



\$1 DESSERTS

Healthy budget dessert recipes for less than \$1 per serving!

Healthy desserts can be affordable, too! A little creativity with some everyday ingredients can go a long way!



PEANUT BUTTER OAT BARS

- 1 cup peanut butter
- ½ cup honey
- 3 cups oats
- ¼ cup chocolate chips

- Melt peanut butter and honey over medium heat in a pan over the stove.
- Add oats and stir to combine.
- Transfer mixture to a 9" square baking pan and press firmly.
- Melt chocolate and drizzle on top of bars.
- Transfer to the fridge for 2-3 hours, until firm.
 - Cut into squares.
 - Enjoy!

NUTRITION serves 16
201 cal | g carbs | 13g fat | 11g protein



FRO YO CREAMSICLES

- 1 ½ cups orange juice
- 1 ¼ cups Greek yogurt
- ¼ cup sweetener

- Whisk all ingredients together until combined.
- Transfer mixture into popsicle molds or paper cups.
- Freeze 1 hour and add wooden sticks.
- Freeze completely, 3-4 hours.
- Remove pops from the cups or molds.
 - Serve!

NUTRITION serves 8
41 cal | 7g carbs | 0g fat | 3g protein



APPLE CRISP

- 3 apples, peeled
- 6-8 dates, chopped
- 1 Tbsp flour
- 2 tsp lemon juice
- 4 Tbsp sweetener/coconut sugar
- ½ tsp cinnamon

Ingredients for Crisp Topping

- ½ cup oats
- ⅓ cup oat flour
- 1 Tbsp coconut oil
- 1 tsp cinnamon
- 2 Tbsp sweetener/coconut sugar
- 1 tsp vanilla extract
- ½ tsp salt

- Preheat oven to 375°F (190°C).
- Chop peeled apples into small cubes, or thin slices. Whichever you prefer.
- Add remaining filling ingredients and toss to combine. Transfer to four small baking dishes or ramekins
- Combine topping ingredients. Pack crisp topping on top of apple filling in baking dishes. Use up ALL of that topping goodness!
- Bake for about 40 minutes, until the apples are soft and the topping is crisp and browned.
- Allow to cool slightly before serving.

NUTRITION serves 4
202 cal | 42g carbs | 4g fat | 1g protein

