

# Chocolate Raspberry Chia Pudding

**Prep Time:** 5 Minutes

**Cook Time:** 0 Minutes

## Ingredients:

- 1/4 cup chia seeds
- 1 cup skim milk
- 2 tsp honey
- 1 Tbsp unsweetened cocoa powder
- 1/2 tsp vanilla extract
- 1/4 cup fresh raspberries

## Directions:

1. In a small Tupperware container, mix chia seeds, milk, honey, cocoa powder, and vanilla.
2. Refrigerate overnight until pudding is thickened.
3. Scoop 1/2 cup pudding into serving dish and top with fresh raspberries.

## Nutrition Facts:

Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
1/2 Cup	233	38 g	9 g	7.0 g	10 g



# Frozen Pineapple Whip

**Prep Time:** 5-10 Minutes

**Cook Time:** 0 Minutes

## Ingredients:

- 3 cups frozen pineapple chunks, unsweetened
- 1 cup sliced frozen banana
- ½ cup vanilla Greek yogurt
- ½ tsp vanilla extract
- ½ cup non-dairy whipped topping (like Cool-Whip)

## Directions:

1. Place pineapple, banana, Greek yogurt, and vanilla extract in a food processor or blender.
2. Begin pulsing the mixture, blend until thick and completely smooth. If mixture is too thick, allow to sit for 2 minutes, and then try blending again.
3. Once smooth, add non-dairy whipped topping and pulse until just combined. Serve in a small bowl, store any extra in freezer.

## Nutrition Facts:

Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
4 oz	100	22 g	2 g	1 g	1 g
8 oz	200	45 g	4 g	1 g	2 g



# Microwave “Baked” Apple

**Prep Time:** 5 Minutes

**Cook Time:** 5 Minutes

## Ingredients:

1 apple peeled and cored, cut into 1 inch pieces

¼ tsp cinnamon

½ tsp honey

Dash of salt

Optional: 2 Tbsp granola, 1 Tbsp fat-free whipped topping

## Directions:

1. Cut apple into pieces and place in microwave safe bowl.
2. Top with remaining ingredients and mix around until apples are coated.
3. Microwave for 2 minutes at a time, taking out to stir. Repeat until apples are soft.
4. Allow to cool for at least 2 minutes before eating.
5. Top with optional granola or toppings if desired.

## Nutrition Facts:

Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
1 Apple	107	29 g	1 g	0 g	5 g

### Additional Side Item Recommendations

- 2 Tbsp granola provides an additional 75 Calories, 8g carbohydrates, 2g protein, 3.7g fat, and 1g fiber.
- 1 Tbsp fat-free whipped topping provides an additional 11 Calories, 1g carbohydrate and 0.6g fat.



# Sweet and Salty Chocolate Drizzled Popcorn

**Prep Time:** 10 Minutes

**Cook Time:** 0 Minutes

## Ingredients:

6 cups air popped popcorn

\*Can substitute 2 packages no salt, no oil microwave popcorn

1 2.5 oz bar of 60-70% dark chocolate

Dash of kosher salt to sprinkle over the top

## Directions:

1. Pop popcorn as directed by package. Spread out in an even layer over 1 rimmed half sheet pan lined with parchment paper or wax paper.
2. Chop chocolate bar into small pieces and place in a small zip top bag, do not seal.
3. Place open bag in a small bowl and microwave in 30 second intervals until completely melted. Stir in between microwave intervals.
4. Cut a very small corner off of zip top bag and drizzle melted chocolate over popcorn evenly. Sprinkle a little salt over chocolate.
5. Place in refrigerator and allow to cool and set.
6. Once chocolate has set, break popcorn into small clumps. Store in a resealable bag or large container for up to 1 week.

## Nutrition Facts:

Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
1 cup	99	13 g	2 g	4.9 g	2 g
2 cups	199	25 g	4 g	9.8 g	4 g



# Baked Peaches

*Adapted from [www.delish.com](http://www.delish.com)*

**Prep Time:** 5 Minutes

**Cook Time:** 40 Minutes

## Ingredients:

3 medium ripe peaches, skin on

2 Tbsp maple syrup

2 Tbsp butter, melted

¼ tsp pumpkin pie spice

1 tsp vanilla extract

**\*\*Top with 2 Tbsp low-fat vanilla Greek yogurt**

## Directions:

1. Preheat oven to 325 degrees F.
2. Cut peaches in half, and remove pit. Peaches do not need to be peeled, as the skins will soften in the oven.
3. Place peaches cut side up in a casserole dish. Drizzle with maple syrup and butter, and sprinkle over pumpkin pie spice and vanilla extract.
4. Bake until the peaches are tender, but not falling apart – about 40 minutes.

## Nutrition Facts:

Serving Size	Calories	Carbohydrate	Protein	Fat	Fiber
½ peach	83	12 g	1 g	4 g	1 g
1 peach	166	24 g	1 g	8 g	2 g

### Additional Serving Recommendations:

2 Tbsp low-fat vanilla Greek yogurt will add an additional 22 Calories, 3g carbohydrates, 2g protein, and 0.4g fat.



# Chocolate Peanut Butter Snack Bars

**Prep Time:** 15 Minutes

**Cook Time:** Chill for at least 2 hours

## Ingredients:

4 Tbsp butter, melted  
2/3 cup peanut butter  
1/4 cup real maple syrup (Can sub. Honey)  
1/2 tsp cinnamon  
1 tsp vanilla extract  
Pinch of salt  
3 cups plain Rice Krispies cereal  
2 oz dark chocolate, melted

## Directions:

1. Melt coconut oil in a large bowl.
2. Stir in peanut butter, maple syrup, cinnamon, vanilla, and salt. Mix until smooth.
3. Stir in Rice Krispies cereal.
4. Line an 8x8 in pan with parchment paper or wax paper.
5. Press mixture into pan and use a wooden spoon to compact and smooth the mixture.
6. Drizzle melted chocolate over the top of the bars.
7. Refrigerate for at least 2 hours, or until firm and set. Cut into 9 even squares. Store in refrigerator up to 1 week.

## Nutrition Facts:

Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
1 square	255	21 g	10.6 g	17.6 g	2 g

