

HEALTHY NO - BAKE

dorm food at your fingertips

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Eating well without your parents' refrigerator can be difficult, especially with stacks of dessert options five steps away in the dining halls. However, with or without a kitchen of your own, no student has to fall victim to the freshman (sophomore, junior or senior) fifteen. There are tons of healthy recipes available that are quick, easy and better yet, require *no* cooking or baking. Next time you get a sweet tooth craving, instead of reaching for that stack of cookies in Nades, try these tasty no-hassle snack and dessert recipes.

NATURAL CHOCOLATE DIP

When those late night sugar cravings get the best of you, it is better to reach for a handful of sweet berries rather than a bar of chocolate. You want to fill your body with natural sugars and antioxidants rather than refined sugars and preservatives. However, if you still need a chocolate fix, dip the fruit in a healthy chocolate dip. Blogger Chef In Training has a skinny brownie batter dip that is perfect for dunking fruit.

INGREDIENTS:

Brownie Mix
2 cups fat free plain yogurt
2 cups lite cool whip

INSTRUCTIONS:

Combine ingredients together in a large bowl. Stir until completely combined, chill.
Stir in mini chocolate chips if desired

This pick is a healthy alternative to store-bought cookies because you can control what you put in them. Dark chocolate adds antioxidants and oats make these cookies filling, so you won't be tempted to eat the entire batch. These cookies also contain a bit of coffee for that extra energy boost.

INGREDIENTS:

2 tablespoons cocoa powder
¾ cup quick oats
¼ cup plus 2 tablespoons oat flour
¼ teaspoon salt
¼ teaspoon baking soda
¼ cup sugar
1 ½ teaspoon instant coffee granules
¼ chocolate chips
¼ cup vegetable oil
2 tablespoons water
½ teaspoon vanilla extract

INSTRUCTIONS:

1. In a mixing bowl, combine dry ingredients.
2. Add liquid ingredients and stir fully.
3. Transfer to a plastic bag and mash into a ball.
4. Roll into smaller balls and store in the freezer

NOURISHING ENERGY BALLS

Satisfy your mid-day hunger cravings by making your own energy balls. These bite-sized snacks are similar to granola bars in that they have nutritious and filling carbohydrates that keep you satisfied before your next meal.

INGREDIENTS:

1 cup dry oatmeal
2/3 cup toasted coconut flakes
½ cup peanut butter
½ cup ground flaxseed
½ cup chocolate chips
1/3 cup honey or maple syrup
1 tablespoon chia seeds
1 teaspoon vanilla extract

INSTRUCTIONS:

Stir all ingredients together in a medium bowl until thoroughly mixed.
Cover and let chill in the refrigerator for half an hour.
Roll into 1-inch-diameter balls.
Store in an airtight container and keep refrigerated.

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