

# Let's Talk about:



## Healthy (but still yummy) Desserts!

Hi CCS Community!

I hope you are all having a wonderful start to this month :) I was inspired to write this post based on what we have been learning in class recently about the importance of **essential vitamins** and **micronutrients**. I don't about you, but I definitely have a sweet tooth! Learning about the *not so great* effects of sugar in class got me thinking about ways to satisfy my sweet tooth while still being mindful of what goes in my body.

Here are a few recipes I have been using recently, let me know if you have any suggestions in the comments!



### Dates & Dark Chocolate

*Why are dates good for you?*



**Antioxidant properties** (this helps keep your cells healthy and protected from damage)

**High in fiber** which helps keep your digestive system moving

*How to make dates & chocolate into a delicious dessert:*

In a bowl, add a small handful of dark chocolate chips and a dash of milk

Place it in the microwave for 10 seconds

Slice open a pitted date and add a little chocolate inside

Refrigerate for 5 minutes to let the chocolate harden

Enjoy!



### Peanut Butter & Banana Toast

*Who doesn't love dessert for breakfast?*



One of my go-to breakfasts is peanut butter and banana toast. It is so filling but also sweet and contains **protein**.

*How to make peanut butter & banana toast:*

Toast a slice of your favorite bread (multigrain is my favorite)

Spread 2 tablespoons of peanut butter on the toasted bread

Slice up a banana and add that on top

Sprinkle some cinnamon or honey as a final touch!

NOTE: you can substitute peanut butter for any other type of nut butter like almond butter or sunflower butter

I hope you enjoy these recipes...I think I am going to make myself a peanut butter and banana toast right now! Happy snacking and stay tuned for more recipes in the future :)

*Reminder: Make sure that these recipes are in line with your current dietary practices (substitute out ingredients that you may be allergic to like peanut butter or ingredients that your dietician/doctor/nutritionist advises against)*



**Disclaimer: This article does not provide medical advice. The information included is for informational purposes only, please contact your physician for any medical advice, concerns, or questions.**