets—it's a pathway to creating meaningful connections over health and wellness, instilling healthy habits, and showing that indulgence and nourishment can go hand-in-hand. With Functional Medicine principles woven into every recipe, these treats support your child's growth and joy without compromising on taste.

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Let's make this holiday season—and every season—a time of vibrant health, joy, and mindful choices. Together, we can support our children to grow up strong, happy, and empowered to make the healthiest choices for themselves.



Gummies & Jellies

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BASIC INGREDIENTS

- 1 cup juice or pureed fruit (choose from variations below)
- 1–2 tbsp honey or maple syrup (optional for sweetness)
- 3–4 tbsp grass-fed gelatin (for setting)
- 1 tbsp lemon juice or apple cider vinegar (for a bit of tartness and preservation)

FLAVOR VARIATIONS

1. Berry Lemon: Use mixed berry puree (strawberries, blueberries, blackberries) with a squeeze of lemon juice.
2. Mango Lime: Blend fresh mango with a splash of lime juice for a tropical flavor.
3. Apple Ginger: Use fresh apple juice and add a small amount of fresh grated ginger for warmth.
4. Coconut Pineapple: Blend coconut water with pineapple puree; add a bit of vanilla extract for added sweetness.
5. Lavender Blueberry: Use fresh blueberry juice with a touch of culinary lavender extract.
6. Turmeric Orange: Mix fresh orange juice with a pinch of turmeric for color and anti-inflammatory benefits.
7. Green Spirulina Mint: Combine apple juice with a hint of spirulina powder and fresh mint for a refreshing, vibrant green gummy.

INSTRUCTIONS

- Warm the juice or fruit puree over low heat in a small saucepan.
- Gradually whisk in gelatin until fully dissolved and the mixture thickens slightly. Add honey or maple syrup if desired.
- Pour into silicone molds, place in the refrigerator, and allow to set for 1-2 hours before removing.
- Store in an airtight container in the fridge for up to one week.



Chocolate Bites

Healthy Chocolate Bites

BASIC INGREDIENTS

- 1 cup dark chocolate or cacao (melted, minimum 70% cacao)
- 1/2 cup add-ins (nuts, seeds, dried fruits, or spices for flavor)

FLAVOR VARIATIONS

1. Orange & Almond Crunch: Add chopped almonds and a sprinkle of orange zest.
2. Mint Matcha: Stir in a pinch of matcha powder and a few drops of peppermint extract.
3. Chili Spiced: Mix in a small pinch of chili powder or cayenne for a spicy kick.
4. Lavender Sea Salt: Add a few drops of lavender extract and a sprinkle of sea salt on top.
5. Hazelnut Espresso: Mix in chopped hazelnuts and a dash of espresso powder for a bold flavor.
6. Coconut Cardamom: Add shredded coconut and a hint of ground cardamom.
7. Ginger & Apricot: Add chopped dried apricots and grated fresh ginger.

INSTRUCTIONS

- Melt dark chocolate in a double boiler or microwave until smooth.
- Stir in your chosen add-ins, ensuring they are evenly distributed.
- Pour the chocolate mixture into silicone molds or onto a parchment-lined baking sheet.
- Let cool until the chocolate is firm, then break into pieces or pop out of molds. Store in a cool place.



No-Bake Bars

No-Bake Bars

BASIC INGREDIENTS

- 1 cup oats
- 1/2 cup nut butter (almond, peanut, cashew, or sunflower)
- 1/4 cup honey or maple syrup (optional)
- 1/2 cup add-ins (fruit, chocolate, seeds, spices)

FLAVOR VARIATIONS

1. Peanut Butter & Jelly: Add freeze-dried strawberries or raspberries for a classic PB&J flavor.
2. Matcha Coconut: Mix in a teaspoon of matcha powder and shredded coconut.
3. Pumpkin Spice & Walnut: Add pumpkin puree, chopped walnuts, and a sprinkle of pumpkin pie spice.
4. Chai Spice: Stir in a pinch of cinnamon, cardamom, and ginger with chopped dates.
5. Cranberry Orange Almond: Mix in dried cranberries and orange zest.
6. Dark Chocolate & Sea Salt: Add dark chocolate chunks and sprinkle with sea salt on top.
7. Apple Cinnamon Pecan: Use dried apple pieces and a dash of cinnamon with pecans.

INSTRUCTIONS

- In a bowl, combine oats, nut butter, honey, and your chosen add-ins.
- Press mixture firmly into a parchment-lined baking dish.
- Refrigerate for 1-2 hours until set, then slice into bars and enjoy. Store in the fridge for up to a week.



Energy Balls

Energy Balls

BASIC INGREDIENTS

- 1 cup nuts or seeds (almonds, cashews, sunflower seeds)
- 1/2 cup dates (or other dried fruit for sweetness)
- 2 tbsp coconut oil or nut butter (for binding)

FLAVOR VARIATIONS

1. Chocolate Chia: Add 1 tbsp cocoa powder and 1 tbsp chia seeds for a chocolatey boost.
2. Lemon Coconut: Add lemon zest and shredded coconut for a zesty treat.
3. Pumpkin Spice: Mix in 1 tsp pumpkin pie spice and a bit of pumpkin puree.
4. Matcha Green Tea: Add 1 tsp matcha powder and a pinch of vanilla extract.
5. Blueberry Vanilla Almond: Add dried blueberries and a drop of vanilla extract.
6. Gingerbread: Add 1/2 tsp ginger, cinnamon, and nutmeg.
7. Mango Coconut: Add dried mango pieces and coconut flakes for a tropical flavor.

INSTRUCTIONS

- Pulse nuts, dates, and your chosen flavor add-ins in a food processor until the mixture sticks together.
- Form into balls and roll in coconut, cocoa powder, or seeds if desired.
- Refrigerate until firm, then enjoy! Store in an airtight container in the fridge.



Healthy Cookies

Healthy Cookies

BASIC INGREDIENTS

- 1 cup almond flour (or oat flour for a nut-free option)
- 1/2 cup nut butter or coconut oil
- 1/4 cup honey or maple syrup (optional for sweetness)
- 1 tsp baking powder (optional for texture)

FLAVOR VARIATIONS

1. Chocolate Chip: Add dark chocolate chips and a sprinkle of sea salt.
2. Double Chocolate: Mix in cocoa powder and chocolate chunks for a rich, decadent treat.
3. Cinnamon Raisin: Add raisins and a pinch of cinnamon for a comforting classic.
4. Cranberry Almond: Mix in dried cranberries and slivered almonds.
5. Lemon Poppy Seed: Add lemon zest and poppy seeds for a refreshing twist.
6. Pumpkin Spice: Add pumpkin puree and pumpkin pie spice for a seasonal treat.
7. Apple Cinnamon: Add dried apple pieces and a dash of cinnamon.

INSTRUCTIONS

- Preheat oven to 350°F. In a mixing bowl, combine almond flour, nut butter, honey, and any add-ins.
- Scoop out spoonfuls of dough and shape into cookies.
- Bake for 10-12 minutes or until edges are golden brown. Allow to cool on a wire rack.



Fruit Leather

Fruit Leather

BASIC INGREDIENTS

- 2 cups pureed fruit (apple, berries, mango, etc.)
- 1–2 tbsp honey or maple syrup (optional)

FLAVOR VARIATIONS

1. Strawberry Basil: Blend strawberries with fresh basil leaves.
2. Mango Lime: Add a splash of lime juice to mango puree.
3. Peach Ginger: Mix fresh peach with a bit of grated ginger.
4. Blueberry Lavender: Blend blueberries with a hint of lavender extract.
5. Apple Cinnamon: Add a sprinkle of cinnamon to apple puree.
6. Pineapple Coconut: Blend pineapple with a bit of coconut milk for a tropical twist.
7. Raspberry Mint: Add fresh mint leaves to raspberry puree.

INSTRUCTIONS

- Preheat oven to 150°F and line a baking sheet with parchment paper.
- Spread fruit puree evenly over the parchment paper to form a thin layer.
- Bake for 4-6 hours until the fruit is fully dehydrated and no longer sticky.
- Let cool, then cut into strips and roll with parchment paper for easy snacking.



Healthy Desserts

Blueberry Lemon Chia Pudding

INGREDIENTS

- 1/2 cup chia seeds
- 1/4 cup freshly ground flax seeds
- 1/4 cup hemp seeds
- 2 cups homemade almond milk (blend 2 cups water with 2 Tbs almond butter or 1/4 cup almonds)
- 1 tsp vanilla extract
- 1 tbsp monk fruit or honey
- 1/4 cup pureed blueberries
- 1 Tbs lemon juice

DIRECTIONS

1. Mix chia seeds, almond milk, vanilla, and monk fruit or honey in a bowl.
2. Puree the blueberries and lemon & pour on top
3. Refrigerate overnight.
4. Top with whole blueberries before serving.



Chocolate Avocado Mousse

INGREDIENTS

- 2 ripe avocados
- 3 tbsp cocoa powder
- 2 tbsp honey
- 1 tsp vanilla extract

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into bowls and top with cacao nibs



Matcha Coconut Layer Bars

INGREDIENTS

- 1 cup shredded coconut
- 2 tbsp coconut oil
- 1 tbsp honey
- 1 tsp matcha powder

DIRECTIONS

1. Mix ingredients
2. Press into a dish
3. Freeze overnight
4. Slice into bars.



Strawberry Coconut Yogurt Popsicles

INGREDIENTS

- 1 cup coconut yogurt
- 1/2 cup strawberries
- 1 tbsp honey

DIRECTIONS

1. Blend ingredients,
2. Pour into molds
3. Freeze overnight
4. Enjoy!



Pumpkin Spice Energy Balls

INGREDIENTS

- 1 cup oats
- 1/4 cup pumpkin puree
- 1 tbsp honey
- 1/2 tsp cinnamon

DIRECTIONS

1. Combine ingredients
2. Roll into balls
3. Chill for 4 hours or overnight
4. Enjoy!



Beetroot Raspberry Parfait

INGREDIENTS

- 1 cup coconut yogurt
- 1/2 cup raspberries
- 1 tbsp beetroot powder
- 1 tbsp honey or
- 1/2 tsp monk fruit

DIRECTIONS

1. Layer yogurt and raspberry puree with beetroot powder
2. Chill before serving.



Coconut Mango Chia Pudding

INGREDIENTS

- 1 cup coconut milk
- 1/4 cup chia seeds
- 1/2 cup mango puree
- 1 tbsp honey

DIRECTIONS

1. Combine milk, chia and honey
2. Top with mango puree
3. Refrigerate overnight for a tropical twist



Carrot Cake Bites

INGREDIENTS

- 1/2 cup shredded carrots
- 1 cup oats
- 1 tbsp honey
- 1/2 tsp cinnamon
- 1/4 cup raisins

DIRECTIONS

1. Mix ingredients
2. Roll into bites
3. Chill



Apple Cinnamon Chips

INGREDIENTS

- 2 apples, thinly sliced
- 1 tbsp honey
- 1/2 tsp cinnamon

DIRECTIONS

1. Toss apples in honey and cinnamon
2. Bake at 200°F for 2 hours



Peach Berry Smoothie Pops

INGREDIENTS

- 1 cup coconut milk
- 1/2 cup peaches
- 1/2 cup strawberries
- 1 tbsp honey

DIRECTIONS

1. Blend ingredients
2. Pour into molds
3. Freeze overnight



Green Spirulina Coconut Bars

INGREDIENTS

- 1 cup shredded coconut
- 1 tbsp honey
- 1 tsp spirulina
- 2 tbsp coconut oil

DIRECTIONS

1. Mix all ingredients
2. Press into a pan
3. Freeze overnight
4. Slice



Banana Almond Butter Ice Cream

INGREDIENTS

- 2 frozen bananas
- 2 tbsp almond butter
- 1 tsp vanilla extract

DIRECTIONS

1. Blend until smooth and creamy
2. Freeze overnight
3. Enjoy!



Turmeric Orange Creamsicles

INGREDIENTS

- 2 frozen bananas
- 2 tbsp almond butter
- 1 tsp vanilla extract

DIRECTIONS

1. Blend until smooth and creamy
2. Freeze overnight
3. Enjoy!



Chocolate Avocado Mousse

INGREDIENTS

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup coconut milk
- 2 tbsp monk fruit sweetener
- 1 tsp vanilla extract

DIRECTIONS

1. Blend all ingredients until smooth.
2. Chill for 30 minutes before serving.



Berry Coconut Popsicles

INGREDIENTS

- 2 cups mixed berries
- 1 cup coconut milk
- 2 tbsp monk fruit sweetener

DIRECTIONS

1. Blend berries, coconut milk, and sweetener.
2. Pour into popsicle molds and freeze for 4 hours.



Coconut Chia Pudding

INGREDIENTS

- 1/2 cup chia seeds
- 2 cups coconut milk
- 1 tsp vanilla extract
- 1 tbsp monk fruit sweetener

DIRECTIONS

1. Mix all ingredients in a bowl.
2. Refrigerate overnight and serve chilled.



Almond Butter Fat Bombs

INGREDIENTS

- 1/2 cup almond butter
- 1/4 cup coconut oil
- 2 tbsp monk fruit sweetener
- 1 tsp vanilla extract

DIRECTIONS

1. Melt almond butter and coconut oil together.
2. Mix in sweetener and vanilla.
3. Pour into molds and freeze for 1 hour.



WISHING YOU WELLNESS & JOY!

Creating these colorful, nutrient-rich desserts and candy alternatives is a beautiful way to connect with family, celebrate health, and enjoy the flavors of each season. By using wholesome ingredients that nourish and support immune health, you're not only crafting treats that satisfy but also fostering a lifestyle that prioritizes wellness. Each recipe is designed to bring the joy of sweets into your home without compromising on health, so you and your loved ones can indulge and thrive at the same time.

At Resonance Wellness, we believe that food is an incredible tool for empowerment, and this dessert recipe book is just the beginning. We hope it serves as an inspiring guide to exploring the world of phytonutrients, natural flavors, and mindful ingredients that support every part of you. For more recipes and wellness inspiration, check out our other recipe books from Dr. Leila Doolittle and Resonance Wellness. You'll find delicious, functional recipes that not only fuel your body but enrich your journey toward holistic health and happiness.
Here's to vibrant living, delicious eating, and a joyful journey to wellness—one nourishing bite at a time!

Sending you and your family a hug,

Dr. Leila Doolittle



