Healthy Dessert Recipe Cards & Pantry Essentials

Below are a few delicious and guilt-free dessert recipes perfect for busy at-home moms. These are easy to make, healthy, and loved by the whole family. Also included is a list of pantry staples to keep on hand for healthier sweet treats.

# 1. Banana Oat Cookies

Ingredients:

* - 2 ripe bananas
* - 1 cup rolled oats
* - 1/4 cup mini dark chocolate chips

Instructions:  
Mash bananas, mix with oats and chocolate chips. Spoon onto baking tray. Bake at 350°F (175°C) for 15 minutes.

# 2. Greek Yogurt Berry Parfait

Ingredients:

* - 1 cup Greek yogurt
* - 1/2 cup mixed berries (fresh or frozen)
* - 1 tablespoon honey
* - 1/4 cup granola

Instructions:  
Layer yogurt, berries, honey, and granola in a glass. Chill and serve.

# 3. Chia Seed Pudding

Ingredients:

* - 1/4 cup chia seeds
* - 1 cup almond milk
* - 1 tablespoon maple syrup
* - 1/2 teaspoon vanilla extract

Instructions:  
Mix all ingredients in a jar. Stir well and refrigerate for at least 4 hours or overnight.

# Pantry Essentials for Healthy Desserts

* - Rolled oats
* - Dark chocolate chips
* - Chia seeds
* - Greek yogurt
* - Nut butters (peanut, almond)
* - Honey or maple syrup
* - Almond or oat milk
* - Frozen fruits (berries, bananas)
* - Granola