

Delicious Dessert Recipes You Can Make in Minutes!

Banana Foster Dessert

Amazingly delicious, this banana foster is super easy to put together and ready in just no time.

Serves 2 | Prep time 15 minutes

Ingredients

- 2 bananas
- 6 tablespoons sugar
- ½ teaspoon vanilla extract
- ¼ cup heavy cream
- 2 vanilla ice-cream scoops

Directions

1. In a non-stick frying pan, add the sugar and vanilla extract. Let it melt over -medium-low heat and pour in the heavy cream.
2. Mix until a light caramel develops and add the halved bananas into the mixture.
3. Cook for 5 minutes and serve with vanilla ice cream.
4. Serve and enjoy.

Nutrition (per serving)

Calories 385, fat 10.9 g, carbs 73.5 g, sugar 58.6 g,
Protein 2.6 g, sodium 37 mg

Ricotta Coffee Mousse

If you are a big fan of cream and ricotta cheese, then this mousse will definitely melt your heart. You can serve either with chocolate shaving garnish or with a drizzle of cocoa powder on top.

Serves 4 | Prep. time 10 minutes

Ingredients

- 2 cups ricotta cheese
- 1 cup heavy cream, chilled
- ⅓ cup Monk fruit sweetener
- 1 ½ tablespoon instant espresso powder
- 1 tablespoon powdered gelatin
- shaved chocolate for garnish

Directions

1. Blend all the ingredients in a blender.
2. Garnish with shaved chocolate.
3. Serve.

Nutrition per serving

Calories 163, fat 24 g, carbs 13 g,
Protein 1 g, sodium 86 mg

Brownie in a Mug

Forget about using difficult techniques to bake brownies at home! Now you can cook a brownie right in your microwave using this quick recipe.

Serves 2 | Prep. time 10 minutes | Cooking time 1½ minutes

Ingredients

- ¼ cup all-purpose flour
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons coconut oil, melted
- ¼ cup brown sugar
- 1 ½ tablespoon coffee
- ½ teaspoon vanilla extract
- 1 large egg
- Salt, a pinch

Directions

1. Mix flour, cocoa powder, and the rest of the ingredients in a bowl until smooth.
2. Pour cocoa batter into a mug and cook for 1½ minutes on high in the microwave.
3. Serve.

Nutrition per serving

Calories 162, fat 10.5 g, carbs 28.3 g,
Protein 2.3 g, sodium 103 mg

Walnut Fudge

Another microwave fudge, but this time with walnuts. You can add other nuts and seeds to this fudge as well, for a change of taste.

Serves 8 | Prep. time 10 minutes | Cooking time 1 minute

Ingredients

- 1 cup unsalted butter (cut into ½ inch cubes)
- 1½ cup walnuts, raw
- 2 tablespoons vanilla extract
- ½ cup milk (whole milk recommended)
- 1 cup unsweetened cocoa powder (unsifted)
- 32-ounce bag powdered sugar (about 8 cups, unsifted)

Directions

1. Melt butter in a bowl by heating in the microwave for 30 seconds.
2. Blend walnuts in a food processor until finely chopped.
3. Stir in vanilla, milk, melted butter, cocoa powder, and sugar; blend well.
4. Spread mixture in a suitable-sized square pan lined with parchment paper.
5. Cut into squares and serve.

Nutrition per serving

Calories 138, fat 15 g, carbs 18 g,
Protein 1g, sodium 138 mg

Single Serving Apple Crisp

This crumbly and crunchy apple crisp is an easy and quick way to enjoy the cobbler-like flavor without any long baking process.

Serves 2 | Prep. time 10 minutes | Cooking time 3 minutes

Ingredients

- ½ teaspoon cinnamon powder
- 2 ½ tablespoons turbinado sugar
- 2 ½ tablespoons whole-wheat flour
- ⅛ teaspoon salt
- 2 tablespoons pecans, chopped
- ¼ cup quick oats
- 2-3 pieces apples, chopped
- honey for drizzling
- 3 tablespoons coconut oil, for greasing

Directions

1. Toss ¼ teaspoons cinnamon, 2 tablespoons sugar, 2 tablespoons whole wheat flour, salt, pecans, and oats in a bowl.
2. In another mixing bowl, place apples with cinnamon, sugar, and flour.
3. Divide the oats mixture into two 9-ounce ramekins.
4. Add apple mixture on top of the oats mixture.
5. Place the ramekins in the microwave and cook for 3 minutes on high heat.
6. Drizzle with honey then serve.

Nutrition per serving

Calories 275, fat 10.1 g, carbs 43 g,
Protein 0.2 g, sodium 169 mg

***These recipes and more can be found in Louise Davidson's *Dessert in Minutes: Quick and Easy Dessert Recipes for Busy People to Make in Just a Few Minutes*. To get your copy, click on the cover below or click [here](#).

