



# Healthy sweet alternatives

If you have a sweet tooth, you must honor it!  
Sweet foods can be healthy and nutritious;  
here are a few options to satisfy your sweet cravings:

- Dark chocolate (70% cacao or higher)
- Banana ice cream ([recipes here](#))
- Chocolate milkshake ([recipe here](#))
- Fruit or kencko popsicles ([recipe here](#)) - you can sub the mixed berries by 1 packet of kencko purples, reds, corals, or crimsons
- Fruit bowl with honey/maple syrup drizzle
- Frozen grapes
- Dates + strawberries sandwich
- Dried fruits: dates, prunes, mango or other
- Dark chocolate-covered almonds, berries, pomegranate seeds
- Stevia-sweetened chocolate bars or chocolate chips
- Chocolate chia pudding ([recipe here](#))
- Chocolate avocado mousse ([recipe here](#))
- Plain, greek yogurt with dark chocolate chips or granola
- Nut butter-stuffed dates
- Chickpea cookie dough ([recipe here](#))

If you have any questions, please contact [nutrition@kencko.com](mailto:nutrition@kencko.com)  
[kencko.com](http://kencko.com)