### Serving Equivalents

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<tr>
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<td>1 ounce of cheese</td>
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<td>1 teaspoon of butter</td>
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<tr>
<td>½ cup of ice cream</td>
<td>Racquetball</td>
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<tr>
<td>1 medium apple or peach</td>
<td>Tennis ball</td>
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### Measurement Abbreviations

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### Cooking Measurement Equivalents

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<td>2 pints</td>
<td>1 quart</td>
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<tr>
<td>4 quarts</td>
<td>1 gallon</td>
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### Cooking Supply Needs

- 6-inch casserole dish
- Refrigerator and freezer
- Can opener
- Rubber spatula
- Coffee mug
- Silverware
- Cooking spray
- Blender
- Cutting board
- Microwave safe bowls and plates
- Paring knife
- Mixing bowls
- Measuring cups
- Plastic wrap
- Measuring spoons
**Safety Tips**

- Always keep food covered in the microwave; this prevents splattering and ensures a well-cooked product.

- Only use cookware that is made for use in the microwave. Check the plate or bowl for the label “microwave-safe.” Do not place metal utensils or aluminum foil in the microwave.

- Never leave the room while the microwave is on, keeping an eye on food at all times.

- Keep the inside of the microwave clean, wiping up spills as they occur.

- Never operate the microwave if it is damaged in any way. This includes a bent door, loosened hinges and latches, or broken door seals.

- Be cautious when removing the covering from a dish that has been microwaved for several minutes. Let it stand for a few minutes then carefully lift the side farthest away from you. This keeps any liquid from splattering into your face.

- When using a knife, make sure to use a cutting board that is securely stationed on a flat table.

- Potatoes, tomatoes, egg yolks and other foods with a skin or membrane must be pierced before they are microwaved. This keeps them from exploding.

- Be smart when cooking with any raw meat. Clean everything that the meat touches with warm soap and water, including utensils, cutting boards, plates and your hands.

- When cooking with dairy, meat or egg products, make sure to refrigerate them. If they sit at room temperature for more than 3 hours, they must be discarded for safety reasons.
BREAKFAST DISHES

Spoil your taste buds with something other than cereal or granola bars in the morning with these quick, delicious dishes. You can even entertain your friends on the weekends by doubling these dishes.

PUMPKIN SPICE YOGURT

317 calories, 24 g protein, 176 mg sodium, 20 g fat, 16 g carbohydrate

6 oz. plain Greek Yogurt
1 oz. pecans
Sprinkle of ground cinnamon
¼ cup canned pumpkin puree

Directions
1. Mix all ingredients together. Enjoy!

BERRY OATMEAL

244 calories, 8 g protein, 125 mg sodium, 4 g fat, 50 g carbohydrate

2 packets instant oatmeal, any flavor
½ cup berries, fresh or frozen
¾ cup milk or water
*Add almonds or walnuts

Directions
1. In a medium sized microwaveable bowl or 2-cup glass measuring cup, add 1 ¼ cups, ¾ cup milk or water, the oatmeal packets and the berries

2. Microwave for 1 minute, stir and microwave about 1-2 more minutes, or until oatmeal has cooked through. More water can be added during the cooking if needed.
**CHOCOLATE PEANUT BUTTER OATMEAL**

545 calories, 20 g protein, 214 mg sodium, 15 g fat, 92 g carbohydrate

½ cup quick-cooking oats or 1 packet unflavored oatmeal
1 cup chocolate milk
1 tbsp peanut butter or other nut butter
1 tbsp unsweetened cocoa powder
1 small banana

**Directions**

1. In a medium sized microwaveable bowl combine oats and milk.

2. Microwave for 1.5-2 minutes, stir and add in peanut butter and cocoa powder.

3. Microwave an additional 30-60 seconds, or until oatmeal has cooked through. More milk can be added during the cooking if needed.

4. Top with sliced banana and enjoy!

**BREAKFAST PITA**

401 calories, 25 g protein, 665 mg sodium, 17 g fat, 38 g carbohydrate

2 eggs or ¼ cup egg beaters
¼ cup fresh or frozen cut mixed vegetables
1 slice or 2 tbsps shredded cheese
1 whole grain pita
salt and pepper (optional)

**Directions**

1. In a microwave-safe bowl or glass measuring cup, whisk eggs with a fork until scrambled. Add in veggies and salt and pepper as desired.

2. Microwave in 1 minute increments, stirring in between, until eggs are fully cooked and veggies are tender, about 2-3 minutes total.

3. Place pita on a plate and microwave for 20-30 seconds or until warmed through. Place cheese and then egg and veggies into each half of the pita.
**BANANA IN A BLANKET**

608 calories, 18 g protein, 447 mg sodium, 28 g fat, 74 g carbohydrate

1 wheat tortilla  
2 tbsps peanut butter  
1 banana, sliced  
¼ cup granola  
Pinch of cinnamon

**Directions**

1. Spread thin layer of peanut butter on a tortilla.  
2. Top with banana slices, cinnamon and ¼ cup granola.  
3. Roll up and enjoy!

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**OMELET IN A MUG**

107 calories, 9 g protein, 219 mg sodium, 7 g fat, 1 g carbohydrate

extra-large egg or 2 small eggs or ¼ cup egg beaters  
2 tsps milk  
Pinch of salt and black pepper (optional)  
¼ cup vegetables (i.e., mushrooms, bell peppers, onions)  
2 tbsps shredded cheese (optional)

**Directions**

1. In a small bowl, stir eggs, milk, veggies, cheese.  
2. Pour into a microwave-safe mug that has been sprayed with cooking spray.  
3. Cook 1 minute or until egg is cooked through.
STRAWBERRY-WAFFLE SANDWICH

394 calories, 16 g protein, 485 mg sodium,
23 g fat, 36 g carbohydrate

2 whole grain waffles, toasted

½ cup strawberries

2 tsbs nut butter

Directions
1. Toast waffles and spread with nut butter.
2. Slice strawberries and place them on top of waffles.

FRENCH TOAST

124 calories, 9 g protein, 243 mg sodium,
5 g fat, 12 g carbohydrate

1 egg beaten or ¼ cup egg substitute

1 slice whole wheat bread

¼ tsp ground cinnamon

2 tsps milk

1/8 cup strawberries

Syrup and jam (optional)

Directions
1. Stir together egg and milk in a shallow bowl.
2. Dip bread slice in egg mixture, covering both sides.
   Let bread soak for 1-5 minutes.
3. Microwave for 40 seconds. Flip bread over and microwave
   for an additional 40 seconds or until center of bread is
   set. If bread is soggy, continue to heat in increments of 15
   seconds until it reaches desired consistency.
4. Top with strawberries and sprinkle with cinnamon.
5. Serve with syrup or jam.
STICKY BAGELS

222 calories, 5 g protein, 324 mg sodium, 10 g fat, 30 g carbohydrate

1 bagel, cut in half
1 tbsp margarine
1/8 tsp cinnamon
1 tsp sugar or brown sugar

*Add strawberries to the bagel or have fruit with nuts on the side

Directions
1. Mix margarine, cinnamon and sugar together. Spread on toasted bagel halves.
2. Heat in microwave 30 seconds or until sugary topping has melted.
3. Can top with peanut/nut butter and banana slices with cinnamon.
4. Can substitute with bagel thins or use ½ a bagel

HEARTY STRAWBERRY-BANANA SMOOTHIE

416 calories, 25 g protein, 169 mg sodium, 11 g fat, 60 g carbohydrate

1 frozen banana
½ cup frozen strawberries
½ cup Greek yogurt or yogurt alternative
½ cup skim or low-fat milk or milk alternative
1 tbsp peanut butter or other nut butter
¼ cup oats

Directions
1. Place all ingredients into blender.
2. Blend until smooth
3. Add additional milk or milk alternative until desired consistency is reached.
BREAKFAST CASSEROLE

316 calories, 32 g protein, 476 mg sodium, 5 g fat, 14 g carbohydrate

1 slice bread, cubed
1 egg, beaten
3 tbsps milk
¼ cup ham, cooked, diced
½ tsp Worcestershire sauce
2 tbsps cheddar cheese, shredded
Salt and pepper (optional)
¼ cup vegetables (i.e., mushrooms, bell peppers, onions, spinach)

Directions

1. Combine all ingredients in a 6-inch microwave-safe serving bowl; stir well.
2. Cover tightly with plastic wrap; poke a few small holes in plastic wrap to vent.
3. Cook for 4 ½ to 5 ½ minutes.
4. Remove from microwave and let stand, covered, for 30 seconds to finish cooking.
BREAKFAST BURRITO

582 calories, 33 g protein, 1178 mg sodium, 32 g fat, 38 g carbohydrate

3 eggs
¼ cup shredded cheese
1 large flour or wheat tortilla
2 sausage or turkey links or 2 slices bacon
1 tsp taco or burrito seasoning
Sour cream or plain low-fat yogurt (optional)
Salsa (optional)

*Try adding vegetables such as mushrooms, bell peppers, onions, etc. for a more nutrient dense meal

Directions

1. Scramble eggs in microwave (a glass measuring cup works well too); set aside.
2. Heat sausage or bacon in microwave according to package directions, chop coarsely and mix into eggs. Add seasoning and stir in.
3. Warm tortilla 5 seconds in the microwave. Spread egg mixture over center. Sprinkle on cheese.
4. Fold tortilla ends in and roll. Heat in microwave for 30 seconds to melt cheese.
5. Enjoy with sour cream or yogurt and salsa, if desired.
MAIN DISHES
Utilize food that can be purchased from Ohio State convenience stores, cafes and grab ‘n go locations.

APPLE AND CHEESE ROLL-UPS

311 calories, 10 g protein, 534 mg sodium, 10 g fat, 46 g carbohydrate

1 large flour or wheat tortilla
½ apple, thinly sliced
2 tbsps shredded cheese
*Try adding spinach

Directions
1. Open tortilla; top with apple slices and cheese
2. Fold in half and microwave for 20 seconds or until cheese melts.

TUNA NOODLE CASSEROLE

257 calories, 29 g protein, 489 mg sodium, 2 g fat, 29 g carbohydrate

1 container Easy Mac
1 (3 ounce) can water-packed tuna, drained
¼ (15 ounce) can peas, drained
*Try adding mushrooms

Directions
1. Prepare Easy Mac as directed on container.
2. Stir the drained tuna and peas into Easy Mac.
TRAIL MIX SANDWICH

460 calories, 15 g protein, 381 mg sodium, 19 g fat, 62 g carbohydrate

2 slices whole wheat bread
2 tbsps peanut butter
½ apple or pear, thin slices
1 tbsp raisins
1 tbsp honey

Directions
1. Spread peanut butter lightly on both slices of bread.
2. Cut apple into thin slices and put them on one slice of bread, sprinkle raisins on the other.
3. Drizzle honey on both sides of bread. Put the slices together to form a sandwich.

PIZZA MUFFIN

361 calories, 15 g protein, 861 mg sodium, 17 g fat, 37 g carbohydrate

1 English muffin or whole grain sandwich thin
¼ cup spaghetti sauce or tomato paste
¼ cup shredded cheese
2 Pepperoni or turkey pepperoni slices
Favorite vegetables (mushrooms, bell peppers, onions)
*Try with Canadian bacon and pineapple
*Can substitute English muffin for sandwich thins

Directions
1. Slice an English muffin in half and toast.
2. Spread spaghetti sauce or tomato paste on both tops of English muffin.
3. Sprinkle with cheese, top with pepperoni slices and any vegetables.
4. Microwave for 30 seconds or until cheese has melted.
**TUNA OR TURKEY MELT**

590 calories, 54 g protein, 1084 mg sodium, 30 g fat, 24 g carbohydrate

- 2 slices bread
- 6 ounces canned tuna, drained or turkey slices
- 2 tbsps mayonnaise
- 1 slice of cheese

*Try with spinach and tomato for a more nutrient dense meal*

**Directions**

1. Toast 2 slices of bread.
2. Place 1 slice of cheese on 1 piece of toast while it is still warm.
3. Spread on thin layer of mayonnaise and top with tuna or turkey slices.
4. Complete sandwich by placing other piece of toast on top.

**CHEESE QUESADILLAS**

446 calories, 20 g protein, 796 mg sodium, 24 g fat, 37 g carbohydrate

- 1 flour or wheat tortilla
- ½ cup shredded cheese

Optional toppings (salsa, sour cream, shredded lettuce, hot sauce)

*Try with vegetables (i.e. mushrooms, onions, bell peppers, etc.), meat (i.e. ground beef or turkey, chicken, etc.) or soy crumbles

*Try substituting plain Greek yogurt for sour cream*

**Directions**

1. Place 1 tortilla on a large microwave-safe plate; sprinkle with shredded cheese.
2. Place the second tortilla on top of the other tortilla with cheese.
3. Cook on high in the microwave about 1 minute or until cheese melts.
4. Add other toppings. Cut into wedges and dip into salsa or sour cream.
**PIZZA-DILLA**

523 calories, 19 g protein, 1406 mg sodium, 24 g fat, 53 g carbohydrate

1 large flour or wheat tortilla

½ cup pizza sauce

¼ cup shredded cheese

3 Pepperoni or turkey pepperoni slices

*Try with turkey bacon and/or your favorite vegetables (i.e. mushrooms, onions, bell peppers, etc.)*

**Directions**

1. Spread pizza sauce on tortilla, about ½-inch from the edge of the tortilla.

2. Sprinkle shredded cheese on top of pizza sauce.

3. Cover only one half of tortilla with pepperoni slices.

4. Place pizza-dilla on a microwave-safe plate. Heat for 1 minute or until cheese melts.

5. Remove from microwave and fold the cheese side over the pepperoni side. Cut into 4 wedges and eat.

**TUNA RICE CASSEROLE**

1344 calories, 116 g protein, 2967 mg sodium, 22 g fat, 166 g carbohydrate

1 (16 ounce) package frozen mixed vegetables

2 (6.5 ounce) canned tuna, drained

1 cup uncooked instant rice

1 (10.75 ounce) can cream of celery soup

1 cup milk

*Try adding mushrooms*

**Directions**

1. In a medium bowl, combine vegetables and tuna. Stir in rice, soup and milk.

2. Place mixture in a 1.5 quart microwave-safe dish.

3. Cover and microwave on high for 6 minutes. Stir well and microwave on high, uncovered, for 8 minutes or until rice is tender.

4. Stir casserole and enjoy!
**CHILI BAKED POTATO**

492 calories, 18 g protein, 785 mg sodium, 12 g fat, 77 g carbohydrate

1 large baking potato

½ cup chili with veggies

¼ cup shredded cheese

2 tbsps light sour cream or plain yogurt

*Try adding chives or green onions

**Directions**

1. Wash the potato and pierce several times with a fork.

2. Place a damp paper towel around the potato and cook potato in the microwave for 4-5 minutes or until soft.

3. Place the potato on a plate and cut open with a knife.

4. In a small bowl, heat chili in the microwave until warm.

5. Spoon chili onto potato and top with shredded cheese. Heat again, if desired, to melt the cheese.

6. Top with sour cream or plain yogurt.

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**SHEPHERD’S PIE**

397 calories, 39 g protein, 1010 mg sodium, 8 g fat, 42 g carbohydrate

1 cup of instant mashed potatoes

½ cup vegetables of choice (peas, carrots, bell peppers, etc.)

1 tbsp shredded cheese

3 oz cooked chicken tenders or leftover chicken

**Directions**

1. Place vegetables in microwave-safe bowl. Sprinkle with 2 to 3 tbsps water. Heat in the microwave for about 30 seconds or until vegetables become tender and brighten in color. Remove from microwave.

2. Heat chicken tenders according to package directions or reheat leftover meat. Set aside.

3. Prepare a cup of instant mashed potatoes as directed on container.

4. After removing mashed potatoes from microwave, layer with chicken, vegetables and shredded cheese. Heat for 30 seconds or until cheese melts.
CHILI MAC

477 calories, 27 g protein, 1687 mg sodium, 14 g fat, 61 g carbohydrate

1 container Easy Mac

1 can (8 ounces) of chili with veggies or chili from dining hall

*Try adding cheese

Directions

1. Prepare Easy Mac as directed on container.
2. In small bowl, heat chili in microwave for 1 minute or until warm.
3. Add Easy Mac to bowl of chili and stir.

BBQ CHICKEN PASTA

326 calories, 32 g protein, 509 mg sodium, 4 g fat, 38 g carbohydrate

1 container Easy Mac (cheese packet discarded)

3 oz BBQ chicken from leftover BBQ chicken sandwich

*Try adding veggies on the side like a salad, steamed broccoli, roasted asparagus, etc.

Directions

1. Prepare Easy Mac according to directions with the exception of using the cheese packet. Set aside.
2. Place BBQ chicken in microwave safe bowl and heat for 1 minute or until warm.
3. Stir Easy Mac into BBQ chicken.
**FRESH PASTA SALAD**

268 calories, 12 g protein, 610 mg sodium, 8 g fat, 37 g carbohydrate

1 container Easy Mac (cheese packet discarded)

½ cup vegetables from salad bar or elsewhere (i.e. bell peppers, broccoli, beans)

1 tbsp Italian dressing

4 small salami or pepperoni slices, cut into quarter pieces

*Try adding cheese

**Directions**

1. Prepare Easy Mac according to directions with the exception of adding the cheese packet. Drain water, leaving only the noodles.

2. In a large bowl, toss together the pasta, vegetables and salami or pepperoni pieces.

3. Drizzle 1 tbsp of Italian dressing on pasta, stir and eat!

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**MINI EGG SALAD SANDWICH**

235 calories, 10 g protein, 353 mg sodium, 16 g fat, 14 g carbohydrate

1 hard-boiled egg

1 2-inch celery stick or sweet pickle, finely chopped

1 packet mustard and mayonnaise

Slice of toast, crackers or ½ of English muffin

Pinch of salt and pepper, to taste (optional)

*Try adding spinach

**Directions**

1. Cut 1 hard-boiled egg into small pieces.

2. Place in bowl and mix with celery or sweet pickle, mayonnaise, mustard, salt and pepper.

3. Spread onto piece of toast, English muffin or cracker.
**TUNA, BROCCOLI, QUINOA-BLEND**

489 calories, 47 g protein, 547 mg sodium, 12 g fat, 51 g carbohydrate

1 cup of Ready Rice or microwaveable quinoa-brown rice blend
1 cup broccoli
1 can or packet of tuna
¼ cup shredded cheese

**Directions**

1. Place broccoli in microwave safe bowl. Sprinkle with 2 to 3 tbsps water and microwave for about 30 seconds or until broccoli is tender and bright in color. Remove from microwave.

2. Prepare rice according to package directions using the microwave.

3. Place cooked rice in microwave-safe bowl; stir in broccoli, tuna and shredded cheese.

4. Return rice, broccoli, tuna and cheese mixture to microwave, heat for 30 seconds or until warm.
CHEDDAR POTATO WEDGES

907 calories, 26 g protein, 589 mg sodium, 42 g fat, 109 g carbohydrate

3 medium potatoes, cut lengthwise into 8 wedges.

½ tsp garlic salt or garlic powder
½ tsp seasoned salt
½ tsp paprika
2 tbsps margarine (cut into small squares)
½ cup low-fat shredded cheddar cheese

*Try adding turkey bacon and/or green onions, salsa

Directions

1. In a large re-sealable plastic bag, combine the garlic salt, seasoned salt and paprika. Add potatoes, seal bag and toss to coat.
2. Transfer potatoes to an ungreased microwave safe dish. Dot with margarine. Microwave uncovered on high for 3 minutes. Turn potatoes; cook 2-3 minutes longer or until tender.
3. Sprinkle with cheese; cover and let stand until cheese is melted.
VEGGIE COUSCOUS
413 calories, 15 g protein, 77 mg sodium, 0 g fat, 85 g carbohydrate

1 box couscous (5.9oz size)
1-2 cups frozen or fresh cut mixed vegetables
salt and pepper (optional)
*Try adding edamame or chickpeas

Directions
1. In a 2-cup glass measuring cup or a medium size microwavable bowl, add 1 ¼ cup water. Heat in microwave until water boils, about 5 minutes. Add spice packet if provided in couscous box.
2. Remove from microwave and add the couscous. Stir once, then cover with a small towel or foil. Let stand about 5 minutes, or until water has been absorbed.
3. Meanwhile, add veggies to a medium sized microwavable bowl or a dinner plate and microwave 1 minute. Mix veggies around, then microwave another 1 minute, or until vegetables are heated through and tender.
4. Mix vegetables and couscous together. Add salt, pepper, or any spices as you would like.

GREEK STYLE VEGGIE PITAS
301 calories, 13 g protein, 556 mg sodium, 15 g fat, 28 g carbohydrate

1 pita bread pocket
2 tbsps one-third less fat cream cheese or hummus
¼ cup cheddar cheese
½ cup vegetables, chopped

Directions
1. Spread cream cheese on a pita. Top with fresh cheddar and microwave for 20 seconds.
2. Top with chopped vegetables and wrap it up to eat.
SWEET, SWEET POTATOES

613 calories, 12 g protein, 170 mg sodium,
1 g fat, 143 g carbohydrate

2 large sweet potatoes
1 tsp brown sugar
½ tsp cinnamon
¼ cup orange juice
1 tbsp maple syrup

Directions

1. Pierce potatoes several times with a fork. Wrap each potato individually in a damp paper towel. Set potatoes onto plate and microwave 4 minutes, turning 2-3 times (if microwave does not have a turntable), until potatoes are soft and tender to touch.

2. Cut into ½-inch slices. Arrange slices on microwave safe dish.

3. Mix remaining ingredients together and sprinkle equal portions to potatoes.

4. Microwave for about 1 minute, uncovered.

5. Sprinkle with additional cinnamon, if desired.

EASY CHEESY ZUCCHINI

173 calories, 10 g protein, 179 mg sodium,
10 g fat, 13 g carbohydrate

1 cup zucchini, shredded
¼ cup onion, shredded
¼ cup low-fat cheddar cheese, shredded

Directions

1. Mix zucchini and onion together in an individual serving dish; top with cheese.

2. Microwave on high for 30-45 seconds.
GREEK STYLE PITAS
553 calories, 61 g protein, 1146 mg sodium, 6 g fat, 67 g carbohydrate

2 pita bread pockets
1 can (6 ounce) tuna or chicken in water
¼ medium red onion, thinly sliced
½ tomato, chopped
½ cup plain yogurt
½ cucumber, finely chopped
1 tbsp lemon juice
¹/₈ tsp garlic powder

Directions
1. For sauce, combine yogurt, cucumber, lemon juice and garlic in a small bowl. Mix well and set aside.
2. Cut pitas in half and open pockets. Divide tuna (or chicken) among pitas.
3. Top chicken (or tuna) with onions and tomatoes and drizzle sauce over vegetables.

GREEN BEAN CASSEROLE
239 calories, 7 g protein, 1882 mg sodium, 6 g fat, 39 g carbohydrate

1 can (16 ounces) French style green beans, drained
1 can (10 ounces) cream of mushroom soup
¼ cup French fried onion rings
*Try adding chicken or tuna canned

Directions
1. Lightly spray casserole dish with non-stick cooking spray.
2. Mix green beans and cream of mushroom soup in casserole dish.
3. Sprinkle French fried onion rings across green beans.
4. Cook for 5 minutes on moderate heat or until warm.
APPLES WITH YOGURT AND PEANUT BUTTER DIP

333 calories, 23 g protein, 140 mg sodium, 12 g fat, 39 g carbohydrate

1/2 cup vanilla or plain Greek yogurt
1 tbsp. peanut butter
1 medium apple
Pinch of cinnamon
Handful cacao nibs or dark chocolate chips
1 tsp honey

Directions

1. In a small bowl, mix Greek yogurt, peanut butter, and honey.
2. Top with cinnamon and cacao nibs or dark chocolate chips.
3. Slice apple and dip!
CHOCOLATE CHERRY AND NUT BARK

370 calories, 3 g protein, 11 mg sodium, 23 g fat, 42 g carbohydrate

1 dark chocolate bar
2 tbsps dried cherries or cranberries
2 tbsps pecans, cashews, walnuts, almonds, etc.

Directions

1. In a microwave-safe bowl, break chocolate bar into pieces. Microwave in increments of 20-45 seconds until chocolate has melted.
2. Add dried fruit and nuts and mix.
3. Drop large spoonfuls of mixture onto aluminum foil and place in freezer until chocolate bark hardens.
BROWNIE IN A MUG

572 calories, 8 g protein, 166 mg sodium, 27 g fat, 77 g carbohydrate

1/4 cup all-purpose flour
1/4 cup light brown sugar
2 tbsps unsweetened cocoa powder
2 tbsps unsalted butter, melted
1/4 cup milk
Chocolate chips

Directions

1. In a mug add in all-purpose flour, light brown sugar and unsweetened cocoa powder. Whisk until homogeneous. Make sure there are no cocoa lumps.

2. Add melted unsalted butter and milk into the mug and stir until homogeneously mixed.

3. Clean the rim of the mug and microwave for 1 minute. If the microwave is set to stronger than 800 watts then microwave for 30 seconds at a time. Repeat microwaving for 10 seconds at a time until there is no fluid on the surface. It should take around 1 minute 30 seconds if the microwave is set to 800 watts.

4. Arrange chocolate chips on top and let cool before serving.
**PEANUT BUTTER AND BANANA S’MORES**

245 calories, 6 g protein, 129 mg sodium, 15 g fat, 25 g carbohydrate

1 large graham cracker
2 pieces dark chocolate
1 small banana, sliced
1 tbsp peanut butter

**Directions**

1. Break graham cracker into two squares.
2. On a microwave-safe plate, top one half with chocolate and place in microwave for 10 seconds.
3. Remove from microwave and top with banana slices then return to microwave for 20-30 seconds.
4. Spread 1 Tbsp of peanut butter on the other half of the graham cracker.
5. Put the pieces together and enjoy!

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**BANANA ICE CREAM**

Nutritional content varies depending on desired toppings.

2 ripe bananas, sliced and frozen

Toppings/additions of your choice

**Directions**

1. Put frozen bananas in blender
2. Add desired toppings/additions.
3. Blend until smooth
4. Add any other toppings. Enjoy!