

## 2 HEALTHIER TAKES ON CLASSIC DESSERT RECIPES

Nothing says romance like making a homemade dessert for your loved one. But these aren't just any desserts I'm talking about. These sweet nothings are made with pure homemade aphrodisiacs, are simple to prepare, packed with healthier-than-usual ingredients, and are therefore easier on the waistline. Now you might be thinking that there's no such thing as "healthy dessert". But with the help of two chefs, [Vanessa Vanya](#), holistic health coach and nutritionist and [Basile Bouhadida](#), pastry chef at Fred Segal Mauro Café in Los Angeles, I've proved it's possible. Each came up with one dessert that fit within my criteria: easy, delicious, and healthier than most.



- 200 grams (7.055 ounces) 70% dark chocolate
- 7 egg whites

Melt chocolate in a saucepan over low heat, mixing occasionally until fully melted. Remove from heat and let cool. In the bowl of a standard mixer, whisk the egg whites on medium-high speed, until stiff peaks form. Mixture should be thick and smooth. Fold the chocolate on top of the egg whites, mix together, and refrigerate for 2 hours.