



HEALTHY CRAVINGS • FREE SAMPLER

15 Desserts That Are Actually Low-Calorie, No Serving-Size Games

Real ingredients, honest macros, no hiding a huge calorie count behind a tiny serving size. Fifteen of my favorites, in one clean printable PDF.

Welcome

Hey, I'm Zach. Healthy Cravings started because I kept looking up the same thing: a dessert that's actually reasonable, not one that's "100 calories" because the serving size is one bite. These fifteen are the ones I make on repeat.

Everything here uses real technique to cut calories and sugar, not tricks: things like Greek yogurt and cottage cheese for protein, monk fruit and allulose instead of sugar alcohols that upset your stomach, applesauce or pumpkin in place of oil, and portions sized the way a person actually eats.

Heads up: all fifteen of these recipes are already free on the blog at thehealthycravings.com. This PDF isn't unlocking anything secret, it's just a clean, printable copy you can save, print, or keep on your phone without digging through fifteen browser tabs.

01	Molten Chocolate Mug Cake	150 cal
02	Fudgy Black Bean Brownies	110 cal
03	No-Bake Peanut Butter Cookies	72 cal
04	Toffee Protein Bars	225 cal
05	Edible Protein Cookie Dough	180 cal
06	2-Ingredient Banana Nice Cream	165 cal
07	Cottage Cheese Ice Cream	180 cal
08	Chocolate Frozen Yogurt Bark	35 cal
09	Baked Chocolate Protein Donuts	140 cal
10	Sugar-Free Vanilla Marshmallows	10 cal
11	Protein Peanut Butter Cups	210 cal
12	Birthday Cake Protein Cake Balls	130 cal
13	Deep-Dish Cookie for One	140 cal
14	Carrot Cake Bites	100 cal
15	Blondie for One	138 cal



CAKES, LOAVES & CAKE BALLS

Molten Chocolate Mug Cake

A five-minute single-serve mug cake with a genuine molten center from one square of dark chocolate buried in the batter.

LOW-CAL QUICK SINGLE-SERVE

PREP	COOK	TOTAL	YIELD
5 min	1 min	6 min	1 mug cake
CALORIES	PROTEIN	CARBS	FAT
150	5g	24g	4g

Ingredients

- 3 tbsp (24g) oat flour
- 1.5 tbsp (7g) unsweetened cocoa powder
- 2 tbsp granulated allulose or monk fruit sweetener
- 1/4 tsp baking powder
- Pinch of salt
- 2 tbsp (30g) unsweetened applesauce
- 2 tbsp (30ml) unsweetened almond milk
- 1/2 tsp vanilla extract
- 1 small square (about 1 tsp / 5g) sugar-free dark chocolate

Instructions

- In a microwave-safe mug (at least 12 oz), whisk together the oat flour, cocoa powder, sweetener, baking powder, and salt.
- Add the applesauce, almond milk, and vanilla, and stir until smooth with no dry pockets left.
- Push the square of dark chocolate into the center of the batter until it is just covered.
- Microwave on high for 60 to 75 seconds in a 1000-watt microwave (add 15 to 20 seconds for a lower-wattage one), until the top looks mostly set but the center is still slightly glossy.
- Let it sit for 1 minute before eating. Do not overcook, the residual heat finishes the center and that is where the molten part comes from.
- Eat straight from the mug with a spoon while the center is still warm.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



COOKIES, BROWNIES & BROOKIES

Fudgy Black Bean Brownies

Fudgy brownies built on a can of black beans blended smooth, so you get real fiber and protein instead of just white flour and butter.

WHOLE-FOOD BAKE

PREP	COOK	TOTAL	YIELD
10 min	25 min	35 min	16 brownies
CALORIES	PROTEIN	CARBS	FAT
110	5g	14g	5g

Ingredients

- 1 (15 oz) can black beans, drained and rinsed well
- 2 large eggs
- 1/3 cup (80g) natural peanut butter or almond butter
- 1/2 cup (43g) unsweetened cocoa powder
- 1/3 cup (110g) maple syrup
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/3 cup (55g) dark chocolate chips

Instructions

- 1 Preheat oven to 350F. Grease an 8x8 inch baking pan or line with parchment.
- 2 Combine the black beans, eggs, peanut butter, cocoa powder, maple syrup, baking powder, vanilla, and salt in a food processor or high-powered blender.
- 3 Blend until completely smooth, scraping down the sides as needed. There should be no visible bean skins left, this is what gives the brownies a real fudgy texture instead of a bean texture.
- 4 Fold in half the chocolate chips by hand, then pour the batter into the prepared pan and smooth the top. Scatter the remaining chocolate chips over the surface.
- 5 Bake 22 to 27 minutes, until the edges look set and the center is just barely firm to the touch. A toothpick will not come out fully clean, that is correct for a fudgy brownie.
- 6 Cool completely in the pan before cutting into 16 squares. These slice much cleaner once fully cooled or lightly chilled.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



COOKIES, BROWNIES & BROOKIES

No-Bake Peanut Butter Cookies

Old-fashioned no-bake cookies made mostly with powdered peanut butter so you get the flavor without the fat load.

LOW-CAL NO-BAKE

PREP	COOK	TOTAL	YIELD
10 min	3 min	33 min	14 cookies
CALORIES	PROTEIN	CARBS	FAT
72	3g	9g	3g

Ingredients

- 1/2 cup PB2 or other powdered peanut butter
- 1/4 cup water
- 2 tbsp natural peanut butter
- 1/3 cup unsweetened almond milk
- 1/3 cup allulose or granulated sugar substitute
- 2 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract
- Pinch of salt
- 1 1/4 cups old-fashioned rolled oats

Instructions

- Line a baking sheet with parchment paper and set it nearby, you will need to work quickly once the mixture is ready.
- Whisk the PB2 and water together in a small bowl until smooth and paste-like, then set aside.
- In a small saucepan over medium heat, combine the almond milk, allulose, cocoa powder, and salt. Bring to a gentle boil, stirring constantly, and let it boil for exactly 1 minute, still stirring. This short boil is what lets the cookies set once cooled, do not skip it or rush it.
- Remove from heat and stir in the natural peanut butter, the PB2 paste, and the vanilla extract until fully smooth.
- Fold in the oats until every oat is coated in the chocolate peanut butter mixture.
- Working quickly before the mixture cools too much, drop rounded tablespoons onto the parchment-lined sheet and flatten each slightly with the back of the spoon.
- Let the cookies sit at room temperature for about 20 minutes, then refrigerate for at least 15 minutes to fully set before eating.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



BARS & KRISPIE TREATS

Toffee Protein Bars

No-bake protein bars with a browned butter toffee flavor and a crunch of toasted almonds, no oven and no actual toffee candy required.

HIGH-PROTEIN **NO-BAKE**

PREP 15 min	COOK 5 min	TOTAL 1 hr 20 min	YIELD 10 bars
CALORIES 225	PROTEIN 13g	CARBS 16g	FAT 14g

Ingredients

- 1/4 cup unsalted butter
- 1/3 cup brown sugar substitute (brown allulose works well) or brown sugar
- 2 tbsp maple syrup
- 1/3 cup natural peanut butter or almond butter
- 1/4 cup milk of choice
- 1 cup (about 4 scoops) vanilla protein powder
- 1 1/2 cups old-fashioned rolled oats
- 1/3 cup chopped toasted almonds
- 1/2 tsp vanilla extract
- 1/4 tsp salt

Instructions

- Line an 8x8 inch pan with parchment paper, leaving an overhang on two sides.
- In a saucepan over medium-low heat, melt the butter and let it cook, swirling the pan occasionally, until it turns light golden brown and smells nutty, about 3 to 4 minutes. Watch it closely toward the end, browned butter goes from perfect to burnt fast.
- Remove from heat and whisk in the brown sugar substitute and maple syrup until dissolved into the butter. This is where the toffee flavor comes from, so let it sit a minute to fully combine.
- Whisk in the peanut butter and milk until smooth, then let the mixture cool for 2 to 3 minutes. It should be warm, not hot, before the next step.
- Whisk in the protein powder gradually, a third at a time, stirring until fully smooth between additions. Adding it too fast or while the mixture is still very hot can make it clump instead of blending in.
- Fold in the oats, chopped almonds, vanilla, and salt until evenly combined into a thick, moldable dough.
- Press firmly and evenly into the prepared pan using a greased spatula or your hands, pressing all the way into the corners.
- Refrigerate for at least 1 hour, until firm, before lifting out with the parchment overhang and slicing into 10 bars.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



NO-BAKE BITES & COOKIE DOUGH

Edible Protein Cookie Dough

Real cookie dough you can eat straight from the bowl, no raw eggs and no raw wheat flour, just protein powder, oats, and enough peanut butter to make it worth it.

HIGH-PROTEIN NO-BAKE

PREP	COOK	TOTAL	YIELD
10 min	No cook	30 min	5 servings, about 3 tbsp each
CALORIES	PROTEIN	CARBS	FAT
180	13g	15g	7g

Ingredients

- 1/2 cup oat flour
- 2 scoops (about 60g) vanilla whey or casein protein powder
- 2 tbsp plain Greek yogurt
- 2 tbsp natural peanut butter
- 1 1/2 tbsp maple syrup
- 3 to 4 tbsp milk of choice, as needed
- 1/2 tsp vanilla extract
- Pinch of salt
- 3 tbsp mini chocolate chips

Instructions

- In a food processor or by hand, combine the oat flour, protein powder, Greek yogurt, peanut butter, maple syrup, vanilla extract, and salt.
- Add the milk 1 tablespoon at a time, mixing after each addition, until the dough comes together and looks like real cookie dough, soft but not sticky to the touch.
- Fold in the mini chocolate chips.
- Eat right away with a spoon, or chill for 20 minutes if you want it firmer, and scoop into small bites.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



FROZEN

2-Ingredient Banana Nice Cream

Frozen bananas blended until creamy, no ice cream maker and no added sugar needed.

WHOLE-FOOD NO-BAKE

PREP	COOK	TOTAL	YIELD
10 min	No cook	2 hrs 10 min	2 bowls
CALORIES	PROTEIN	CARBS	FAT
165	2g	38g	0.5g

Ingredients

- 3 ripe bananas, peeled and sliced into coins
- 2 to 3 tablespoons milk of choice (dairy or unsweetened almond/oat)
- 1/2 teaspoon vanilla extract, optional
- pinch of salt

Instructions

- Spread the sliced bananas on a parchment-lined plate or tray so they don't stick together in one clump.
- Freeze for at least 2 hours, or until completely solid.
- Add the frozen banana slices to a food processor with the milk, vanilla, and salt.
- Blend, stopping to scrape down the sides every 30 seconds or so, until the mixture goes from crumbly to smooth and creamy like soft serve. This takes patience, keep going, it will happen.
- Serve right away for soft-serve texture, or transfer to a container and freeze another hour for a firmer, scoopable texture.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



FROZEN

Cottage Cheese Ice Cream

Blended cottage cheese freezes into a shockingly creamy, high-protein ice cream with no churning.

HIGH-PROTEIN NO-BAKE

PREP	COOK	TOTAL	YIELD
5 min	No cook	4 hrs 5 min	2 bowls
CALORIES	PROTEIN	CARBS	FAT
180	20g	14g	4g

Ingredients

- 1 cup full-fat or 2% cottage cheese
- 1/4 cup vanilla protein powder
- 2 tablespoons allulose or monk fruit sweetener, to taste
- 2 to 3 tablespoons milk of choice, to thin
- 1 teaspoon vanilla extract
- pinch of salt
- 2 tablespoons mini chocolate chips, optional

Instructions

- 1 Add the cottage cheese, protein powder, sweetener, milk, vanilla, and salt to a blender.
- 2 Blend on high for a full 60 to 90 seconds, stopping to scrape down the sides once, until completely smooth with no visible curds left.
- 3 Stir in the chocolate chips by hand if using.
- 4 Pour into a small loaf pan or shallow airtight container and smooth the top.
- 5 Freeze for at least 4 hours. For the creamiest texture, stir it around the 1 hour mark before it fully sets.
- 6 Let sit at room temperature for 5 minutes before scooping.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



FROZEN

Chocolate Frozen Yogurt Bark

A cocoa-swirled yogurt bark studded with dark chocolate chunks, all the chocolate flavor for barely any calories.

LOW-CAL

NO-BAKE

PREP	COOK	TOTAL	YIELD
10 min	No cook	3 hrs 10 min	12 pieces
CALORIES	PROTEIN	CARBS	FAT
35	3g	4g	1.5g

Ingredients

- 2 cups plain nonfat Greek yogurt
- 2 tablespoons unsweetened cocoa powder
- 2 to 3 tablespoons allulose or monk fruit sweetener, to taste
- 1 teaspoon vanilla extract
- 1 ounce dark chocolate, chopped into small chunks (or sugar-free dark chocolate chips)
- pinch of flaky sea salt

Instructions

- Line a baking sheet with parchment paper.
- In a bowl, whisk the Greek yogurt, cocoa powder, sweetener, and vanilla together until completely smooth and no cocoa streaks remain.
- Spread the mixture evenly onto the parchment, about 1/4 inch thick.
- Scatter the chopped chocolate over the top and press in lightly so it sticks, then sprinkle with the sea salt.
- Freeze for at least 3 hours, or until solid all the way through.
- Break into pieces with your hands or a knife and serve straight from the freezer.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



DONUTS & MUFFINS

Baked Chocolate Protein Donuts

Fudgy baked chocolate donuts with a real protein punch, dipped in a quick sugar-free chocolate glaze.

HIGH-PROTEIN BAKED

PREP	COOK	TOTAL	YIELD
10 min	13 min	23 min	6 donuts
CALORIES	PROTEIN	CARBS	FAT
140	13g	14g	4g

Ingredients

- 3/4 cup oat flour
- 2/3 cup chocolate protein powder
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- pinch of salt
- 2 eggs
- 1/2 cup unsweetened applesauce
- 1/3 cup unsweetened almond milk
- 1/4 cup allulose or monk fruit sweetener
- 1 teaspoon vanilla extract
- 2 tablespoons sugar-free chocolate chips, for glaze
- 1 teaspoon coconut oil, for glaze

Instructions

- Preheat the oven to 350F and grease a 6-cavity donut pan well.
- In a bowl, whisk together the oat flour, protein powder, cocoa powder, baking powder, baking soda, and salt.
- In another bowl, whisk the eggs, applesauce, almond milk, sweetener, and vanilla together until smooth.
- Pour the wet ingredients into the dry and stir just until combined, don't overmix.
- Spoon or pipe the batter evenly into the donut pan cavities, filling each about three-quarters full.
- Bake for 12 to 14 minutes, until the tops spring back when touched lightly.
- Let cool in the pan for 5 minutes, then turn out onto a rack to cool completely.
- Melt the chocolate chips and coconut oil together in the microwave in 20-second bursts, stirring between each, then dip the top of each cooled donut into the glaze.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



CANDY & MARSHMALLOWS

Sugar-Free Vanilla Marshmallows

Real whipped marshmallows made with allulose instead of corn syrup, soft and pillowy with no added sugar.

LOW-CAL		NO-BAKE	
PREP	COOK	TOTAL	YIELD
20 min	10 min	4 hrs 30 min	16 marshmallows
CALORIES	PROTEIN	CARBS	FAT
10	1g	1g	0g

Ingredients

- ☐ 3 packets (about 2 1/4 tablespoons total) unflavored gelatin
- ☐ 1/2 cup cold water, for blooming
- ☐ 1 cup allulose
- ☐ 1/2 cup water, for the syrup
- ☐ pinch of salt
- ☐ 1 tablespoon vanilla extract
- ☐ powdered allulose or arrowroot starch, for dusting

Instructions

- 1 Line an 8x8 inch pan with parchment paper and dust generously with powdered allulose or arrowroot starch.
- 2 Pour the cold water into the bowl of a stand mixer and sprinkle the gelatin over the top. Let it sit and bloom for 5 to 10 minutes while you make the syrup.
- 3 In a small saucepan, whisk the allulose, the 1/2 cup water, and salt together. Bring to a boil over medium heat and let it boil for 1 minute, without stirring.
- 4 With the mixer fitted with the whisk attachment running on low, slowly and carefully pour the hot syrup into the bloomed gelatin in a thin stream.
- 5 Once all the syrup is added, increase the speed to high and whip for 8 to 10 minutes, until the mixture is thick, glossy, white, and has roughly tripled in volume, forming stiff peaks.
- 6 Add the vanilla in the last minute of whipping.
- 7 Pour the mixture into the prepared pan and smooth the top with a wet spatula.
- 8 Let set uncovered at room temperature for at least 4 hours, or overnight.
- 9 Turn out onto a cutting board, dust the top with more powdered allulose or arrowroot, and cut into squares with a knife or pizza cutter dusted in the same starch. Toss cut pieces in more starch to keep them from sticking.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



CANDY & MARSHMALLOWS

Protein Peanut Butter Cups

A protein-powder peanut butter filling wrapped in sugar-free chocolate, a homemade cup with real protein behind it.

HIGH-PROTEIN NO-BAKE

PREP	COOK	TOTAL	YIELD
20 min	No cook	55 min	5 servings (2 cups each)
CALORIES	PROTEIN	CARBS	FAT
210	12g	14g	14g

Ingredients

- 1/2 cup natural peanut butter
- 1/2 cup vanilla protein powder
- 1 tablespoon allulose or monk fruit sweetener
- pinch of salt
- 2/3 cup sugar-free chocolate chips
- 1 tablespoon coconut oil

Instructions

- Line a mini muffin tin with 10 paper liners.
- Melt the chocolate chips and coconut oil together in the microwave in 30-second bursts, stirring between each, until smooth.
- Spoon about 1 teaspoon of melted chocolate into the bottom of each liner and tilt to coat the bottom. Freeze for 5 minutes to set.
- While that sets, stir the peanut butter, protein powder, sweetener, and salt together in a bowl until it forms a thick, moldable dough. If it's too dry, add peanut butter a teaspoon at a time, if too wet, add a little more protein powder.
- Roll the dough into 10 small discs and press one on top of the set chocolate layer in each liner.
- Spoon the remaining melted chocolate over the top of each, covering the peanut butter completely. Reheat the chocolate briefly if it's thickened too much to pour.
- Freeze for 20 to 30 minutes, until fully firm.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



CAKES, LOAVES & CAKE BALLS

Birthday Cake Protein Cake Balls

No-bake birthday cake dough rolled around a real scoop of protein powder, dipped, and ready before the oven would have even preheated.

- HIGH-PROTEIN
- NO-BAKE

PREP	COOK	TOTAL	YIELD
20 min	No cook	1 hr 20 min	10 cake balls
CALORIES	PROTEIN	CARBS	FAT
130	12g	9g	6g

Ingredients

- 3/4 cup (75g) vanilla or cake batter flavored protein powder (about 2.5 scoops)
- 1/4 cup (63g) plain nonfat Greek yogurt
- 1/4 cup (30g) almond flour
- 2 tbsp (30g) rainbow sprinkles, plus more for topping
- 1/2 tsp vanilla extract
- 1/4 tsp almond extract (optional)
- 1 to 2 tbsp milk of choice, as needed to bind
- 3 oz (85g) sugar-free white chocolate or white chocolate melting wafers, for coating

Instructions

- In a medium bowl, stir together the protein powder, Greek yogurt, almond flour, sprinkles, vanilla, and almond extract until a thick dough forms. Add milk a teaspoon at a time if the dough is too dry to hold together.
- Cover and chill the dough for 30 minutes, this makes it much easier to roll.
- Scoop and roll into 10 balls, about 1 tablespoon each. Place on a parchment-lined plate and freeze for 15 minutes while you melt the coating.
- Melt the sugar-free white chocolate in the microwave in 20-second bursts, stirring between each, until smooth.
- Dip each ball in the melted coating using a fork, letting the excess drip off, and set back on the parchment. Top with a few extra sprinkles before the coating sets.
- Chill until firm, about 15 minutes, then store in the fridge.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



COOKIES, BROWNIES & BROOKIES

Deep-Dish Cookie for One

A single warm, gooey cookie made in a ramekin in under two minutes, for when you want one cookie and not a whole batch.

LOW-CAL QUICK SINGLE-SERVE

PREP	COOK	TOTAL	YIELD
3 min	1 min	4 min	1 cookie
CALORIES	PROTEIN	CARBS	FAT
140	4g	18g	6g

Ingredients

- 2 tbsp oat flour
- 1 tbsp almond flour
- 1 tbsp allulose or brown sugar substitute
- 1/8 tsp baking powder
- Pinch of salt
- 1 tbsp unsweetened applesauce
- 1 tsp melted coconut oil or butter
- 1/4 tsp vanilla extract
- 1 tbsp mini chocolate chips, plus extra for the top
- 1/2 to 1 tsp water, only if needed

Instructions

- 1 In a small microwave-safe ramekin or mug (roughly 4 inches wide), whisk together the oat flour, almond flour, allulose, baking powder, and salt with a fork until no dry streaks remain.
- 2 Add the applesauce, melted coconut oil, and vanilla extract, and stir until you have a thick, scoopable dough. If it feels dry or crumbly rather than dough-like, add water 1/2 teaspoon at a time until it comes together.
- 3 Fold in the chocolate chips, then press the dough into an even layer in the bottom of the ramekin. Press a few extra chocolate chips on top for looks.
- 4 Microwave on high for 45 to 60 seconds, checking at 45 seconds. It is done when the edges look set but the center still looks slightly underdone and glossy, it will continue cooking from residual heat for a few seconds after you take it out.
- 5 Let it sit for 1 to 2 minutes before eating, it is very hot straight out of the microwave and needs a moment to firm up into that deep-dish gooey center.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



NO-BAKE BITES & COOKIE DOUGH

Carrot Cake Bites

Real grated carrot, walnuts, and warm spices rolled into a no-bake bite that actually tastes like carrot cake, not just cinnamon and dates pretending.

WHOLE-FOOD NO-BAKE

PREP	COOK	TOTAL	YIELD
20 min	No cook	50 min	14 bites
CALORIES	PROTEIN	CARBS	FAT
100	1g	12g	6g

Ingredients

- 3/4 cup walnuts
- 1 cup pitted medjool dates (about 8 to 9 dates)
- 1/2 cup finely grated carrot (about 1 medium carrot), squeezed of excess moisture
- 1/2 cup unsweetened shredded coconut, divided
- 1 tsp cinnamon
- 1/4 tsp ground ginger
- Pinch of nutmeg
- Pinch of salt
- 1/2 tsp vanilla extract

Instructions

- 1 Add the walnuts to a food processor and pulse until they form a coarse crumb.
- 2 Add the pitted dates and process until the mixture starts to clump together into a sticky, thick paste.
- 3 Add the grated carrot, 1/4 cup of the shredded coconut, cinnamon, ginger, nutmeg, salt, and vanilla extract. Pulse until fully combined into a cohesive dough, scraping down the sides as needed.
- 4 Roll the dough into 14 balls, about 1 tablespoon each. Roll each ball in the remaining shredded coconut to coat.
- 5 Chill for 30 minutes to firm up before eating.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.



BARS & KRISPIE TREATS

Blondie for One

A one-bowl, one-minute microwave blondie for when you want something warm and gooey but not a whole pan of temptation sitting on the counter.

- LOW-CAL
- QUICK
- SINGLE-SERVE

PREP	COOK	TOTAL	YIELD
5 min	1 min	6 min	1 serving
CALORIES	PROTEIN	CARBS	FAT
138	6g	20g	3g

Ingredients

- ☐ 3 tbsp oat flour
- ☐ 1 tbsp PB2 (powdered peanut butter)
- ☐ 1 tbsp allulose or coconut sugar
- ☐ 1/4 tsp baking powder
- ☐ Pinch of salt
- ☐ 1 tbsp unsweetened applesauce
- ☐ 1 tbsp milk of choice
- ☐ 1/4 tsp vanilla extract
- ☐ 1 tsp mini chocolate chips

Instructions

- 1 In a small microwave-safe ramekin or mug, whisk the oat flour, PB2, allulose, baking powder, and salt together.
- 2 Add the applesauce, milk, and vanilla extract. Stir until you have a thick, smooth batter with no dry streaks.
- 3 Fold in the mini chocolate chips.
- 4 Microwave on high for 45 to 60 seconds, until the top looks just set and no longer wet. It will firm up more as it cools for a minute.
- 5 Let it sit for 1 to 2 minutes before eating, straight from the ramekin.

Nutrition is estimated per serving from the ingredients above; the full breakdown (plus tips and swaps) is on the blog post for this recipe at thehealthycravings.com.

Want the other 35?

These 15 are a taste of the full 50-recipe cookbook I'm putting together, \$9.99 when it's ready.

I'll email you when it's live, same list you're on now.

Full Cookbook • \$9.99 • Coming Soon

thehealthycravings.com