Peanut Butter Chocolate Chip Chickpea Cookies

**Ingredients:**
- 1 can (15.5 ounces) chickpeas, well-rinsed and then dried (a paper towel works great)
- 2 teaspoons vanilla extract
- ½ cup peanut butter
- ¼ cup honey
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup semi-sweet chocolate chips

**Directions:**
1. Preheat the oven to 350 degrees F.
2. Add the chickpeas, vanilla, peanut butter, honey, baking powder and salt to the bowl of a food processor. Process until smooth, scraping down the sides as needed.
3. Mix or pulse the chocolate chips into the mixture. The dough will be sticky.
4. Roll the dough into 1 ½ inch balls and flatten slightly with the bottom of a glass or measuring cup. Place the balls on a baking mat or parchment lined baking sheet.
5. Bake for 10 minutes. Allow the cookies to cool a few minutes on the baking sheet and then remove them and let them cool on a wire rack.

**Serving size:**
1 cookie

**Yield:**
12 servings

**Per serving:**
154 calories, 18 g carbohydrate, 5 g protein, 8 g fat, 2 g saturated fat, 3 g fiber, 11 grams sugar, 170 mg sodium, 90 mg phosphorus, 166 mg potassium

Chocolate Banana “Nice Cream”

Ingredients:
- 2 medium bananas
- 1/3 cup fat-free milk
- 2 Tbsp. cocoa powder

Directions:
1. Peel bananas and slice into ¼ inch coins. Place in a bowl and freeze for at least 2 hours.
2. When the bananas are frozen, add the bananas, milk and cocoa powder to blender. Blend until smooth.
3. Place mixture in a freezer-safe container and freeze for at least 30 minutes.
4. Scoop into ½ cup scoops to serve.

Serving size: ½ cup
Yield: 5 servings
Per serving: 53 calories, 13 g carbohydrate, 2 g protein, 0 g fat, 0 g saturated fat, 2 g fiber, 7 g sugar, 9 mg sodium, 42 mg phosphorus, 229 mg potassium

Source: The Ohio State University Wexner Medical Center, Nutrition Services
Cinnamon Maple Grilled Peaches

**Ingredients:**
- 4 peaches or nectarines, still firm but ripe
- Juice of 1 lemon
- ¼ cup maple syrup
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

**Directions:**
1. Preheat grill to medium high.
2. Cut peaches in half, remove pit and drizzle with lemon juice. Place peach cut-side down on grill.
3. Cook for 3-4 minutes, turning once, until golden brown on the outside, and just warmed through inside.
4. Drizzle each peach half with ½ tablespoon maple syrup and sprinkle with cinnamon and nutmeg.

**Serving size:** 2 peach halves

**Yield:** 4 servings

**Per serving**
- 126 calories, 32 g carbohydrate, 2 g protein, 1 g fat, 0 g saturated fat, 3 g fiber, 27 g sugar, 2 mg sodium, 37 mg phosphorus, 391 mg potassium

**Adapted from:**
**Frozen Yogurt Bark**

**Ingredients:**
- 1 ½ cups non-fat, plain Greek yogurt
- 2 tablespoons honey
- 2 tablespoons chopped, unsalted almonds
- ½ cup chopped mango*
- ¼ cup raspberries*
- ½ cup blueberries*

**Directions:**
1. In a medium bowl, mix together yogurt and honey.
2. Line a 9x13 inch baking dish with parchment paper. Use a spatula or knife to spread the yogurt as thin as possible over the entire bottom of the dish.
3. Top the yogurt with the remaining ingredients. Slightly press the fruit into the yogurt.
4. Place in freezer overnight. When ready to serve, break into pieces and serve.

*This recipe can easily be changed to incorporate your favorite fruits!

**Serving size:** ⅛ of recipe

**Yield:** 8 servings

**Per serving**
65 calories, 10 g carbohydrate, 5 g protein, 1 g fat, 0 g saturated fat, 1 g fiber, 9 g sugar, 16 mg sodium, 12 mg phosphorus, 44 mg potassium

**Adapted from:** American Heart Association. Frozen Yogurt Bark. Retrieved August 9, 2018, from https://recipes.heart.org/en/recipes/frozen-yogurt-bark
Chocolate Almond Meringues

Ingredients: • ½ cup sugar, divided • ¼ cup ground almonds • 1 tablespoon unsweetened cocoa • 1 teaspoon cornstarch • 2 egg whites • ⅛ teaspoon cream of tartar • ½ teaspoon vanilla (or ¼ teaspoon almond extract)

Directions:
1. Preheat oven to 250 degrees F. Spray a foil-lined baking sheet with non-stick spray.
2. In a small bowl, mix 2 tablespoons of the sugar with almonds, cocoa and cornstarch.
3. In a stainless or glass bowl, beat egg whites with an electric mixer until frothy. Add cream of tartar and beat on high speed until soft peaks form. Gradually add flavoring and remaining sugar. Beat until stiff and shiny. Gently fold cocoa mixture into meringue.
4. Drop cookie mixture from a teaspoon onto the baking sheet to form small mounds. Leave about 2 inches between each mound.
5. Bake at 250 degrees F for 40 minutes. Cookies should be dry and slightly browned. Cool completely. Store in a tightly covered container.

Serving size: 2 meringues
Yield: 36 servings
Per serving: 62 calories, 7 g carbohydrate, 2 g protein, 3 g fat, 0 g saturated fat, 1 g fiber, 6 g sugar, 6 mg sodium, 33 mg phosphorus, 60 mg potassium

Fruit Salsa with Sweet Chips

**Ingredients:**
For tortilla chips:
- 8 whole-wheat tortillas
- 1 tablespoon sugar
- ½ tablespoon cinnamon

For fruit salsa:
- 1 cup diced apples
- 1 cup diced strawberries
- 1 cup sliced grapes
- 2 tablespoons low-sugar jam, any flavor
- 1 tablespoon honey
- 2 tablespoons orange juice

**Directions:**
1. Preheat oven to 350 degrees F. Cut each tortilla into 10 wedges. Lay pieces on two baking sheets. Make sure they aren't overlapping. Spray the tortilla pieces with cooking spray.

2. In a small bowl, combine sugar and cinnamon. Sprinkle evenly over the tortilla wedges. Bake for 10-12 minutes or until the pieces are crisp. Place on a cooling rack and let cool.

3. Cut the fruit into cubes. Gently mix the fruit together in a mixing bowl. In another bowl, whisk together jam, honey and orange juice. Pour this over the diced fruit. Mix gently. Cover the bowl with plastic wrap and refrigerate for 2 to 3 hours.

4. Serve as a dip or topping for the cinnamon tortilla chips.

**Serving size:**
8 chips and ⅓ cup salsa

**Yield:**
10 servings

**Per serving**
211 calories, 38 g carbohydrate, 5 g protein, 4 g fat, 2 g saturated fat, 5 g fiber, 11 g sugar, 364 mg sodium, 109 mg phosphorus, 158 mg potassium