



Nicole Osinga

Easy Desserts Under 200
Calories

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Fruits

- 2 Banana
- 2 Peach
- 3/4 cup Pomegranate Seeds
- 1/4 cup Strawberries

Breakfast

- 1/3 cup All Natural Peanut Butter
- 1/4 cup Cashew Butter
- 1/4 cup Granola
- 1 Plain Rice Cake

Seeds, Nuts & Spices

- 1 tsp Cinnamon

Baking

- 2 tbsps Brown Sugar
- 3 1/2 ozs Dark Chocolate
- 1/4 tsp Vanilla Extract

Cold

- 1 cup Unsweetened Coconut Yogurt
- 3/4 cup Vegan Cream Cheese

Other

- 10 Popsicle Sticks



Air Fryer Peaches with Granola

2 servings

15 minutes

Ingredients

- 2 Peach (cut in half, pit removed)
- 1 tsp Cinnamon (softened)
- 1/4 cup Granola

Nutrition

Amount per serving	
Calories	136
Fat	4g
Carbs	24g
Fiber	4g
Sugar	16g
Protein	4g
Cholesterol	0mg
Sodium	4mg
Vitamin A	496IU
Vitamin C	10mg
Calcium	34mg
Iron	1mg

Directions

- 1 Preheat the air fryer to 350°F (175°C).
- 2 Add the cinnamon over the cut side of the peach. Bake for nine to ten minutes, until softened and just starting to brown around the edges.
- 3 Divide the peaches onto plates and top with granola. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is two peach halves.

Make it Vegan: Use plant-based butter.

Likes it Sweet: Top with a scoop of ice cream.



Cheesecake Freezer Bites

9 servings
2 hours 20 minutes

Ingredients

3/4 cup Vegan Cream Cheese (room temperature)
1/4 cup Cashew Butter
2 tbsps Brown Sugar

Nutrition

Amount per serving	
Calories	121
Fat	10g
Carbs	6g
Fiber	0g
Sugar	4g
Protein	2g
Cholesterol	20mg
Sodium	63mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	24mg
Iron	0mg

Directions

- 1 Line a small baking sheet with parchment paper.
- 2 In a bowl, combine the cream cheese, cashew butter, and sugar. Mix until well combined.
- 3 Use a teaspoon or one-inch cookie scoop to scoop out the mixture and roll it into balls. Place on the prepared baking sheet. Transfer to the freezer for about two hours, or until solid.
- 4 Keep stored in the freezer and let stand at room temperature for five to ten minutes before enjoying.

Notes

Leftovers: Keep in the freezer for up to one month.

Serving Size: One serving is one ball.

More Flavor: Add a splash of vanilla extract.

Additional Toppings: Roll in chocolate chips or chopped nuts.



Strawberry Peanut Butter Rice Cake

1 serving

5 minutes

Ingredients

- 1 tbsp All Natural Peanut Butter
- 1 Plain Rice Cake
- 1/4 cup Strawberries (fresh, chopped)

Nutrition

Amount per serving	
Calories	142
Fat	9g
Carbs	14g
Fiber	2g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Vitamin A	4IU
Vitamin C	21mg
Calcium	15mg
Iron	1mg

Directions

- 1 Spread peanut butter onto the rice cake and top with strawberries. Optionally add 1-2 tsp of chocolate chips. Enjoy!

Notes

Leftovers: Store all ingredients separately until ready to serve.

Nut-Free: Use sunflower seed butter instead of peanut butter.

Additional Toppings: Add a pinch of cinnamon or shredded coconut.

No Strawberries: Use raspberries or blueberries instead.

More Fiber: Sprinkle with hemp seeds, chia seeds or ground flax seeds.



Chocolate Peanut Butter Banana Pops

10 servings
1 hour 30 minutes

Ingredients

2 Banana (large, ripe)
1/4 cup All Natural Peanut Butter
10 Popsicle Sticks
3 1/2 ozs Dark Chocolate (at least 70% cacao)

Nutrition

Amount per serving	
Calories	119
Fat	8g
Carbs	11g
Fiber	2g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	3mg
Vitamin A	19IU
Vitamin C	2mg
Calcium	12mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
- 3 Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
- 4 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
- 5 Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
- 6 Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

Notes

No Peanut Butter: Use any type of nut butter, raw honey or Strawberry Chia Jam.

Optional Toppings: After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut or cacao nibs.

Bigger Pops: Slice the bananas into thicker rounds.

No Popsicle Sticks: Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.



Pomegranate Yogurt Bites

6 servings
2 hours 10 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1/4 tsp Vanilla Extract
3/4 cup Pomegranate Seeds

Nutrition

Amount per serving	
Calories	34
Fat	1g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	0g
Cholesterol	0mg
Sodium	8mg
Vitamin A	0IU
Vitamin C	2mg
Calcium	86mg
Iron	0mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 In a bowl, stir together the yogurt, vanilla and pomegranate seeds.
- 3 Spoon the yogurt onto the prepared baking sheet in clusters. Transfer to the freezer until set, about two hours.
- 4 When ready to enjoy, let them sit out for about five to eight minutes to soften a little. Enjoy!

Notes

Leftovers: Keep stored in the freezer.

Serving Size: One serving is two yogurt bites.

More Flavor: Once the bites are frozen, drizzle or dunk in white chocolate and then freeze until the chocolate has set.

No Coconut Yogurt: Use yogurt of choice.