



EAT WELL, CARE WELL. **EASY HEALTHY DESSERTS AND TREATS**

It's that time of year! The holidays are upon us, and for many that means lots of time in the kitchen making fun treats! It's easy to get carried away and let our judgement slide on healthier options this time of year. While a few extra treats don't hurt us, it's always beneficial to investigate healthier alternatives that taste just as good and are just as easy to make! Using vegetable-based butters and shortenings, whole grain flours, and natural sweeteners are easy ways to alter your favorite recipes to lower the amounts of refined sugars and cut back on the calories.

Desserts are great opportunities to use fruits and nuts to make the treats more nutrient dense while enhancing the flavor and desirability! Online sources are great for searching out healthier alternatives and inspiring new dessert ideas. There are lots of plant-based alternatives for traditional white-flour, white-sugar, and animal fat-based ingredients. They may seem foreign or scary, but give them a try, you and your loved ones won't be disappointed!

WEEKLY CHALLENGES

**TRY ONE OF THE
RECIPES PROVIDED**

**TRY SWAPPING THE
EGGS FOR A
BANANA**

**MAKE A TREAT WITH
HEALTHIER
ALTERNATIVES**

**GO ON A WALK
WHILE THE DESERTS
ARE BAKING TO
PASS THE TIME**

DID YOU KNOW?

**$\frac{1}{4}$ A BANANA
EQUALS 1 EGG IN A
BAKING RECIPE!
LESS CALORIES,
FAT, CHOLESTEROL,
AND MORE
VITAMINS!**

Black Bean Brownies

Makes 9-12 Brownies. This recipe adapted from

<https://chocolatecoveredkatie.com/2012/09/06/no-flour-black-bean-brownies/>

INGREDIENTS:

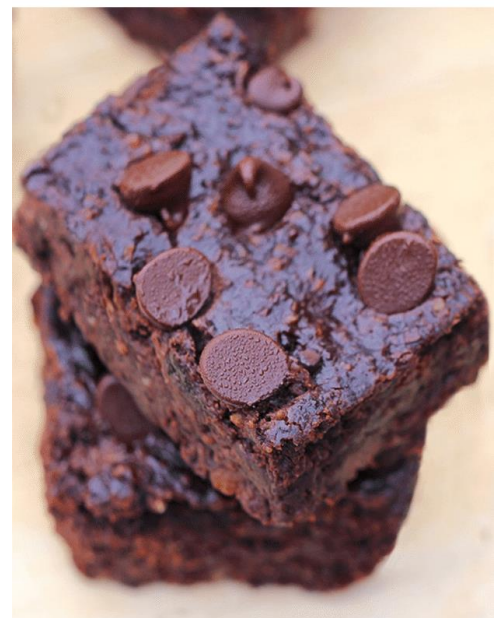
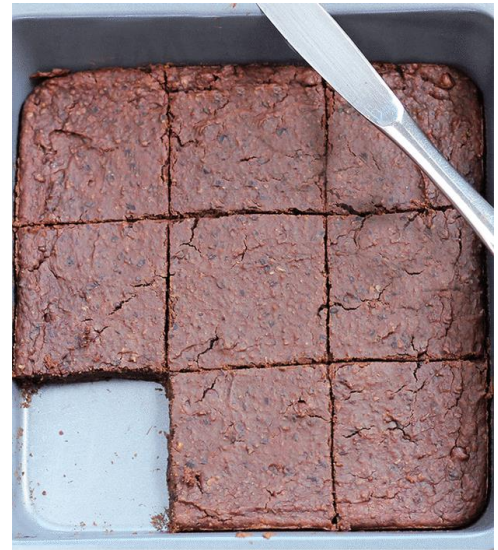
- 1 ½ cups black beans (1 (15-oz) can, drained and rinsed very well)
- 2 tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- ⅓ cup pure maple syrup, or honey
- 2 tbsp sugar or stevia (or omit and increase maple syrup to ½ cup)
- ¼ cup coconut or vegetable oil
- 2 tsp pure vanilla extract
- ½ tsp baking powder
- ½ cup to ⅔ cup chocolate chips

DIRECTIONS:

1. Preheat oven to 350 F
2. Combine all ingredients except the chocolate chips in a food processor and blend until smooth
3. Stir in the chocolate chips
4. Pour mixture into greased 8x8 pan
5. Optional – top with more chocolate chips
6. Cook for 15-18 minutes, cool for at least 10 minutes before cutting.

NUTRITION FACTS:

Calories: 115
Fat: 5.5g
Carbs: 15g
Fiber: 3g
Protein: 2.5g



Candyland Peppermint Bark

This recipe is brought to you by

<https://chocolatecoveredkatie.com/2011/12/15/candyland-peppermint-bark/>

INGREDIENTS:

- ½ c coconut butter
- 12 drops peppermint extract
- 1 ½ Tbsp maple syrup
- Optional garnishes (sprinkles/candy canes)

DIRECTIONS:

1. Mix all ingredients in a bowl, ensuring the coconut butter has been melted
2. Spread the mixture onto wax paper and freeze until hardened

