

HEALTHY RECIPE

EASY CHOCOLATE MOUSSE

YIELDS: 4 SERVINGS

PREP TIME: 5 MIN

TOTAL TIME: 5 MIN

Ingredients:

- 1 box instant chocolate pudding mix
- 2 tbsp unsweetened cocoa powder
- 2.5 cups heavy cream
- 1 cup whipped topping (optional)



Directions:

1. Combine cocoa powder and instant pudding in a bowl.
2. Add heavy whipping cream and mix with an electric mixer on medium for 1 minute
3. Pour into serving dishes and serve immediately or refrigerate
4. Garnish your mousse with whipped topping, fresh berries, mint or whipped cream!

Notes:

A rich creamy chocolate dessert that takes just a couple of minutes to prepare!

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HEALTHY RECIPE

NO BAKE ENERGY BITES

YIELDS: 20-30 BITES

PREP TIME: 10 MIN

TOTAL TIME: 20 MIN

Ingredients:

- 2 cups old fashions oats
- 1 cup ground flaxseed
- 1 cup creamy peanut butter
- 2/3 cup semi-sweet mini chocolate chips
- 2/3 cup honey



Directions:

1. Stir all ingredients together in large mixing bowl until well combined.
2. Let chill in refrigerator for 15 minutes
3. Roll into bite size balls
4. Enjoy immediately or refrigerate up to 1 week, freeze up to 3 months!

Notes:

Possible variations:

- use different nut or seed butter
- add shredded coconut
- add chia seeds
- add favorite spices
- and more!!

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