

# Dessert and Sweets Recipes

## Desserts and Sweets

Tofu Chocolate Mousse		Prep Time: 30 minutes   Cook time: 90 minutes   Servings: 4
<b>Ingredients:</b> 100g (3.5 oz) dark chocolate 1 package (300g or 12 oz) of soft tofu, drained 2 tablespoons honey  <b>Toppings:</b> fresh fruit, chocolate shavings, coconut flakes	<b>Directions:</b> 1. Place chocolate in a pot and heat slowly until melted. Allow chocolate to cool for a few minutes. 2. Mix tofu and honey into a food processor and blend until smooth. 3. Add melted chocolate and blend again. 4. Pour the mixture into 3 glasses. 5. Refrigerate for one hour. Add toppings of your choice before serving.	

Walnut Banana Bread		Prep Time: 15 minutes   Cook time: 50 minutes   Servings: 12
<b>Ingredients:</b> 2 eggs 1/3 cup honey 1 tsp vanilla extract 1/2 cup olive oil 3 bananas, peeled and mashed 1 cup whole wheat or all-purpose flour 3/4 cup rolled oats 1 tsp baking soda 1 tsp cinnamon 1/4 tsp salt 1 cup walnuts, chopped	<b>Directions:</b> 1. Preheat oven to 350F (180C). Coat loaf pan with olive oil. 2. Whisk together eggs, honey, vanilla and oil. Add mashed bananas and stir. 3. In a separate bowl, combine flour, oats, baking soda, cinnamon, and salt. 4. Add the dry ingredients to the wet ingredients and mix until just combined. 5. Gently mix in nuts and pour into loaf pan. 6. Bake on middle rack for about 45-50 minutes or until a toothpick inserted into the center comes out clean.	
<b>Optional:</b> Stir in 3/4 cup of chocolate chips after combining wet and dry ingredients		

# Oatmeal choco cranberry cookies

In these cookies no egg or flour is used. These have a soft texture with an addictive taste.

by Emily Richards PHEc.

**73 cal • Serves 12**

**Prep time**  
0h 10m

**Cook time**  
0h 15m

**Total time**  
0h 25m

## Ingredients

- 2 very ripe bananas, peeled
- 1/2 tsp (2 mL) vanilla extract
- 1 cup (250 mL) large flake oats
- 2 tbsp (25 mL) ground flax or chia seed
- 1/4 tsp (1 mL) ground cinnamon
- 3 tbsp (45 mL) mini chocolate chips
- 3 tbsp (45 mL) dried cranberries

## Directions

### Step 1

In a bowl, mash bananas until smooth. Stir in vanilla.

### Step 2

In another bowl, stir together oats, flax and cinnamon. Stir into banana mixture until well combined. Stir in chocolate chips and cranberries.

### Step 3

Scoop dough into 12 mounds onto parchment paper lined baking sheet. Flatten each slightly and bake in 350° F (180° C) oven for about 12 minutes or until cookies are firm to the touch. Let cool before removing from baking sheet.

## Oat and pumpkin no-bake bites

These oat and pumpkin no-bake bites are the perfect snack for on the go, busy days, or lunch kits. With only a few ingredients needed to prepare these, they will surely become a family favourite!



Kid-friendly



Vegetarian



No-cook



Freezer-friendly



PREP TIME  
**10 min** (this does not include freezing for 1 hour)



COOK TIME  
**10 min**



SERVINGS  
**18** (makes 36 bites)

### Ingredients

- 750 mL (3 cups) rolled oats
- 125 mL (½ cup) maple syrup
- 250 mL (1 cup) pure pumpkin puree
- 5 mL (1 tsp) cinnamon
- 250 mL (1 cup) natural almond or peanut butter or non-nut alternative
- 7 mL (½ tbs) vanilla

### Directions

1. In a large bowl, add all ingredients and mix well.
2. Using a tablespoon, pour mixture in your hand to form 1-inch balls and place on a baking sheet.
3. Cover and freeze for one hour before eating!

### Tips

- ✓ If you don't have pumpkin puree on hand or don't like it, try 1 cup of ripe mashed bananas instead.
- ✓ Try adding 125 mL (½ cup) of unsalted chopped nuts, hemp seeds, chia seeds or unsweetened coconut flakes.
- ✓ Kids can help mix ingredients and form 1-inch balls to freeze.
- ✓ Get creative! Have fun making different shapes. Try: hearts, snowmen, stars, happy faces, etc.
- ✓ If the mixture is too dry, try adding more nut butter. If the mixture is too wet, try adding more oats.
- ✓ Refrigerate extras for up to 7 days or freeze for up to 3 months.



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## Sweet Recipes

# WATERMELON YOGURT SHERBET

4 Servings



Prep Time: 10 minutes

Beat the heat with this cool and delicious treat!  
You can serve in scoops or freeze in popsicle molds.

### Ingredients

3 cup (750 mL) Watermelon, seedless, diced

1 cup (250 mL) Greek yogurt, plain

3 tbsp (45 mL) Lemon juice

4 tsp (20 mL) Honey

[See Nutrition Facts panel, page 51.](#)

### Instructions

1. In a blender, puree watermelon with lemon juice.
2. Add yogurt and honey and blend until smooth.
3. Pour into a shallow container and freeze for 1 hour.
4. Remove pan from freezer and using a fork, scrape mixture to create sherbet.
5. Return to freezer, and repeat this step two or three times until mixture is scraped and fluffy.



### CHEF'S TIP

Use different melons and berries to customize to your family's taste.

# FROZEN YOGURT BARK

10 servings



Prep time: 10 minutes  
Freezer time: 24 hours

Make-over snack time with this delicious yogurt bark! The Greek yogurt provides extra protein to keep you satisfied. Make ahead and freeze a batch for times when you need a quick after-school snack.

## Ingredients

### Yogurt Bark

2 cups Greek yogurt

2 tbsp honey

1 tbsp cranberries

### Toppings

5 fresh strawberries,  
chopped

1 tbsp dark chocolate chips

1 tsp shredded coconut

## Instructions

1. Mix the yogurt and honey together until well combined. Add the cranberries and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread the mixture until it is about 1 cm thick.
3. Sprinkle the strawberries, chocolate chips and shredded coconut on top of the yogurt mixture and place in the freezer for 24 hours or until it is completely frozen.
4. Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags or containers.



### TIPS FOR KIDS IN THE KITCHEN



Involve your kids by having them mix the yogurt and choose their favourite toppings to sprinkle on top of the bark. For a chocolatey treat, try adding 2 tbsp of unsweetened cocoa powder to the yogurt mixture.

## Sweet Recipes

# COCO MONKEY POPSICLE

4 Servings



Prep Time: 5 minutes

A delicious snack too cool down on hot summer days. Greek yogurt is a great source of protein to give your little ones energy for their summer activities!

### Ingredients

1 each	Banana
½ cup (125 mL)	Greek yogurt, plain
¼ cup (60 mL)	Peanut butter
1 tbsp (15 mL)	Cocoa powder
1 tbsp (15 mL)	Vanilla extract
4 tsp (20 mL)	Maple syrup

[See Nutrition Facts panel, page 50.](#)

### Instructions

1. Place banana, yogurt, peanut butter, cocoa powder and vanilla extract in a blender and puree until smooth.
2. Taste and add maple syrup to adjust sweetness.
3. Pour into your favourite popsicle molds and freeze.



### TIPS FOR KIDS IN THE KITCHEN

For special occasions, have your child decorate their popsicles with sprinkles before freezing.