

## Healthy Recipes

### Instead of Peanut Butter Cheesecake, you can try!

#### 1) Vanilla Greek Yogurt with Natural, Creamy Peanut Butter

##### *Ingredients*

$\frac{3}{4}$  cup (6 oz) low-fat or fat-free vanilla Greek yogurt  
2 Tbsp natural, creamy peanut butter

1. Mix peanut butter into yogurt. Enjoy!

*Yield: 1 serving*

*Nutrition Analysis (per serving):*

*Calories: 340, Protein 23g, Dietary Fiber 2g*

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#### 2) Vanilla Ice Cream with Chopped Peanuts

##### *Ingredients*

- $\frac{3}{4}$  cup light vanilla ice cream
- 2 Tbsp roasted peanuts, unsalted
- 2 Tbsp raw pumpkin seeds (pepitas)

*Yield: 1 serving*

Sprinkle roasted peanuts and raw pumpkin seeds on light vanilla ice cream. Enjoy!

*Nutrition Analysis (per serving):*

*Calories: 380, Protein 14g, Dietary Fiber 4g*

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**Instead of Banana Pudding, you can try!**

### **3) Creamy Banana Chia Pudding**

#### *Ingredients*

- 1 ripe banana
- ½ cup unsweetened vanilla almond milk
- 2 Tbsp chia seeds
- Dash vanilla extract

*Yield: 1 serving*

1. Place banana and milk in a food processor or blender and process until smooth with no chunks.
2. Add chia seeds and process a couple of times so that they are evenly distributed. Add a dash of vanilla extract and pulse a couple of more times so that it gets mixed in.
3. Pour into container and chill in the refrigerator at least one hour.

*Nutrition Analysis (per serving):*

*Calories: 255, Protein 8g, Dietary Fiber 14g*

Adapted from: [Healthy Living How-To](#)

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### **4) Goopy Peach Crumble**

#### *Ingredients*

- 1 medium ripe peach, sliced
- 1.5 Tbsp whole wheat flour
- 2 Tbsp rolled oats
- 1 Tbsp brown sugar
- dash salt & cinnamon
- 1 Tbsp coconut oil

1. Preheat oven to 350°F F.
2. Line a ramekin with sliced peaches to fill 3/4 of the way.
3. Mix the rest of ingredients and place on top of peach slices.
4. Bake for 25 minutes, until it's bubbly and moist.

*Yield: 1 serving*

*Nutrition Analysis (per serving):*

*Calories: 245, Protein 3g, Dietary Fiber 4g*

Adapted from: [Run Eat Repeat](#)

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## **Instead of Chocolate Sugar Cookies, try!**

### **5) Whole Wheat Pumpkin Chocolate Chip Cookie**

#### *Ingredients*

- 1/2 cup pumpkin puree (*not pumpkin pie filling*)
- 1 large egg
- 1 tsp vanilla extract
- 3/4 cup whole wheat pastry flour
- 1 + 1/2 cup old fashioned rolled oats
- 1/4 cup granulated sugar
- 1/4 cup dark brown sugar
- 1/4 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground cloves
- 1/2 cup semi-sweet or dark chocolate chips

*Yield: ~12 cookies*

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or a silicone baking mat. Set aside.
2. In a mixing bowl whisk together pumpkin, egg, and vanilla until well-combined. In a separate bowl, combine flour, oats, sugars, baking powder, baking soda, salt, spices and chocolate chips. Fold together the wet and dry ingredients until just combined - do not overmix. The cookie dough will be very thick. Taste the dough and add a pinch of salt if needed.
3. Drop by spoonfuls onto cookie sheets and slightly flatten to the shape you want your cookie. Bake for 12-14 minutes until lightly browned. Allow to cool on the cookie sheet for at least 3 minutes and transfer to a wire rack. Store at room temperature for up to 3 days in an airtight container.

*Nutrition Analysis (per cookie):*

*Calories: 140, Protein 3g, Dietary Fiber 3g*

Adapted from: [Sally's Baking Addiction](#)

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### **6) Dark Fudgy Avocado Brownies**

#### *Ingredients*

- Flesh from 1 average-sized ripe to very ripe Hass avocado, very well mashed
- 1/4 cup unsalted butter or vegan margarine (half of one stick), melted
- 1 large egg
- 1 cup granulated sugar
- 1/2 cup light brown sugar, packed
- 2 Tbsp coffee
- 2 tsp vanilla extract
- 3/4 cup unsweetened natural cocoa powder
- 1 tsp instant espresso granules
- 1/4 cup all-purpose flour

*Yield: ~9 brownie squares*

1. Preheat oven to 350°F. Use aluminum foil to line a 8x8 inch baking pan leaving overhang, spray with cooking spray.
2. In a large bowl, add the avocado and mash very well with a fork.
3. Add the melted butter or vegan margarine, egg, sugars, coffee, vanilla, and whisk to combine. Continue to whisk out any green streaks or lumps.
4. Add the cocoa powder, instant espresso, and whisk until incorporated and free from lumps.
5. Add the flour and stir until it's just incorporated; don't overmix.
6. Turn batter out into prepared pan, smoothing the top lightly with a spatula. Bake for about 35 minutes, or until top has just set, isn't jiggly in the center, and the edges have firmed up and are set. Don't overbake. Allow brownies to cool completely in pan on top of wire rack, at least one hour. Lift out with foil overhang and slice. Storing in refrigerator will make slicing easier.

*Nutrition Analysis (per brownie):*

*Calories: 240, Protein 3g, Dietary Fiber 4g*

Adapted from: [Averie Cooks](#)

**Instead of a Chocolate Brownie with Walnuts, you can try!**

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## **7) Chocolate Mug Brownie Cake with Walnuts**

### *Ingredients*

- 2 egg whites
- 1/4 cup canned pumpkin or unsweetened apple sauce
- 2 Tbsp whole wheat flour
- 1/4 tsp baking powder
- 1 Tbsp sugar
- 1 Tbsp unsweetened cocoa powder
- 1 tsp water
- 1 Tbsp semisweet chocolate chips
- 1 Tbsp chopped walnuts

*Yield: 1 serving*

1. In a microwave-safe mug or bowl, mix all ingredients except walnuts very well.
2. Microwave mug cake for 2 - 2.5 minutes (note: microwave wattages and power levels vary; be careful as mug cakes can easily overcook)
3. Carefully remove from microwave and top with walnuts.

Adapted from: [Happy Being Healthy](#)

*Nutrition Analysis (per serving):*

*Calories: 325, Protein 12g, Dietary Fiber 7g*

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## **8) No-Bake Dark Chocolate Bars**

### *Ingredients*

- 5 3/4 oz (2 cups) old-fashioned rolled oats
- 4 oz (1 cup) pecans
- 3 1/2 oz (1 cup) slivered almonds
- 5 1/2 oz (1 cup, halved and packed in) pitted medjool dates
- 1/2 tsp salt
- 8 oz (1 1/3 cup) dark chocolate baking chips
- 1 1/2 tsp pure vanilla extract

*Yield: 16 bars*

1. Preheat oven to 350°F. Line two baking sheets with parchment paper and divide the oats, pecans, and almonds between the two sheets, spreading out in flat layers. Bake in the preheated oven for 10-15 minutes to toast, switching and rotating sheets halfway through the baking time, until nuts and oats smell fragrant. Lift the parchment off of the baking sheets and use to transfer the nuts and oats to a food processor fitted with the steel blade attachment. Allow to cool 20 minutes.
2. Add the dates to the food processor and sprinkle over the salt. Process the mixture until it resembles coarse sand. Add 6 ounces (1 cup) chocolate chips and process in part-way. Add the remaining 2 ounces and continue to process until the mixture has turned evenly brown from the melting chocolate. Add the vanilla extract and pulse in.
3. Transfer the mixture to a parchment or foil-lined 8" square pan. Press in to fill the entire pan and use a wide spatula to flatten the top. Place in the refrigerator to cool until firm, about 30-60 minutes. Use the parchment or foil to lift the bars out of the pan, and then slice into bars with a serrated knife.
4. Store bars in an airtight container in the refrigerator. Bring to room temperature before eating.

Recipe from: [Bright-Eyed Baker](#)

*Nutrition Analysis (per bar):*

*Calories: 220, Protein 4g, Dietary Fiber 3g*

**Instead of Chocolate Covered Pretzels, you can try!**

### **9) Popcorn with Sea Salt and Dark Chocolate**

#### *Ingredients*

- 1 Tbsp vegetable, canola, grapeseed or other neutral oil
- 1/3 cup popcorn kernels
- ¾ tsp sea salt
- 2 ounces dark chocolate

*Yield: 4 servings*

1. Pour oil into a large, deep pot so that the bottom is evenly coated. Place the pot over medium heat, add 3 corn kernels, and cover with a lid.
2. When the kernels pop, remove the lid and add remaining kernels.
3. Cover the pot, hold the lid down and give it a few shakes.
4. Cook the popcorn, shaking the pot occasionally, until the popping sound stops, about 4-5 minutes.
5. When the corn has popped, immediately pour it out into a large bowl. Remove any unpopped or partially popped kernels you see.
6. Line a rimmed baking sheet with parchment paper and set aside
7. Melt chocolate and ½ tsp of salt in a double-boiler or in the microwave. Immediately pour over the popcorn and stir to coat as thoroughly as possible. Spread evenly onto the baking sheet and sprinkle with remaining 1/4 teaspoon salt.
8. Let sit at room temperature until chocolate has hardened, about 1 hour.

Adapted from: [Domesticate Me](#) and [The Kitchn](#)

*Nutrition Analysis (per serving; recipe yield = 4 servings):*

*Calories: 185, Protein 3g, Dietary Fiber 4g*

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### **10: Apple Slices with Salted Raw Chocolate Caramel Dip**

#### *Ingredients*

- 1 cup soft Medjool dates, pitted
- 1/4 tsp fine sea salt, or more to taste
- 1 tsp fresh lemon juice
- 1/4 cup almond milk, plus extra for desired texture
- 2 Tbsp unsweetened cocoa powder
- 1 tsp vanilla extract
- 1 Tbsp coconut oil

*Yield: ~1 cup*

1. If you're using a standard blender or food processor, begin by soaking the dates in filtered water for 2 to 3 hours, until soft. If you own a powerful blender, like the Vitamix, there's no need to soak.
2. Combine all of the ingredients in the blender, and blend until smooth and creamy, adding extra almond milk, if necessary, to facilitate blending.
3. Adjust flavors to taste, and chill before serving. Scoop out 2 tablespoons and spread on slices from one medium apple.
4. Keep the rest chilled in the fridge for up to 3 days.

Adapted from: [Detoxinista](#)

*Nutrition Analysis (per 2 Tbsp dip and 1 medium apple; dip recipe yield = 1 cup):  
Calories: 170, Protein 1g, Dietary Fiber 6g*

**Instead of a Chocolate Peanut Butter Cup, you can try!**

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### **11) Raw Chocolate PB Bites**

*Ingredients*

- ½ cup pitted Medjool dates
  - 1 cup peanuts (raw or dry-roasted, salted or unsalted, your preference)
  - 3 Tbsp unsweetened cocoa powder
  - 2 tsp vanilla extract
  - ½ tsp sea salt (optional)
1. Place dates, peanuts, cocoa powder, vanilla and sea salt into food processor or high-powered blender.
  2. Process on high speed until ball of “dough” forms. Scrape down sides as needed.
  3. Once dough is formed, scoop tablespoon-sized pieces and roll into smooth balls. Store in refrigerator or freezer.

*Yield: ~10 bites*

Note: If your dates are dry, soak in warm water until softened and drain prior to processing.

*Nutrition Analysis (per bite):  
Calories: 110, Protein 4g, Dietary Fiber 2g*

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### **12): Chocolate Nut Bark**

*Ingredients*

- ¼ cup chopped walnuts
- ⅓ cup unsweetened cocoa powder
- ¼ tsp. sea salt
- ¾ cup chunky natural peanut butter
- ¼ cup melted coconut oil
- ¼ cup maple syrup or honey
- 2 tsp vanilla extract

1. Mix together all ingredients in a large mixing bowl.
2. Place a piece of wax paper on a cookie sheet, and spread the mixture out to a thickness of ¼ - ⅓ inch. I use my fingers to spread it out. It's a sticky mess at this point, but I promise you it will be worth it.
3. Place it in the freezer for 30 minutes.
4. After 30 minutes, cut the bark into pieces and serve immediately or put it in an airtight container in the freezer until ready to serve.

*Yield: ~24 2-inch squares*

Adapted from: [Real Food Real Deals](#)

*Nutrition Analysis (per serving, 2 2-inch squares):  
Calories: 180, Protein 4g, Dietary Fiber 2g*

**Instead of having Potato Chips, you can try!**

### **13) Roasted Chickpeas**

*Ingredients*

- 1 15 oz can chickpeas (or 1 ¾ cups cooked chickpeas)
- 1 Tbsp extra virgin olive oil
- Salt and pepper to taste
- ½ - 1 tsp each of spices as desired (cayenne pepper, cumin, za'atar, thyme, chili powder, whatever you like!)

1. Preheat oven to 400°F.
2. If using canned chickpeas, drain and rinse. Lay them out on paper towels to thoroughly dry. Line a cookie sheet with foil or parchment paper and spray with nonstick cooking spray. Transfer the chickpeas to the cookie sheet.
3. Combine the olive oil and spices in a small bowl. Whisk to combine. Immediately pour the mixture over the chickpeas and toss. Season with salt and pepper. Bake for 35-45 minutes, until browned and crispy. Serve hot or at room temperature. Store at room temperature.

*Yield: 3 servings*

*Nutrition Analysis (per serving)*

*Calories: 160, Protein 6g, Dietary Fiber 5g*

Adapted from: [rachaelray.com](http://rachaelray.com)

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## **14): Spicy Popcorn**

*Ingredients*

- 2 cups air-popped popcorn
- 1 tsp olive oil
- ½ tsp sea salt
- ½ tsp chili powder
- 1 Tbsp Parmesan cheese

1. Drizzle air-popped popcorn with olive oil.
2. Top with salt, chili powder and Parmesan cheese.

*Yield: 2 cups*

*Nutrition Analysis (per 2 cups)*

*Calories: 125, Protein 4g, Dietary Fiber 2g*

Adapted from: [AllRecipes.com](http://AllRecipes.com)

**Instead of having Chocolate Cake, you can try!**  
**15) Skinny Chocolate Cake for One**

*Ingredients*

- 2 Tbsp whole wheat flour
- 2 Tbsp granulated sugar
- 2 Tbsp unsweetened cocoa powder
- pinch of baking powder
- 1/4 tsp vanilla extract
- 3 Tbsp plain yogurt
- 1 Tbsp semi-sweet or dark chocolate chips

1. In a microwave safe bowl or mug, combine the flour, sugar, cocoa, and baking powder. Add in the yogurt and vanilla and stir until smooth. Fold in chocolate chips.
2. Microwave for about 1 minute.

*Yield: 1 serving*

*Nutrition Analysis (per serving)*

*Calories: 270, Protein 6g, Dietary Fiber 6g*

Adapted from: [My Happy Place](#)

**Instead of having Nachos, you can try!**

**16): Spicy, Cheesy Kale Chips**

*Ingredients*

- 1 large bunch of kale (~4 cups, chopped)
- 2 Tbsp packed grated parmesan
- 1/4 tsp crushed red pepper, or more to taste
- Sea salt
- 1 Tbsp extra virgin olive oil

*Yield: ~ 2 servings*

1. Preheat oven to 450°F.
2. Rinse kale and de-stem. Roughly chop or tear the kale into large pieces. Place on cookie sheet that's been lightly greased or lined with parchment paper or a silicone baking. Lightly drizzle the kale with olive oil and toss.

3. Bake for 10 minutes. Mix grated parmesan with crushed red pepper, then add ~1 Tbsp olive oil and mix.
4. After the kale has baked for 10 minutes, toss it and sprinkle with cheese mixture and sea salt. Return to the oven and bake an additional 5 minutes or until crisp. Remove from oven and let cool. Store in an airtight container.

*Nutrition Analysis (per serving)*

*Calories: 150, Protein 8g, Dietary Fiber 5g*

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### **17): Cheesy Avocado Toast**

*Ingredients*

- 1 slice whole-grain bread
- 1 small tomato, sliced
- 1/2 avocado, sliced
- 1 oz cheddar cheese, grated

*Yield: 1 serving*

1. Lightly toast the bread. Top with sliced tomato and avocado, then sprinkle on grated cheese. Place under broiler for a few minutes, until cheese is melted. Serve and enjoy!

*Nutrition Analysis (per serving)*

*Calories: 315, Protein 13g, Dietary Fiber 8g*