

**Recipe ID:** 1531

**Recipe Name:** Chocolate Mug Cake

**Ingredients:** All-purpose flour, cocoa powder, sugar, milk, vegetable oil, baking powder

**Quantities (for 1 person):** All-purpose flour: 4 tbsp, cocoa powder: 2 tbsp, sugar: 2 tbsp, milk: 3 tbsp, vegetable oil: 1 tbsp, baking powder: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** In a microwave-safe mug, mix flour, cocoa powder, sugar, and baking powder. Add milk and oil, stir until smooth. Microwave for 1 minute or until the cake is set. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1532

**Recipe Name:** Vanilla Yogurt Parfait

**Ingredients:** Vanilla yogurt, granola, fresh berries (strawberries, blueberries)

**Quantities (for 1 person):** Vanilla yogurt: 1 cup, granola: 2 tbsp, fresh berries: 1/2 cup

**Cooking Time:** 5 minutes

**Steps:** Layer vanilla yogurt, granola, and berries in a cup. Repeat layers and serve chilled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1533

**Recipe Name:** Banana Ice Cream

**Ingredients:** Bananas

**Quantities (for 1 person):** Bananas: 2 ripe (peeled and sliced)

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Freeze banana slices for at least 2 hours. Blend frozen bananas until smooth and creamy. Serve immediately as soft-serve ice cream.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1534

**Recipe Name:** Apple Cinnamon Slices

**Ingredients:** Apple, cinnamon powder, honey

**Quantities (for 1 person):** Apple: 1 (sliced), cinnamon powder: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Arrange apple slices on a plate, drizzle with honey, and sprinkle with cinnamon.

Serve fresh.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1535

**Recipe Name:** Nutella Toast

**Ingredients:** Bread slice, Nutella, banana

**Quantities (for 1 person):** Bread slice: 1, Nutella: 1 tbsp, banana: 1/2 (sliced)

**Cooking Time:** 5 minutes

**Steps:** Toast the bread slice. Spread Nutella evenly and top with banana slices. Serve.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1536

**Recipe Name:** Peanut Butter Banana Bites

**Ingredients:** Banana, peanut butter

**Quantities (for 1 person):** Banana: 1, peanut butter: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Slice banana into rounds. Spread peanut butter between two banana slices to make small "sandwiches." Serve chilled or as is.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1537

**Recipe Name:** Honey Drizzled Pineapple

**Ingredients:** Fresh pineapple, honey, lime juice

**Quantities (for 1 person):** Fresh pineapple: 1 cup (chunks), honey: 1 tsp, lime juice: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Arrange pineapple chunks on a plate, drizzle with honey and lime juice. Serve chilled.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1538

**Recipe Name:** Microwave Brownie

**Ingredients:** Cocoa powder, sugar, all-purpose flour, milk, butter, chocolate chips

**Quantities (for 1 person):** Cocoa powder: 2 tbsp, sugar: 3 tbsp, flour: 3 tbsp, milk: 2 tbsp, butter: 1 tbsp (melted), chocolate chips: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Mix flour, cocoa powder, sugar, milk, and melted butter in a microwave-safe mug. Sprinkle chocolate chips on top. Microwave for 1-2 minutes until cooked. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1539

**Recipe Name:** Caramelized Banana

**Ingredients:** Banana, brown sugar, butter

**Quantities (for 1 person):** Banana: 1 (sliced lengthwise), brown sugar: 1 tsp, butter: 1/2 tsp

**Cooking Time:** 10 minutes

**Steps:** Heat butter in a pan, sprinkle brown sugar, and place banana slices. Cook until caramelized. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1540

**Recipe Name:** Strawberry Cream Cup

**Ingredients:** Fresh strawberries, whipped cream, sugar

**Quantities (for 1 person):** Strawberries: 1/2 cup (sliced), whipped cream: 1/4 cup, sugar: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Layer sliced strawberries and whipped cream in a cup. Sprinkle sugar on top. Serve chilled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1541

**Recipe Name:** Mango Coconut Bowl

**Ingredients:** Fresh mango, coconut milk, shredded coconut

**Quantities (for 1 person):** Fresh mango: 1/2 cup (diced), coconut milk: 2 tbsp, shredded coconut: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Place diced mango in a bowl, pour coconut milk over it, and sprinkle with

shredded coconut. Serve chilled.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1542

**Recipe Name:** Greek Yogurt and Honey Drizzle

**Ingredients:** Greek yogurt, honey, walnuts

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, walnuts: 1 tbsp (crushed)

**Cooking Time:** 5 minutes

**Steps:** Spoon Greek yogurt into a bowl, drizzle with honey, and sprinkle crushed walnuts on top. Serve immediately.

**Cuisine:** Mediterranean

**Diet Type:** Vegetarian

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**Recipe ID:** 1543

**Recipe Name:** Berry Smoothie Bowl

**Ingredients:** Frozen mixed berries, banana, almond milk, granola

**Quantities (for 1 person):** Frozen mixed berries: 1/2 cup, banana: 1, almond milk: 1/4 cup, granola: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend frozen berries, banana, and almond milk until smooth. Pour into a bowl, top with granola, and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1544

**Recipe Name:** Quick Rice Pudding

**Ingredients:** Cooked rice, milk, sugar, cinnamon

**Quantities (for 1 person):** Cooked rice: 1/2 cup, milk: 1/2 cup, sugar: 1 tsp, cinnamon: a pinch

**Cooking Time:** 10 minutes

**Steps:** Heat rice and milk in a small pot. Add sugar and stir until thickened. Sprinkle with cinnamon and serve warm or chilled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1545

**Recipe Name:** Coconut Banana Pops

**Ingredients:** Banana, shredded coconut, honey

**Quantities (for 1 person):** Banana: 1 (sliced into chunks), shredded coconut: 2 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Dip banana chunks in honey, roll in shredded coconut, and freeze for 1 hour. Serve cold.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1546

**Recipe Name:** Cinnamon Baked Apples

**Ingredients:** Apple, cinnamon powder, brown sugar, butter

**Quantities (for 1 person):** Apple: 1 (cored), cinnamon powder: 1/2 tsp, brown sugar: 1 tsp, butter: 1/2 tsp

**Cooking Time:** 15 minutes

**Steps:** Preheat oven to 180°C. Place cored apple in a baking dish, sprinkle with brown sugar and cinnamon, and top with butter. Bake for 15 minutes. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1547

**Recipe Name:** Peanut Butter Oat Bites

**Ingredients:** Rolled oats, peanut butter, honey, chocolate chips

**Quantities (for 1 person):** Rolled oats: 1/4 cup, peanut butter: 2 tbsp, honey: 1 tsp, chocolate chips: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mix oats, peanut butter, honey, and chocolate chips in a bowl. Form into small balls and chill for 10 minutes. Serve cold.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1548

**Recipe Name:** Chia Pudding

**Ingredients:** Chia seeds, almond milk, vanilla extract, fresh fruit

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, vanilla extract: 1/4 tsp, fresh fruit: 1/4 cup (diced)

**Cooking Time:** 5 minutes (plus soaking time)

**Steps:** Mix chia seeds, almond milk, and vanilla extract. Refrigerate for 2 hours or overnight. Top with fresh fruit before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1549

**Recipe Name:** Quick Pineapple Sorbet

**Ingredients:** Frozen pineapple, lime juice

**Quantities (for 1 person):** Frozen pineapple: 1 cup, lime juice: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend frozen pineapple with lime juice until smooth. Serve immediately as a refreshing sorbet.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1550

**Recipe Name:** Chocolate-Covered Strawberries

**Ingredients:** Fresh strawberries, dark chocolate

**Quantities (for 1 person):** Fresh strawberries: 5-6, dark chocolate: 2 tbsp (melted)

**Cooking Time:** 10 minutes

**Steps:** Dip strawberries into melted chocolate. Place on parchment paper and chill for 5 minutes to harden. Serve cold.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1551

**Recipe Name:** Apple Cinnamon Yogurt Parfait

**Ingredients:** Apple, plain yogurt, cinnamon, granola

**Quantities (for 1 person):** Apple: 1/2 (diced), plain yogurt: 1/2 cup, cinnamon: 1/2 tsp, granola: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Layer yogurt, diced apples, and granola in a glass. Sprinkle cinnamon on top. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1552

**Recipe Name:** Banana Oat Mug Cake

**Ingredients:** Banana, rolled oats, egg, honey, baking powder

**Quantities (for 1 person):** Banana: 1/2 (mashed), rolled oats: 3 tbsp, egg: 1, honey: 1 tsp, baking powder: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Mix all ingredients in a mug. Microwave for 1-2 minutes until set. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1553

**Recipe Name:** Date and Nut Energy Bites

**Ingredients:** Dates, almonds, shredded coconut

**Quantities (for 1 person):** Dates: 4 (pitted), almonds: 2 tbsp, shredded coconut: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Blend dates and almonds until sticky. Form into small balls and roll in shredded coconut. Serve immediately or chill.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 1554

**Recipe Name:** Quick Strawberry Yogurt Bowl

**Ingredients:** Fresh strawberries, Greek yogurt, honey, chia seeds

**Quantities (for 1 person):** Fresh strawberries: 1/2 cup (sliced), Greek yogurt: 1/2 cup, honey: 1 tsp, chia seeds: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Place Greek yogurt in a bowl, top with strawberries, drizzle honey, and sprinkle chia seeds. Serve cold.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1555

**Recipe Name:** Peanut Butter Banana Toast

**Ingredients:** Whole grain bread, banana, peanut butter, cinnamon

**Quantities (for 1 person):** Bread: 1 slice, banana: 1/2 (sliced), peanut butter: 1 tbsp, cinnamon: a pinch

**Cooking Time:** 5 minutes

**Steps:** Toast bread, spread peanut butter, and top with banana slices. Sprinkle with

cinnamon and serve.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1556

**Recipe Name:** Quick Frozen Yogurt Bark

**Ingredients:** Plain yogurt, honey, blueberries, strawberries

**Quantities (for 1 person):** Plain yogurt: 1/2 cup, honey: 1 tsp, blueberries: 2 tbsp, strawberries: 2 tbsp (sliced)

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Spread yogurt on parchment paper, drizzle honey, and scatter berries on top. Freeze for 1 hour, then break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1557

**Recipe Name:** Chocolate Banana Nice Cream

**Ingredients:** Frozen banana, cocoa powder, almond milk

**Quantities (for 1 person):** Frozen banana: 1, cocoa powder: 1 tsp, almond milk: 1-2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend frozen banana, cocoa powder, and almond milk until smooth. Serve immediately as a healthy ice cream alternative.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1558

**Recipe Name:** Honey Roasted Peaches

**Ingredients:** Peach, honey, cinnamon

**Quantities (for 1 person):** Peach: 1 (halved), honey: 1 tsp, cinnamon: a pinch

**Cooking Time:** 10 minutes

**Steps:** Preheat oven to 180°C. Drizzle peach halves with honey and sprinkle with cinnamon. Bake for 10 minutes and serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1559

**Recipe Name:** Chocolate Avocado Mousse

**Ingredients:** Ripe avocado, cocoa powder, honey, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tsp, vanilla extract: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, honey, and vanilla until creamy. Chill for 10 minutes and serve cold.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1560

**Recipe Name:** Quick Coconut Macaroons

**Ingredients:** Shredded coconut, egg white, sugar

**Quantities (for 1 person):** Shredded coconut: 1/2 cup, egg white: 1, sugar: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Mix shredded coconut, egg white, and sugar. Form small mounds and bake at 180°C for 10-12 minutes until golden. Serve once cooled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1561

**Recipe Name:** Mango Chia Pudding

**Ingredients:** Mango, chia seeds, almond milk, honey

**Quantities (for 1 person):** Mango: 1/2 (pureed), chia seeds: 2 tbsp, almond milk: 1/2 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with almond milk and honey. Let sit for 15 minutes or until thickened. Top with mango puree and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1562

**Recipe Name:** Cinnamon Baked Apples

**Ingredients:** Apple, cinnamon, honey, raisins

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, honey: 1 tsp, raisins: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Core the apple, fill the center with honey, cinnamon, and raisins. Bake at 180°C

for 15 minutes. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1563

**Recipe Name:** Strawberry Banana Smoothie Bowl

**Ingredients:** Banana, strawberries, Greek yogurt, chia seeds

**Quantities (for 1 person):** Banana: 1, strawberries: 1/2 cup, Greek yogurt: 1/2 cup, chia seeds: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend banana, strawberries, and yogurt. Pour into a bowl and sprinkle with chia seeds. Serve cold.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1564

**Recipe Name:** Quick Blueberry Crisp

**Ingredients:** Blueberries, oats, honey, cinnamon

**Quantities (for 1 person):** Blueberries: 1/2 cup, oats: 2 tbsp, honey: 1 tsp, cinnamon: 1/4 tsp

**Cooking Time:** 10 minutes

**Steps:** In a bowl, mix blueberries with honey. Top with oats and cinnamon. Bake at 180°C for 10 minutes until golden. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1565

**Recipe Name:** Nutella Banana Quesadilla

**Ingredients:** Whole wheat tortilla, banana, Nutella

**Quantities (for 1 person):** Whole wheat tortilla: 1, banana: 1/2 (sliced), Nutella: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Spread Nutella on the tortilla, add banana slices, fold, and toast on a pan until golden. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1566

**Recipe Name:** Peanut Butter Dates

**Ingredients:** Dates, peanut butter, almonds

**Quantities (for 1 person):** Dates: 4 (pitted), peanut butter: 2 tsp, almonds: 4

**Cooking Time:** 5 minutes

**Steps:** Stuff each date with peanut butter and place an almond inside. Serve as a quick snack or dessert.

**Cuisine:** Middle Eastern

**Diet Type:** Vegan

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**Recipe ID:** 1567

**Recipe Name:** Quick Carrot Halwa

**Ingredients:** Grated carrot, milk, sugar, ghee, cardamom

**Quantities (for 1 person):** Grated carrot: 1/2 cup, milk: 1/4 cup, sugar: 1 tsp, ghee: 1/2 tsp, cardamom: a pinch

**Cooking Time:** 10 minutes

**Steps:** Sauté carrots in ghee for 2 minutes, add milk, and cook until absorbed. Stir in sugar and cardamom. Serve warm.

**Cuisine:** Indian

**Diet Type:** Vegetarian

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**Recipe ID:** 1568

**Recipe Name:** Coconut Banana Pops

**Ingredients:** Banana, shredded coconut, dark chocolate

**Quantities (for 1 person):** Banana: 1/2, shredded coconut: 1 tbsp, dark chocolate: 2 squares (melted)

**Cooking Time:** 10 minutes

**Steps:** Dip banana halves in melted chocolate, roll in shredded coconut, and freeze for 10 minutes. Serve cold.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1569

**Recipe Name:** Quick Semolina Pudding

**Ingredients:** Semolina, milk, sugar, vanilla extract

**Quantities (for 1 person):** Semolina: 2 tbsp, milk: 1/2 cup, sugar: 1 tsp, vanilla extract: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Heat milk in a pot, add semolina, and stir until thickened. Sweeten with sugar and vanilla. Serve warm or chilled.

**Cuisine:** Middle Eastern

**Diet Type:** Vegetarian

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**Recipe ID:** 1570

**Recipe Name:** Raspberry Yogurt Bark

**Ingredients:** Greek yogurt, honey, raspberries, almonds

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, raspberries: 2 tbsp, almonds: 1 tbsp (chopped)

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Spread yogurt on parchment paper, drizzle honey, and scatter raspberries and almonds on top. Freeze for 1 hour, then break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1571

**Recipe Name:** Honey Almond Baked Pears

**Ingredients:** Pears, honey, almonds, cinnamon

**Quantities (for 1 person):** Pears: 1, honey: 1 tsp, almonds: 1 tbsp (sliced), cinnamon: a pinch

**Cooking Time:** 15 minutes

**Steps:** Halve the pear and remove the core. Drizzle honey, sprinkle cinnamon, and top with sliced almonds. Bake at 180°C for 15 minutes. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1572

**Recipe Name:** Frozen Yogurt Bites

**Ingredients:** Greek yogurt, honey, mixed berries, granola

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, mixed berries: 2 tbsp, granola: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing)

**Steps:** Mix yogurt with honey. Spoon into ice cube molds, top with berries and granola, and freeze for 2 hours. Serve frozen.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1573

**Recipe Name:** Chocolate-Covered Banana Bites

**Ingredients:** Banana, dark chocolate, crushed nuts

**Quantities (for 1 person):** Banana: 1/2 (sliced), dark chocolate: 2 squares (melted), crushed nuts: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Dip banana slices in melted chocolate and sprinkle with nuts. Freeze for 10 minutes and serve cold.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1574

**Recipe Name:** No-Bake Oatmeal Cookies

**Ingredients:** Rolled oats, peanut butter, honey, cocoa powder

**Quantities (for 1 person):** Rolled oats: 1/4 cup, peanut butter: 1 tbsp, honey: 1 tsp, cocoa powder: 1/2 tsp

**Cooking Time:** 5 minutes (plus chilling)

**Steps:** Mix all ingredients in a bowl, form into small balls or cookies, and refrigerate for 15 minutes. Serve chilled.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1575

**Recipe Name:** Apple Cinnamon Yogurt Parfait

**Ingredients:** Apple, Greek yogurt, cinnamon, granola

**Quantities (for 1 person):** Apple: 1/2 (diced), Greek yogurt: 1/2 cup, cinnamon: 1/4 tsp, granola: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Layer diced apples, yogurt, and granola in a glass. Sprinkle with cinnamon and serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1576

**Recipe Name:** Coconut Rice Pudding

**Ingredients:** Cooked rice, coconut milk, sugar, vanilla extract, shredded coconut

**Quantities (for 1 person):** Cooked rice: 1/2 cup, coconut milk: 1/4 cup, sugar: 1 tsp, vanilla: 1/4 tsp, shredded coconut: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Heat rice and coconut milk in a pot. Add sugar and vanilla, cook until thickened. Top with shredded coconut. Serve warm.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1577

**Recipe Name:** Fruit and Nut Energy Balls

**Ingredients:** Dates, almonds, walnuts, dried cranberries

**Quantities (for 1 person):** Dates: 3 (pitted), almonds: 1 tbsp, walnuts: 1 tbsp, dried cranberries: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients into a sticky mixture. Roll into small balls and refrigerate for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1578

**Recipe Name:** Mini Pancakes with Honey and Berries

**Ingredients:** All-purpose flour, egg, milk, honey, mixed berries

**Quantities (for 1 person):** Flour: 1/4 cup, egg: 1, milk: 2 tbsp, honey: 1 tsp, mixed berries: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Make small pancakes by mixing flour, egg, and milk. Cook on a pan. Serve topped with honey and berries.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1579

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, honey, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tsp, vanilla: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado with cocoa powder, honey, and vanilla until smooth. Chill for 10 minutes and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1580

**Recipe Name:** Lemon Yogurt Dip with Fruits

**Ingredients:** Greek yogurt, lemon juice, honey, mixed fruits

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, lemon juice: 1 tsp, honey: 1 tsp, mixed fruits: 1/2 cup

**Cooking Time:** 5 minutes

**Steps:** Mix yogurt, lemon juice, and honey. Serve with sliced fruits as a dip.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1591

**Recipe Name:** Nutella Stuffed Pancakes

**Ingredients:** Pancake mix, Nutella, milk, butter

**Quantities (for 1 person):** Pancake mix: 1/2 cup, Nutella: 1 tbsp, milk: 1/4 cup, butter: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Prepare pancake batter. Pour some batter onto a skillet, place Nutella in the center, cover with more batter, and cook until golden on both sides.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1592

**Recipe Name:** Baked Pears with Honey and Walnuts

**Ingredients:** Pears, honey, walnuts, cinnamon

**Quantities (for 1 person):** Pears: 1, honey: 1 tsp, walnuts: 1 tbsp, cinnamon: a pinch

**Cooking Time:** 20 minutes

**Steps:** Halve the pear and remove the core. Drizzle with honey, sprinkle walnuts and cinnamon. Bake at 180°C for 20 minutes. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1593

**Recipe Name:** Lemon Ricotta Mug Cake

**Ingredients:** Ricotta cheese, lemon zest, flour, sugar, baking powder

**Quantities (for 1 person):** Ricotta: 2 tbsp, lemon zest: 1/2 tsp, flour: 3 tbsp, sugar: 1 tsp, baking powder: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Mix all ingredients in a mug. Microwave for 1-2 minutes until cooked. Top with lemon zest before serving.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1594

**Recipe Name:** Strawberry Cream Cheese Toast

**Ingredients:** Bread, cream cheese, strawberries, honey, mint

**Quantities (for 1 person):** Bread: 1 slice, cream cheese: 2 tbsp, strawberries: 2 (sliced), honey: 1 tsp, mint: for garnish

**Cooking Time:** 5 minutes

**Steps:** Toast the bread, spread cream cheese, top with strawberries, drizzle honey, and garnish with mint. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1595

**Recipe Name:** Mini Chocolate Lava Cake

**Ingredients:** Dark chocolate, butter, eggs, sugar, flour

**Quantities (for 1 person):** Dark chocolate: 2 squares, butter: 1 tbsp, egg: 1, sugar: 1 tbsp, flour: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Melt chocolate and butter. Mix with beaten egg, sugar, and flour. Pour into a ramekin and bake at 200°C for 7-8 minutes. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1596

**Recipe Name:** Pineapple Coconut Ice Cream

**Ingredients:** Frozen pineapple chunks, coconut milk, honey

**Quantities (for 1 person):** Pineapple: 1 cup, coconut milk: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend frozen pineapple, coconut milk, and honey until smooth. Serve immediately as a soft-serve ice cream.



**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1597

**Recipe Name:** Mixed Berry Crumble

**Ingredients:** Mixed berries, oats, butter, brown sugar

**Quantities (for 1 person):** Mixed berries: 1/2 cup, oats: 2 tbsp, butter: 1 tbsp, brown sugar: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Place berries in a baking dish. Mix oats, butter, and sugar, sprinkle over berries, and bake at 180°C for 15 minutes. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1598

**Recipe Name:** Chocolate Almond Clusters

**Ingredients:** Dark chocolate, almonds, sea salt

**Quantities (for 1 person):** Dark chocolate: 2 squares, almonds: 2 tbsp, sea salt: a pinch

**Cooking Time:** 5 minutes (plus chilling)

**Steps:** Melt chocolate. Mix with almonds and drop spoonfuls onto parchment paper. Sprinkle with sea salt and chill for 20 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1599

**Recipe Name:** Frozen Banana Chocolate Bites

**Ingredients:** Banana, dark chocolate, peanut butter

**Quantities (for 1 person):** Banana: 1 (sliced), dark chocolate: 2 squares, peanut butter: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing)

**Steps:** Spread peanut butter between banana slices, dip in melted chocolate, and freeze for 30 minutes. Serve cold.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1600

**Recipe Name:** Honey Roasted Almonds

**Ingredients:** Almonds, honey, sea salt

**Quantities (for 1 person):** Almonds: 1/4 cup, honey: 1 tsp, sea salt: a pinch

**Cooking Time:** 10 minutes

**Steps:** Toss almonds with honey and sea salt. Spread on a baking tray and bake at 180°C for 10 minutes. Let cool and enjoy.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1601

**Recipe Name:** Mango Coconut Pudding

**Ingredients:** Mango puree, coconut milk, gelatin, honey

**Quantities (for 1 person):** Mango puree: 1/2 cup, coconut milk: 1/4 cup, gelatin: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 10 minutes (plus chilling)

**Steps:** Heat coconut milk and honey, stir in gelatin. Mix with mango puree. Pour into a cup and chill for 1 hour. Serve cold.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1602

**Recipe Name:** Apple Cinnamon Yogurt Parfait

**Ingredients:** Apple, Greek yogurt, oats, cinnamon, honey

**Quantities (for 1 person):** Apple: 1/2 (diced), Greek yogurt: 1/2 cup, oats: 2 tbsp, cinnamon: a pinch, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Layer yogurt, diced apples, oats, cinnamon, and honey in a glass. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1603

**Recipe Name:** Raspberry Chia Seed Pudding

**Ingredients:** Chia seeds, milk (or almond milk), raspberries, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, milk: 1/2 cup, raspberries: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus overnight chilling)

**Steps:** Mix chia seeds, milk, and honey. Chill overnight. Top with raspberries before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1604

**Recipe Name:** Caramelized Pineapple Slices

**Ingredients:** Pineapple, butter, brown sugar, cinnamon

**Quantities (for 1 person):** Pineapple: 2 slices, butter: 1 tsp, brown sugar: 1 tsp, cinnamon: a pinch

**Cooking Time:** 5 minutes

**Steps:** Heat butter in a pan, add pineapple slices, sprinkle sugar and cinnamon, and cook until caramelized. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1605

**Recipe Name:** Chocolate Banana Smoothie Bowl

**Ingredients:** Frozen bananas, cocoa powder, almond milk, granola

**Quantities (for 1 person):** Bananas: 1 (frozen), cocoa powder: 1 tsp, almond milk: 1/4 cup, granola: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend frozen bananas, cocoa powder, and almond milk. Pour into a bowl and top with granola.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1606

**Recipe Name:** Vanilla Rice Pudding

**Ingredients:** Cooked rice, milk, sugar, vanilla extract, cinnamon

**Quantities (for 1 person):** Rice: 1/2 cup, milk: 1/2 cup, sugar: 1 tsp, vanilla: 1/2 tsp, cinnamon: a pinch

**Cooking Time:** 15 minutes

**Steps:** Simmer rice, milk, sugar, and vanilla until creamy. Sprinkle cinnamon before serving. Serve warm or chilled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1607

**Recipe Name:** No-Bake Oreo Cheesecake Cups

**Ingredients:** Oreo cookies, cream cheese, whipped cream, sugar

**Quantities (for 1 person):** Oreos: 3 cookies (crushed), cream cheese: 2 tbsp, whipped cream: 2 tbsp, sugar: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mix cream cheese, whipped cream, and sugar. Layer with crushed Oreos in a cup. Chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1608

**Recipe Name:** Blueberry Almond Overnight Oats

**Ingredients:** Rolled oats, almond milk, blueberries, honey, almonds

**Quantities (for 1 person):** Oats: 1/4 cup, almond milk: 1/2 cup, blueberries: 2 tbsp, honey: 1 tsp, almonds: 1 tbsp

**Cooking Time:** 5 minutes (plus overnight chilling)

**Steps:** Combine oats, almond milk, and honey. Refrigerate overnight. Top with blueberries and almonds before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1609

**Recipe Name:** Baked Peaches with Almond Crumble

**Ingredients:** Peaches, oats, almonds, butter, honey

**Quantities (for 1 person):** Peaches: 1 (halved), oats: 2 tbsp, almonds: 1 tbsp, butter: 1 tsp, honey: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Top peach halves with a mixture of oats, almonds, butter, and honey. Bake at 180°C for 15 minutes. Serve warm.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1610

**Recipe Name:** Coconut Date Balls

**Ingredients:** Dates, shredded coconut, almonds, cocoa powder

**Quantities (for 1 person):** Dates: 3 (pitted), shredded coconut: 2 tbsp, almonds: 1 tbsp, cocoa powder: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend dates, almonds, and cocoa powder. Roll into balls and coat with shredded coconut. Chill before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1611

**Recipe Name:** Chocolate Avocado Mousse

**Ingredients:** Avocado, cocoa powder, honey, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth. Chill for 15 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1612

**Recipe Name:** Strawberry Chia Jam

**Ingredients:** Strawberries, chia seeds, honey, lemon juice

**Quantities (for 1 person):** Strawberries: 1/2 cup, chia seeds: 1 tbsp, honey: 1 tsp, lemon juice: 1/2 tsp

**Cooking Time:** 10 minutes

**Steps:** Mash strawberries, mix with honey and lemon, then stir in chia seeds. Let it sit for 5 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1613

**Recipe Name:** Cinnamon Apple Chips

**Ingredients:** Apples, cinnamon, sugar

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, sugar: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice apples thinly, sprinkle with cinnamon and sugar. Bake at 180°C for 15 minutes until crisp.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1614

**Recipe Name:** Banana Coconut Energy Bites

**Ingredients:** Bananas, shredded coconut, oats, peanut butter

**Quantities (for 1 person):** Banana: 1/2, shredded coconut: 2 tbsp, oats: 2 tbsp, peanut butter: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Mash banana, mix with oats, peanut butter, and coconut. Roll into balls and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1615

**Recipe Name:** Yogurt and Honey Fruit Parfait

**Ingredients:** Greek yogurt, honey, mixed berries, granola

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, mixed berries: 1/4 cup, granola: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Layer yogurt, honey, berries, and granola in a glass. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1616

**Recipe Name:** Mocha Banana Ice Cream

**Ingredients:** Frozen banana, cocoa powder, coffee, vanilla extract

**Quantities (for 1 person):** Frozen banana: 1, cocoa powder: 1 tsp, coffee: 1 tsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth and creamy. Freeze for 1 hour before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1617

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, sugar, vanilla extract

**Quantities (for 1 person):** Shredded coconut: 1/2 cup, egg whites: 1, sugar: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 15 minutes

**Steps:** Mix coconut, sugar, and egg whites. Scoop onto a baking sheet and bake at

180°C for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1618

**Recipe Name:** Chocolate-Covered Strawberries

**Ingredients:** Strawberries, dark chocolate, coconut oil

**Quantities (for 1 person):** Strawberries: 5, dark chocolate: 2 oz, coconut oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Melt chocolate with coconut oil. Dip strawberries in chocolate and chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1619

**Recipe Name:** Frozen Yogurt Bark

**Ingredients:** Greek yogurt, mixed berries, honey, almonds

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mixed berries: 1/4 cup, honey: 1 tsp, almonds: 1 tbsp

**Cooking Time:** 10 minutes (plus freezing)

**Steps:** Spread yogurt on a baking sheet, top with berries, honey, and almonds. Freeze for 1 hour and break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1620

**Recipe Name:** Chia Pudding with Mango

**Ingredients:** Chia seeds, almond milk, mango, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, mango: 1/4 (diced), honey: 1 tsp

**Cooking Time:** 5 minutes (plus overnight chilling)

**Steps:** Combine chia seeds, almond milk, and honey. Refrigerate overnight. Top with diced mango before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1621

**Recipe Name:** Peanut Butter Energy Balls

**Ingredients:** Peanut butter, oats, honey, chocolate chips

**Quantities (for 1 person):** Peanut butter: 1 tbsp, oats: 2 tbsp, honey: 1 tsp, chocolate chips: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mix all ingredients, form into balls, and refrigerate for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1622

**Recipe Name:** Apple Cinnamon Baked Chips

**Ingredients:** Apple, cinnamon, sugar

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, sugar: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice apple thinly, sprinkle with cinnamon and sugar, and bake at 180°C for 15 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1623

**Recipe Name:** Mango Sorbet

**Ingredients:** Mango, honey, lemon juice

**Quantities (for 1 person):** Mango: 1/2, honey: 1 tsp, lemon juice: 1/2 tsp

**Cooking Time:** 10 minutes (plus freezing)

**Steps:** Blend mango with honey and lemon juice. Freeze for 1 hour and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1624

**Recipe Name:** Chocolate Dipped Bananas

**Ingredients:** Banana, dark chocolate, coconut oil

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, coconut oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Melt chocolate with coconut oil, dip banana slices into chocolate, and freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan



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**Recipe ID:** 1625

**Recipe Name:** Rice Pudding with Raisins

**Ingredients:** Rice, milk, sugar, raisins, cinnamon

**Quantities (for 1 person):** Rice: 1/4 cup, milk: 1/2 cup, sugar: 1 tbsp, raisins: 1 tbsp, cinnamon: 1/4 tsp

**Cooking Time:** 10 minutes

**Steps:** Cook rice with milk and sugar. Stir in raisins and cinnamon, and cook until thickened.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1626

**Recipe Name:** Baked Pears with Honey

**Ingredients:** Pears, honey, cinnamon, almonds

**Quantities (for 1 person):** Pear: 1, honey: 1 tsp, cinnamon: 1/4 tsp, almonds: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Cut pears in half, drizzle with honey and cinnamon, and bake at 180°C for 15 minutes. Top with almonds before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1627

**Recipe Name:** Chocolate Covered Almonds

**Ingredients:** Almonds, dark chocolate, coconut oil

**Quantities (for 1 person):** Almonds: 10, dark chocolate: 1 oz, coconut oil: 1/2 tsp

**Cooking Time:** 10 minutes

**Steps:** Melt chocolate with coconut oil, dip almonds into the chocolate, and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1628

**Recipe Name:** Banana Oat Cookies

**Ingredients:** Banana, oats, chocolate chips

**Quantities (for 1 person):** Banana: 1/2, oats: 2 tbsp, chocolate chips: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mash the banana, mix with oats and chocolate chips, form into cookies, and bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1629

**Recipe Name:** Lemon Coconut Balls

**Ingredients:** Shredded coconut, lemon zest, honey

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, lemon zest: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mix shredded coconut, lemon zest, and honey. Roll into balls and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1630

**Recipe Name:** Chia Seed Pudding with Berries

**Ingredients:** Chia seeds, almond milk, honey, mixed berries

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, honey: 1 tsp, mixed berries: 1/4 cup

**Cooking Time:** 5 minutes (plus overnight chilling)

**Steps:** Mix chia seeds, almond milk, and honey. Refrigerate overnight and top with mixed berries before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1631

**Recipe Name:** Chocolate Avocado Mousse

**Ingredients:** Avocado, cocoa powder, honey, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, honey, and vanilla extract until smooth. Refrigerate for 10 minutes and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1632

**Recipe Name:** Strawberry Banana Ice Cream

**Ingredients:** Frozen strawberries, banana, almond milk

**Quantities (for 1 person):** Frozen strawberries: 1/2 cup, banana: 1/2, almond milk: 1/4 cup

**Cooking Time:** 5 minutes

**Steps:** Blend strawberries, banana, and almond milk until creamy. Freeze for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1633

**Recipe Name:** Cinnamon Baked Apples

**Ingredients:** Apples, cinnamon, honey, walnuts

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, honey: 1 tsp, walnuts: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Core the apple, sprinkle with cinnamon and honey, bake at 180°C for 15 minutes, and top with walnuts before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1634

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, sugar

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, egg whites: 1, sugar: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Whisk egg whites and sugar, fold in coconut, and bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1635

**Recipe Name:** Blueberry Oatmeal Bars

**Ingredients:** Oats, blueberries, honey, almond butter

**Quantities (for 1 person):** Oats: 1/4 cup, blueberries: 1/4 cup, honey: 1 tbsp, almond butter: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Mix all ingredients, press into a pan, and bake at 180°C for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1636

**Recipe Name:** Greek Yogurt Parfait

**Ingredients:** Greek yogurt, honey, granola, strawberries

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, granola: 2 tbsp, strawberries: 3

**Cooking Time:** 5 minutes

**Steps:** Layer yogurt, honey, granola, and strawberries in a glass, and serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1637

**Recipe Name:** Choco-Banana Bites

**Ingredients:** Banana, dark chocolate, almond butter

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, almond butter: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice banana into rounds, dip in melted dark chocolate and almond butter, and freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1638

**Recipe Name:** Raspberry Chia Jam

**Ingredients:** Raspberries, chia seeds, honey

**Quantities (for 1 person):** Raspberries: 1/4 cup, chia seeds: 1 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mash raspberries and stir in chia seeds and honey. Refrigerate for 10 minutes to thicken.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1639

**Recipe Name:** Baked Coconut Bananas

**Ingredients:** Banana, shredded coconut, honey

**Quantities (for 1 person):** Banana: 1, shredded coconut: 2 tbsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice the banana, drizzle with honey, and coat with shredded coconut. Bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1640

**Recipe Name:** Yogurt with Mango and Coconut

**Ingredients:** Greek yogurt, mango, shredded coconut, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mango: 1/4 cup, shredded coconut: 1 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Top Greek yogurt with diced mango, shredded coconut, and a drizzle of honey.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1641

**Recipe Name:** Chocolate Banana Bites

**Ingredients:** Banana, dark chocolate, almond butter

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, almond butter: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice the banana, dip in melted dark chocolate and almond butter, freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1642

**Recipe Name:** Peach Sorbet

**Ingredients:** Frozen peaches, honey, lemon juice

**Quantities (for 1 person):** Frozen peaches: 1/2 cup, honey: 1 tbsp, lemon juice: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend frozen peaches, honey, and lemon juice until smooth. Freeze for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1643

**Recipe Name:** Apple Cinnamon Chips

**Ingredients:** Apple, cinnamon, honey

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice the apple thinly, sprinkle with cinnamon and honey, and bake at 180°C for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1644

**Recipe Name:** Almond Butter & Chia Seed Chocolate

**Ingredients:** Dark chocolate, almond butter, chia seeds

**Quantities (for 1 person):** Dark chocolate: 1 oz, almond butter: 1 tsp, chia seeds: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Melt the dark chocolate and mix with almond butter and chia seeds. Freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1645

**Recipe Name:** Banana Coconut Rolls

**Ingredients:** Banana, shredded coconut, honey

**Quantities (for 1 person):** Banana: 1, shredded coconut: 2 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice the banana, drizzle with honey, and roll in shredded coconut. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1646

**Recipe Name:** Carrot Cake Bites

**Ingredients:** Carrot, almond flour, coconut flour, cinnamon, honey

**Quantities (for 1 person):** Carrot: 1, almond flour: 2 tbsp, coconut flour: 1 tbsp, cinnamon: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Grate the carrot and mix with almond flour, coconut flour, cinnamon, and honey. Form into balls and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1647

**Recipe Name:** Frozen Yogurt Bark with Berries

**Ingredients:** Greek yogurt, mixed berries, honey, almonds

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mixed berries: 1/4 cup, honey: 1 tsp, almonds: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Spread yogurt on a baking sheet, top with berries, honey, and almonds. Freeze for 30 minutes and break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1648

**Recipe Name:** Avocado Chocolate Pudding

**Ingredients:** Avocado, cocoa powder, honey, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, honey, and vanilla extract until smooth. Refrigerate for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1649

**Recipe Name:** Mango Chia Pudding

**Ingredients:** Chia seeds, coconut milk, mango

**Quantities (for 1 person):** Chia seeds: 2 tbsp, coconut milk: 1/2 cup, mango: 1/4 cup

**Cooking Time:** 10 minutes (plus overnight setting time)

**Steps:** Mix chia seeds with coconut milk, refrigerate overnight, and top with diced mango before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1650

**Recipe Name:** Choco-Coconut Energy Balls

**Ingredients:** Dates, cocoa powder, shredded coconut, almond butter

**Quantities (for 1 person):** Dates: 4, cocoa powder: 1 tbsp, shredded coconut: 1 tbsp, almond butter: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until sticky, roll into balls, and refrigerate for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1651

**Recipe Name:** Coconut Mango Sorbet

**Ingredients:** Mango, coconut milk, honey

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend mango, coconut milk, and honey until smooth. Freeze for 1 hour before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1652

**Recipe Name:** Raspberry Chocolate Cups

**Ingredients:** Dark chocolate, raspberries, coconut oil

**Quantities (for 1 person):** Dark chocolate: 1 oz, raspberries: 4-5, coconut oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Melt the chocolate with coconut oil, pour into silicone cups, and place raspberries inside. Freeze for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1653

**Recipe Name:** Peach & Almond Clusters

**Ingredients:** Dried peaches, almond butter, shredded coconut

**Quantities (for 1 person):** Dried peaches: 3-4, almond butter: 1 tsp, shredded coconut: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Chop dried peaches and mix with almond butter and shredded coconut. Form into clusters and refrigerate for 10 minutes.



**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1654

**Recipe Name:** Chia Seed Pudding with Berries

**Ingredients:** Chia seeds, almond milk, mixed berries

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, mixed berries: 1/4 cup

**Cooking Time:** 10 minutes (plus overnight setting time)

**Steps:** Mix chia seeds with almond milk, refrigerate overnight, and top with berries before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1655

**Recipe Name:** Peanut Butter & Jelly Bites

**Ingredients:** Peanut butter, dates, strawberry jam

**Quantities (for 1 person):** Peanut butter: 1 tsp, dates: 3, strawberry jam: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend dates and peanut butter together, form into balls, and drizzle with strawberry jam. Freeze for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1656

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 5, dark chocolate: 1 oz

**Cooking Time:** 10 minutes

**Steps:** Melt dark chocolate, dip strawberries into it, and refrigerate for 15 minutes until set.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1657

**Recipe Name:** Cinnamon Apple Chips

**Ingredients:** Apple, cinnamon, honey

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice apple thinly, sprinkle with cinnamon and honey, and bake at 180°C for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1658

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, maple syrup, and vanilla extract until smooth. Chill for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1659

**Recipe Name:** Frozen Banana Bites

**Ingredients:** Banana, peanut butter, dark chocolate

**Quantities (for 1 person):** Banana: 1, peanut butter: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 10 minutes

**Steps:** Slice banana, spread with peanut butter, dip in melted dark chocolate, and freeze for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1660

**Recipe Name:** Mango Sticky Rice Balls

**Ingredients:** Mango, sticky rice, coconut milk, sugar

**Quantities (for 1 person):** Mango: 1/2, sticky rice: 1/4 cup, coconut milk: 2 tbsp, sugar: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Cook sticky rice and mix with coconut milk and sugar. Form into balls and top with sliced mango.

**Cuisine:** Thai

**Diet Type:** Vegan

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**Recipe ID:** 1661

**Recipe Name:** Frozen Yogurt Bark

**Ingredients:** Greek yogurt, honey, mixed berries, almonds

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tbsp, mixed berries: 1/4 cup, almonds: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Spread Greek yogurt on a baking sheet, drizzle with honey, and sprinkle with berries and almonds. Freeze for 2 hours and break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1662

**Recipe Name:** Apple Cinnamon Oatmeal Cookies

**Ingredients:** Oats, apple, cinnamon, maple syrup, almond flour

**Quantities (for 1 person):** Oats: 1/4 cup, apple: 1/2, cinnamon: 1/2 tsp, maple syrup: 1 tbsp, almond flour: 1 tbsp

**Cooking Time:** 12 minutes

**Steps:** Mix all ingredients, form into small cookies, and bake at 180°C for 10-12 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1663

**Recipe Name:** Chocolate Chia Pudding

**Ingredients:** Chia seeds, almond milk, cocoa powder, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, cocoa powder: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 10 minutes (plus overnight setting time)

**Steps:** Mix chia seeds with almond milk, cocoa powder, and maple syrup. Refrigerate overnight.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1664

**Recipe Name:** Sweet Potato Brownies

**Ingredients:** Sweet potato, cocoa powder, almond butter, maple syrup

**Quantities (for 1 person):** Sweet potato: 1/2, cocoa powder: 1 tbsp, almond butter: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 20 minutes

**Steps:** Blend cooked sweet potato with cocoa powder, almond butter, and maple syrup. Pour into a baking dish and bake at 180°C for 15-20 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1665

**Recipe Name:** Strawberry Banana Smoothie

**Ingredients:** Strawberries, banana, almond milk, honey

**Quantities (for 1 person):** Strawberries: 1/4 cup, banana: 1/2, almond milk: 1/2 cup, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1666

**Recipe Name:** Avocado Chocolate Truffles

**Ingredients:** Avocado, cocoa powder, maple syrup, dark chocolate

**Quantities (for 1 person):** Avocado: 1/4, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 10 minutes

**Steps:** Blend avocado, cocoa powder, and maple syrup until smooth. Roll into balls, and dip in melted dark chocolate. Freeze for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1667

**Recipe Name:** Coconut Date Balls

**Ingredients:** Dates, shredded coconut, almonds, vanilla extract

**Quantities (for 1 person):** Dates: 3, shredded coconut: 2 tbsp, almonds: 3-4, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients together, form into small balls, and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1668

**Recipe Name:** Baked Cinnamon Apples

**Ingredients:** Apples, cinnamon, honey, walnuts

**Quantities (for 1 person):** Apples: 1, cinnamon: 1/2 tsp, honey: 1 tbsp, walnuts: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Core the apple, fill with cinnamon and walnuts, drizzle with honey, and bake at 180°C for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1669

**Recipe Name:** Mango Coconut Popsicles

**Ingredients:** Mango, coconut milk, honey

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango, coconut milk, and honey. Pour into popsicle molds and freeze for 2 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1670

**Recipe Name:** Banana Chocolate Chip Muffins

**Ingredients:** Banana, whole wheat flour, chocolate chips, baking powder

**Quantities (for 1 person):** Banana: 1/2, whole wheat flour: 1/4 cup, chocolate chips: 1 tbsp, baking powder: 1/2 tsp

**Cooking Time:** 15 minutes

**Steps:** Mash the banana, mix with flour, chocolate chips, and baking powder. Pour into a muffin tin and bake at 180°C for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1671

**Recipe Name:** Peanut Butter Energy Bites

**Ingredients:** Peanut butter, oats, honey, chocolate chips

**Quantities (for 1 person):** Peanut butter: 2 tbsp, oats: 2 tbsp, honey: 1 tbsp, chocolate chips: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mix all ingredients, form into small balls, and refrigerate for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1672

**Recipe Name:** Chia Seed Pudding with Berries

**Ingredients:** Chia seeds, almond milk, mixed berries, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, mixed berries: 1/4 cup, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus overnight setting time)

**Steps:** Mix chia seeds with almond milk and maple syrup. Refrigerate overnight. Top with berries before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1673

**Recipe Name:** Lemon Coconut Balls

**Ingredients:** Shredded coconut, lemon zest, honey, almond flour

**Quantities (for 1 person):** Shredded coconut: 2 tbsp, lemon zest: 1 tsp, honey: 1 tbsp, almond flour: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mix all ingredients, roll into small balls, and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1674

**Recipe Name:** Greek Yogurt Parfait

**Ingredients:** Greek yogurt, honey, granola, fresh fruit (berries, banana)

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tbsp, granola: 2 tbsp, fresh fruit: 1/4 cup

**Cooking Time:** 5 minutes

**Steps:** Layer yogurt, honey, granola, and fresh fruit in a glass.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1675

**Recipe Name:** Almond Joy Bites

**Ingredients:** Almonds, coconut flakes, dark chocolate, honey

**Quantities (for 1 person):** Almonds: 4, coconut flakes: 2 tbsp, dark chocolate: 1 oz, honey: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Toast almonds, then coat in coconut flakes. Drizzle with melted chocolate and honey. Refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1676

**Recipe Name:** Baked Banana Chips

**Ingredients:** Banana, cinnamon, honey

**Quantities (for 1 person):** Banana: 1, cinnamon: 1/4 tsp, honey: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice banana thinly, sprinkle with cinnamon and honey, and bake at 180°C for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1677

**Recipe Name:** Chocolate Banana Bites

**Ingredients:** Banana, dark chocolate, peanut butter

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, peanut butter: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Slice banana, spread peanut butter on each slice, dip in melted chocolate, and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1678

**Recipe Name:** Rice Pudding with Cinnamon

**Ingredients:** Rice, almond milk, cinnamon, honey

**Quantities (for 1 person):** Rice: 1/4 cup, almond milk: 1/2 cup, cinnamon: 1/4 tsp, honey: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Cook rice with almond milk, then add cinnamon and honey. Stir and serve warm.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1679

**Recipe Name:** Coconut Mango Popsicles

**Ingredients:** Mango, coconut milk, honey

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango, coconut milk, and honey. Pour into popsicle molds and freeze for 2 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1680

**Recipe Name:** Raw Chocolate Fudge

**Ingredients:** Cocoa powder, coconut oil, maple syrup, vanilla extract

**Quantities (for 1 person):** Cocoa powder: 1 tbsp, coconut oil: 2 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Melt coconut oil, mix in cocoa powder, maple syrup, and vanilla. Pour into a mold and freeze for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1681

**Recipe Name:** Chocolate Avocado Mousse

**Ingredients:** Avocado, cocoa powder, honey, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth and creamy. Chill in the fridge for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1682

**Recipe Name:** Baked Apple Slices with Cinnamon

**Ingredients:** Apple, cinnamon, honey

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/4 tsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice apple, sprinkle with cinnamon and honey, then bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1683

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 5, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Melt chocolate and dip strawberries. Refrigerate for 5 minutes until chocolate hardens.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1684

**Recipe Name:** No-Bake Energy Balls

**Ingredients:** Oats, peanut butter, honey, chocolate chips

**Quantities (for 1 person):** Oats: 2 tbsp, peanut butter: 1 tbsp, honey: 1 tbsp, chocolate chips: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mix all ingredients, roll into small balls, and refrigerate for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1685

**Recipe Name:** Yogurt and Berry Parfait

**Ingredients:** Greek yogurt, mixed berries, granola, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mixed berries: 1/4 cup, granola: 2 tbsp, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Layer yogurt, berries, granola, and drizzle with honey.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1686

**Recipe Name:** Banana Oat Cookies

**Ingredients:** Banana, oats, chocolate chips, vanilla extract

**Quantities (for 1 person):** Banana: 1, oats: 2 tbsp, chocolate chips: 1 tbsp, vanilla extract: 1/4 tsp

**Cooking Time:** 10 minutes

**Steps:** Mix all ingredients, form into small cookies, and bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1687

**Recipe Name:** Frozen Yogurt Bark

**Ingredients:** Greek yogurt, mixed berries, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mixed berries: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Spread yogurt on a baking sheet, top with berries and drizzle with honey. Freeze for 1 hour.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1688

**Recipe Name:** Fruit Salad with Lime Dressing

**Ingredients:** Mixed fruit (melon, berries, apple), lime juice, honey

**Quantities (for 1 person):** Mixed fruit: 1/2 cup, lime juice: 1 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Chop fruit, mix with lime juice and honey. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1689

**Recipe Name:** Apple Cinnamon Chips

**Ingredients:** Apple, cinnamon

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/4 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice apple thinly, sprinkle with cinnamon, and bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1690

**Recipe Name:** Chocolate Chip Banana Bread

**Ingredients:** Banana, flour, baking soda, chocolate chips, vanilla extract

**Quantities (for 1 person):** Banana: 1, flour: 1/4 cup, baking soda: 1/4 tsp, chocolate chips: 1 tbsp, vanilla extract: 1/4 tsp

**Cooking Time:** 15 minutes

**Steps:** Mash banana, mix with other ingredients, and bake at 180°C for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1691

**Recipe Name:** Mango Sorbet

**Ingredients:** Mango, honey, lime juice

**Quantities (for 1 person):** Mango: 1/2, honey: 1 tsp, lime juice: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango, honey, and lime juice until smooth. Freeze for at least 2 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1692

**Recipe Name:** Chocolate Chia Pudding

**Ingredients:** Chia seeds, cocoa powder, almond milk, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, cocoa powder: 1 tbsp, almond milk: 1/2 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix all ingredients and refrigerate for at least 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1693

**Recipe Name:** Cinnamon Roll Bites

**Ingredients:** Puff pastry, cinnamon, sugar, butter

**Quantities (for 1 person):** Puff pastry: 1 sheet, cinnamon: 1 tsp, sugar: 1 tbsp, butter: 1

tblsp

**Cooking Time:** 10 minutes

**Steps:** Spread butter on puff pastry, sprinkle with cinnamon and sugar. Roll up and slice into small bites, bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1694

**Recipe Name:** Strawberry Coconut Energy Balls

**Ingredients:** Dried strawberries, coconut flakes, oats, honey

**Quantities (for 1 person):** Dried strawberries: 1 tblsp, coconut flakes: 2 tblsp, oats: 2 tblsp, honey: 1 tblsp

**Cooking Time:** 5 minutes

**Steps:** Mix all ingredients, roll into small balls, and refrigerate for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1695

**Recipe Name:** Coconut Milk Popsicles

**Ingredients:** Coconut milk, honey, vanilla extract

**Quantities (for 1 person):** Coconut milk: 1/2 cup, honey: 1 tblsp, vanilla extract: 1/4 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Mix all ingredients, pour into molds, and freeze for 2-3 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1696

**Recipe Name:** Chocolate Banana Bites

**Ingredients:** Banana, dark chocolate, coconut flakes

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, coconut flakes: 1 tblsp

**Cooking Time:** 5 minutes

**Steps:** Slice banana, dip in melted chocolate, and roll in coconut flakes. Freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1697

**Recipe Name:** Almond Butter Energy Bars

**Ingredients:** Almond butter, oats, honey, almonds

**Quantities (for 1 person):** Almond butter: 1 tbsp, oats: 2 tbsp, honey: 1 tbsp, almonds: 5

**Cooking Time:** 10 minutes

**Steps:** Mix all ingredients, press into a pan, refrigerate for 30 minutes, and cut into bars.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1698

**Recipe Name:** Fruit and Nut Mix

**Ingredients:** Mixed nuts, dried cranberries, chocolate chips

**Quantities (for 1 person):** Mixed nuts: 2 tbsp, dried cranberries: 2 tbsp, chocolate chips: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Mix all ingredients in a bowl and enjoy as a snack or dessert.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1699

**Recipe Name:** Pumpkin Spice Pudding

**Ingredients:** Pumpkin puree, almond milk, cinnamon, honey

**Quantities (for 1 person):** Pumpkin puree: 1/2 cup, almond milk: 1/2 cup, cinnamon: 1/2 tsp, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Mix all ingredients in a bowl, whisk until smooth. Chill for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1700

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth and creamy. Chill for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1701

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, sugar, vanilla extract

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, egg whites: 1, sugar: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 10 minutes

**Steps:** Mix coconut, egg whites, sugar, and vanilla. Scoop and form into small balls. Bake at 180°C for 10-12 minutes until golden.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1702

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate, coconut flakes

**Quantities (for 1 person):** Strawberries: 3, dark chocolate: 1 oz, coconut flakes: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Melt chocolate and dip strawberries. Roll in coconut flakes, then chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1703

**Recipe Name:** Baked Apple with Cinnamon

**Ingredients:** Apple, cinnamon, honey

**Quantities (for 1 person):** Apple: 1, cinnamon: 1 tsp, honey: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Core the apple, fill with cinnamon and honey. Bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1704

**Recipe Name:** Date Energy Balls

**Ingredients:** Dates, almonds, coconut flakes

**Quantities (for 1 person):** Dates: 4, almonds: 3, coconut flakes: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend dates, almonds, and coconut flakes. Roll into small balls and refrigerate for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1705

**Recipe Name:** Yogurt Parfait

**Ingredients:** Greek yogurt, honey, granola, fresh berries

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tbsp, granola: 2 tbsp, fresh berries: 1/4 cup

**Cooking Time:** 5 minutes

**Steps:** Layer yogurt, honey, granola, and berries in a glass. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1706

**Recipe Name:** Banana Ice Cream

**Ingredients:** Banana, peanut butter, vanilla extract

**Quantities (for 1 person):** Banana: 1, peanut butter: 1 tbsp, vanilla extract: 1/4 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend banana, peanut butter, and vanilla. Freeze for 2 hours, then serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1707

**Recipe Name:** Chia Seed Pudding with Mango

**Ingredients:** Chia seeds, almond milk, mango, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, mango: 1/4, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds and almond milk, refrigerate for 1 hour. Top with mango and honey before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1708

**Recipe Name:** Cinnamon Sugar Almonds

**Ingredients:** Almonds, cinnamon, sugar, honey

**Quantities (for 1 person):** Almonds: 1/4 cup, cinnamon: 1/2 tsp, sugar: 1 tsp, honey: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Toast almonds in a pan, then toss with cinnamon, sugar, and honey. Serve warm.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1709

**Recipe Name:** Chocolate Coconut Truffles

**Ingredients:** Dark chocolate, coconut flakes, almond butter

**Quantities (for 1 person):** Dark chocolate: 1 oz, coconut flakes: 2 tbsp, almond butter: 1 tsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Melt chocolate and mix with almond butter. Shape into small balls, roll in coconut flakes, and chill.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1710

**Recipe Name:** Apple Cinnamon Chips

**Ingredients:** Apple, cinnamon

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice apple thinly, sprinkle with cinnamon, and bake at 180°C for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1711

**Recipe Name:** Lemon Coconut Balls

**Ingredients:** Shredded coconut, lemon zest, honey

**Quantities (for 1 person):** Shredded coconut: 2 tbsp, lemon zest: 1 tsp, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Mix all ingredients together, roll into small balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan



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**Recipe ID:** 1712

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth, chill for 30 minutes, and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1713

**Recipe Name:** Fruit Salad with Honey-Lime Dressing

**Ingredients:** Mixed fruits (e.g., berries, mango, kiwi), honey, lime juice

**Quantities (for 1 person):** Mixed fruits: 1/2 cup, honey: 1 tbsp, lime juice: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Mix the fruits in a bowl, whisk honey and lime juice together, pour over fruits, and toss gently.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1714

**Recipe Name:** Frozen Yogurt Bark with Berries

**Ingredients:** Greek yogurt, mixed berries, honey

**Quantities (for 1 person):** Greek yogurt: 1/4 cup, mixed berries: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Spread yogurt on a baking sheet, top with berries and honey. Freeze for 1-2 hours and break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1715

**Recipe Name:** Banana Chocolate Bites

**Ingredients:** Banana, dark chocolate, peanut butter

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, peanut butter: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice the banana, dip in melted chocolate, and drizzle with peanut butter. Freeze

for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1716

**Recipe Name:** Yogurt and Granola Popsicles

**Ingredients:** Greek yogurt, granola, honey, fresh fruit

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, granola: 2 tbsp, honey: 1 tbsp, fresh fruit: 1/4 cup

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Layer yogurt, granola, and fresh fruit in popsicle molds, drizzle with honey, and freeze for 4 hours.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1717

**Recipe Name:** Chocolate Banana Smoothie

**Ingredients:** Banana, cocoa powder, almond milk, peanut butter

**Quantities (for 1 person):** Banana: 1, cocoa powder: 1 tbsp, almond milk: 1/2 cup, peanut butter: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients together until smooth, and serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1718

**Recipe Name:** Strawberry Chia Jam

**Ingredients:** Fresh strawberries, chia seeds, honey

**Quantities (for 1 person):** Fresh strawberries: 1/4 cup, chia seeds: 1 tbsp, honey: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Cook the strawberries and honey over low heat, mash, and stir in chia seeds. Let it set for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1719

**Recipe Name:** Cacao Nib Energy Bites

**Ingredients:** Dates, almonds, cacao nibs, coconut flakes

**Quantities (for 1 person):** Dates: 3, almonds: 3, cacao nibs: 1 tbsp, coconut flakes: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Blend all ingredients, roll into small balls, and refrigerate for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1720

**Recipe Name:** Almond Butter Chocolate Cups

**Ingredients:** Almond butter, dark chocolate, coconut oil

**Quantities (for 1 person):** Almond butter: 2 tbsp, dark chocolate: 1 oz, coconut oil: 1 tsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Melt chocolate and mix with coconut oil. Layer chocolate and almond butter in silicone molds, then refrigerate until set.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1721

**Recipe Name:** Mango Coconut Sorbet

**Ingredients:** Mango, coconut milk, honey

**Quantities (for 1 person):** Mango: 1/2 cup, coconut milk: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango, coconut milk, and honey until smooth. Pour into a container and freeze for 2-3 hours, stirring every 30 minutes.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID:** 1722

**Recipe Name:** Raspberry Coconut Energy Balls

**Ingredients:** Dried raspberries, shredded coconut, almond flour, honey

**Quantities (for 1 person):** Dried raspberries: 1/4 cup, shredded coconut: 2 tbsp, almond flour: 1 tbsp, honey: 1 tbsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Blend all ingredients together, roll into small balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1723

**Recipe Name:** Chia Pudding with Almond Butter

**Ingredients:** Chia seeds, almond milk, almond butter, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, almond butter: 1 tsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds, almond milk, almond butter, and maple syrup. Refrigerate for 2-3 hours or overnight. Stir and serve.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1724

**Recipe Name:** Oatmeal Banana Bites

**Ingredients:** Oats, banana, peanut butter, honey

**Quantities (for 1 person):** Oats: 1/4 cup, banana: 1/2, peanut butter: 1 tbsp, honey: 1 tbsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Mash the banana and mix with oats, peanut butter, and honey. Roll into small balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1725

**Recipe Name:** Apple Cinnamon Nachos

**Ingredients:** Apple, cinnamon, almond butter, granola

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, almond butter: 1 tbsp, granola: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Slice the apple thinly and sprinkle with cinnamon. Drizzle with almond butter and top with granola.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1726

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, vanilla extract, honey

**Quantities (for 1 person):** Shredded coconut: 1/2 cup, egg whites: 1, vanilla extract: 1/4 tsp, honey: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Mix all ingredients together, spoon onto a baking sheet, and bake at 350°F (175°C) for 12-15 minutes until golden.

**Cuisine:** General

**Diet Type:** Gluten-Free

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**Recipe ID:** 1727

**Recipe Name:** Dark Chocolate Almond Clusters

**Ingredients:** Dark chocolate, almonds, sea salt

**Quantities (for 1 person):** Dark chocolate: 1 oz, almonds: 1/4 cup, sea salt: pinch

**Cooking Time:** 5 minutes

**Steps:** Melt the chocolate, stir in almonds, and spoon onto a baking sheet. Sprinkle with sea salt and refrigerate until set.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1728

**Recipe Name:** Baked Cinnamon Apples

**Ingredients:** Apple, cinnamon, honey, walnuts

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, honey: 1 tbsp, walnuts: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Core the apple and stuff with walnuts, drizzle with honey and cinnamon. Bake at 350°F (175°C) for 12-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1729

**Recipe Name:** Chocolate Chia Energy Bites

**Ingredients:** Chia seeds, cocoa powder, dates, almond butter

**Quantities (for 1 person):** Chia seeds: 2 tbsp, cocoa powder: 1 tbsp, dates: 3, almond butter: 1 tbsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Blend all ingredients together, roll into small balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1730

**Recipe Name:** Mango Lime Popsicles

**Ingredients:** Mango, lime juice, coconut milk

**Quantities (for 1 person):** Mango: 1/2 cup, lime juice: 1 tbsp, coconut milk: 1/4 cup

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend all ingredients and pour into popsicle molds. Freeze for 3-4 hours.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID:** 1731

**Recipe Name:** Banana Chocolate Bites

**Ingredients:** Banana, dark chocolate, peanut butter

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, peanut butter: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice banana and top each slice with peanut butter. Melt dark chocolate and drizzle over banana slices. Refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1732

**Recipe Name:** Chilled Coconut Mango Cups

**Ingredients:** Mango, coconut yogurt, honey

**Quantities (for 1 person):** Mango: 1/2 cup, coconut yogurt: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Dice the mango and mix with coconut yogurt and honey. Serve chilled.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID:** 1733

**Recipe Name:** Sweet Potato Brownies

**Ingredients:** Sweet potato, cocoa powder, almond flour, maple syrup

**Quantities (for 1 person):** Sweet potato: 1/2, cocoa powder: 1 tbsp, almond flour: 2 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 25 minutes

**Steps:** Mash the sweet potato and mix with cocoa powder, almond flour, and maple syrup. Pour into a baking pan and bake at 350°F (175°C) for 20-25 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1734

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, almond milk, maple syrup

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, almond milk: 1/4 cup, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth and creamy. Chill for 1 hour before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1735

**Recipe Name:** Fruit Salad with Lime Dressing

**Ingredients:** Mixed fruits (berries, mango, apple), lime, honey

**Quantities (for 1 person):** Mixed fruits: 1 cup, lime: 1 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Dice fruits and toss them together. Drizzle with lime juice and honey, and mix well.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1736

**Recipe Name:** Pear and Almond Tart

**Ingredients:** Pear, almond flour, coconut oil, maple syrup

**Quantities (for 1 person):** Pear: 1/2, almond flour: 2 tbsp, coconut oil: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Slice pear and arrange on a baking sheet. Drizzle with coconut oil and maple syrup. Bake at 350°F (175°C) for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1737

**Recipe Name:** Coconut Lime Energy Balls

**Ingredients:** Shredded coconut, lime zest, cashews, honey

**Quantities (for 1 person):** Shredded coconut: 2 tbsp, lime zest: 1 tsp, cashews: 2 tbsp, honey: 1 tbsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Blend all ingredients together, roll into small balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1738

**Recipe Name:** Vegan Chocolate Chip Cookies

**Ingredients:** Almond flour, coconut oil, maple syrup, dark chocolate chips

**Quantities (for 1 person):** Almond flour: 2 tbsp, coconut oil: 1 tbsp, maple syrup: 1 tbsp, dark chocolate chips: 1 tbsp

**Cooking Time:** 12 minutes

**Steps:** Mix all ingredients together, form small dough balls, and bake at 350°F (175°C) for 10-12 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1739

**Recipe Name:** Chocolate Coconut Popsicles

**Ingredients:** Coconut milk, cocoa powder, maple syrup

**Quantities (for 1 person):** Coconut milk: 1/4 cup, cocoa powder: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Mix coconut milk, cocoa powder, and maple syrup. Pour into popsicle molds and freeze for 3-4 hours.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID:** 1740

**Recipe Name:** Baked Cinnamon Pears

**Ingredients:** Pear, cinnamon, honey, walnuts

**Quantities (for 1 person):** Pear: 1, cinnamon: 1/2 tsp, honey: 1 tbsp, walnuts: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Slice pear and sprinkle with cinnamon. Drizzle with honey and top with walnuts. Bake at 350°F (175°C) for 12-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan



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**Recipe ID:** 1741

**Recipe Name:** Chocolate Chia Pudding

**Ingredients:** Chia seeds, almond milk, cocoa powder, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, cocoa powder: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds, almond milk, cocoa powder, and maple syrup in a jar. Refrigerate for at least 2 hours or overnight.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1742

**Recipe Name:** Mango Sorbet

**Ingredients:** Mango, lime juice, maple syrup

**Quantities (for 1 person):** Mango: 1/2, lime juice: 1 tsp, maple syrup: 1 tbsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Blend mango, lime juice, and maple syrup until smooth. Freeze for at least 4 hours.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID:** 1743

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, honey, vanilla extract

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, egg whites: 1, honey: 1 tbsp, vanilla extract: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Whisk egg whites, honey, and vanilla extract together. Fold in shredded coconut. Scoop into small mounds and bake at 350°F (175°C) for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Gluten-Free

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**Recipe ID:** 1744

**Recipe Name:** Baked Apples with Cinnamon

**Ingredients:** Apples, cinnamon, honey, walnuts

**Quantities (for 1 person):** Apples: 1, cinnamon: 1/2 tsp, honey: 1 tbsp, walnuts: 2 tbsp

**Cooking Time:** 20 minutes

**Steps:** Core the apple and sprinkle with cinnamon. Drizzle with honey and top with walnuts. Bake at 350°F (175°C) for 15-20 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1745

**Recipe Name:** Chocolate Avocado Truffles

**Ingredients:** Avocado, dark chocolate, cocoa powder, maple syrup

**Quantities (for 1 person):** Avocado: 1/2, dark chocolate: 2 oz, cocoa powder: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Melt dark chocolate and mix with mashed avocado and maple syrup. Roll into balls and coat with cocoa powder. Refrigerate for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1746

**Recipe Name:** Almond Joy Energy Balls

**Ingredients:** Almonds, dates, cocoa powder, shredded coconut

**Quantities (for 1 person):** Almonds: 10, dates: 4, cocoa powder: 1 tbsp, shredded coconut: 1 tbsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Blend almonds, dates, cocoa powder, and shredded coconut in a food processor. Roll into balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1747

**Recipe Name:** Vegan Chocolate Fudge

**Ingredients:** Coconut oil, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Coconut oil: 2 tbsp, cocoa powder: 2 tbsp, maple syrup: 2 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Melt coconut oil and mix with cocoa powder, maple syrup, and vanilla extract. Pour into a pan and refrigerate for 2 hours until firm.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1748

**Recipe Name:** Chia and Coconut Pudding

**Ingredients:** Chia seeds, coconut milk, maple syrup, vanilla extract

**Quantities (for 1 person):** Chia seeds: 2 tbsp, coconut milk: 1/2 cup, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds, coconut milk, maple syrup, and vanilla extract in a jar.

Refrigerate for at least 2 hours.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID:** 1749

**Recipe Name:** Roasted Strawberry Compote

**Ingredients:** Strawberries, honey, vanilla extract

**Quantities (for 1 person):** Strawberries: 1/2 cup, honey: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 15 minutes

**Steps:** Toss strawberries with honey and vanilla extract. Roast at 350°F (175°C) for 12-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1750

**Recipe Name:** Blueberry Muffin Smoothie

**Ingredients:** Blueberries, almond milk, banana, oats

**Quantities (for 1 person):** Blueberries: 1/2 cup, almond milk: 1/2 cup, banana: 1/2, oats: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1751

**Recipe Name:** Raspberry Coconut Bars

**Ingredients:** Raspberries, shredded coconut, almond flour, honey

**Quantities (for 1 person):** Raspberries: 1/4 cup, shredded coconut: 2 tbsp, almond flour: 2 tbsp, honey: 1 tbsp

**Cooking Time:** 15 minutes (plus chilling time)

**Steps:** Mix all ingredients together. Press into a small dish and refrigerate for at least 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1752

**Recipe Name:** Chocolate Banana Bites

**Ingredients:** Banana, dark chocolate, coconut flakes

**Quantities (for 1 person):** Banana: 1/2, dark chocolate: 1 oz, coconut flakes: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Slice the banana and dip each slice into melted dark chocolate. Sprinkle with coconut flakes and freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1753

**Recipe Name:** Apple Cinnamon Chips

**Ingredients:** Apple, cinnamon, sugar

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/4 tsp, sugar: 1 tsp

**Cooking Time:** 20 minutes

**Steps:** Slice apple thinly, sprinkle with cinnamon and sugar, and bake at 350°F (175°C) for 15-20 minutes until crisp.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1754

**Recipe Name:** Almond Butter Chocolate Bars

**Ingredients:** Almond butter, dark chocolate, maple syrup, vanilla extract

**Quantities (for 1 person):** Almond butter: 2 tbsp, dark chocolate: 2 oz, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Melt dark chocolate and mix with almond butter, maple syrup, and vanilla extract. Pour into a small dish and refrigerate for 1-2 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1755

**Recipe Name:** Coconut Milk Popsicles

**Ingredients:** Coconut milk, honey, vanilla extract

**Quantities (for 1 person):** Coconut milk: 1/2 cup, honey: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Mix coconut milk, honey, and vanilla extract. Pour into popsicle molds and freeze for at least 4 hours.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID:** 1756

**Recipe Name:** Strawberry Cheesecake Bites

**Ingredients:** Strawberries, cream cheese, honey, graham cracker crumbs

**Quantities (for 1 person):** Strawberries: 3, cream cheese: 2 tbsp, honey: 1 tbsp, graham cracker crumbs: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Slice strawberries and hollow them out. Fill with cream cheese and drizzle with honey. Sprinkle with graham cracker crumbs.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1757

**Recipe Name:** Chocolate-Covered Frozen Grapes

**Ingredients:** Grapes, dark chocolate, coconut flakes

**Quantities (for 1 person):** Grapes: 1/2 cup, dark chocolate: 1 oz, coconut flakes: 1 tbsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Melt dark chocolate and dip grapes in it. Sprinkle with coconut flakes and freeze for 2 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1758

**Recipe Name:** Vegan Chocolate Pudding

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 2 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth and creamy. Refrigerate for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1759

**Recipe Name:** Cinnamon Sugar Apple Nachos

**Ingredients:** Apple, cinnamon, sugar, dark chocolate

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/4 tsp, sugar: 1 tsp, dark chocolate: 1 oz

**Cooking Time:** 10 minutes

**Steps:** Slice the apple thinly, sprinkle with cinnamon and sugar, and drizzle with melted dark chocolate.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1760

**Recipe Name:** Baked Pear with Walnuts and Honey

**Ingredients:** Pear, walnuts, honey, cinnamon

**Quantities (for 1 person):** Pear: 1, walnuts: 2 tbsp, honey: 1 tbsp, cinnamon: 1/4 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice the pear in half, remove the core, and sprinkle with cinnamon. Top with walnuts and drizzle with honey. Bake at 350°F (175°C) for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1761

**Recipe Name:** Chia Pudding with Mango

**Ingredients:** Chia seeds, coconut milk, mango, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, coconut milk: 1/2 cup, mango: 1/4, honey: 1 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with coconut milk and honey. Let it sit in the fridge for 2-3 hours. Top with diced mango before serving.

**Cuisine:** Tropical

**Diet Type:** Vegan

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**Recipe ID:** 1762

**Recipe Name:** Banana Ice Cream

**Ingredients:** Banana, almond milk, vanilla extract

**Quantities (for 1 person):** Banana: 1, almond milk: 1/4 cup, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend frozen banana with almond milk and vanilla until smooth. Freeze for 1 hour before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1763

**Recipe Name:** Date and Walnut Energy Bites

**Ingredients:** Dates, walnuts, cocoa powder, vanilla extract

**Quantities (for 1 person):** Dates: 3, walnuts: 1 tbsp, cocoa powder: 1 tsp, vanilla extract: 1/2 tsp

**Cooking Time:** 10 minutes

**Steps:** Blend dates, walnuts, cocoa powder, and vanilla until sticky. Roll into small balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1764

**Recipe Name:** Raspberry Almond Crumble

**Ingredients:** Raspberries, almond flour, maple syrup, almond butter

**Quantities (for 1 person):** Raspberries: 1/4 cup, almond flour: 2 tbsp, maple syrup: 1 tbsp, almond butter: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mix raspberries with almond flour, maple syrup, and almond butter. Bake at 350°F (175°C) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1765

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 2 tbsp, maple syrup: 2 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth. Chill for 1 hour before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1766

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, vanilla extract, honey

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, egg whites: 1, vanilla extract: 1/2 tsp, honey: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Whisk egg whites, add shredded coconut, vanilla extract, and honey. Bake at 350°F (175°C) for 12-15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1767

**Recipe Name:** Pecan Pie Bites

**Ingredients:** Pecan nuts, dates, coconut oil, vanilla extract

**Quantities (for 1 person):** Pecan nuts: 1 tbsp, dates: 2, coconut oil: 1 tsp, vanilla extract: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients into a sticky mixture. Roll into small balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1768

**Recipe Name:** Coconut Yogurt Parfait

**Ingredients:** Coconut yogurt, granola, fresh berries, honey

**Quantities (for 1 person):** Coconut yogurt: 1/2 cup, granola: 2 tbsp, fresh berries: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Layer coconut yogurt, granola, fresh berries, and honey in a jar or glass. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1769

**Recipe Name:** Almond Joy Energy Bites

**Ingredients:** Almonds, dates, cocoa powder, coconut flakes

**Quantities (for 1 person):** Almonds: 2 tbsp, dates: 3, cocoa powder: 1 tsp, coconut flakes: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Blend all ingredients into a sticky dough. Roll into small balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1770

**Recipe Name:** Chocolate Covered Strawberries

**Ingredients:** Strawberries, dark chocolate, coconut flakes

**Quantities (for 1 person):** Strawberries: 4, dark chocolate: 1 oz, coconut flakes: 1 tbsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Melt dark chocolate and dip strawberries in it. Sprinkle with coconut flakes and refrigerate for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1771

**Recipe Name:** Peach Sorbet

**Ingredients:** Peaches, sugar, lemon juice

**Quantities (for 1 person):** Peaches: 1, sugar: 2 tsp, lemon juice: 1/2 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend peaches, sugar, and lemon juice until smooth. Freeze for 2-3 hours before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1772

**Recipe Name:** Greek Yogurt with Honey and Nuts

**Ingredients:** Greek yogurt, honey, walnuts, almonds

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tbsp, walnuts: 1 tbsp, almonds: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Mix Greek yogurt with honey and top with chopped walnuts and almonds. Serve

immediately.

**Cuisine:** Greek

**Diet Type:** Vegetarian

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**Recipe ID:** 1773

**Recipe Name:** Cinnamon Apple Chips

**Ingredients:** Apples, cinnamon, sugar

**Quantities (for 1 person):** Apples: 1, cinnamon: 1/4 tsp, sugar: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice apples thinly, sprinkle with cinnamon and sugar. Bake at 350°F (175°C) for 10-15 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1774

**Recipe Name:** Pudding with Chia Seeds

**Ingredients:** Chia seeds, almond milk, maple syrup, vanilla extract

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with almond milk, maple syrup, and vanilla extract. Refrigerate for 2 hours before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1775

**Recipe Name:** Carrot Cake Bites

**Ingredients:** Carrots, oats, dates, cinnamon

**Quantities (for 1 person):** Carrots: 1/4, oats: 2 tbsp, dates: 2, cinnamon: 1/4 tsp

**Cooking Time:** 10 minutes

**Steps:** Blend carrots, oats, dates, and cinnamon until sticky. Roll into small balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1776

**Recipe Name:** Frozen Yogurt Bark

**Ingredients:** Greek yogurt, honey, mixed berries, almonds

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tbsp, mixed berries: 1/4 cup, almonds: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Spread Greek yogurt on a baking sheet. Drizzle with honey, top with berries and almonds. Freeze for 2-3 hours and break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1777

**Recipe Name:** Raspberry Coconut Truffles

**Ingredients:** Raspberries, coconut flakes, dark chocolate, dates

**Quantities (for 1 person):** Raspberries: 2, coconut flakes: 1 tbsp, dark chocolate: 1 oz, dates: 2

**Cooking Time:** 10 minutes

**Steps:** Blend raspberries, coconut flakes, dark chocolate, and dates into a sticky dough. Roll into balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1778

**Recipe Name:** Chocolate Avocado Pudding

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 2 tbsp, maple syrup: 2 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, maple syrup, and vanilla extract until smooth. Chill for 1 hour before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1779

**Recipe Name:** Coconut Lime Cheesecake Bites

**Ingredients:** Cream cheese, shredded coconut, lime juice, honey

**Quantities (for 1 person):** Cream cheese: 2 tbsp, shredded coconut: 1 tbsp, lime juice: 1 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mix cream cheese, shredded coconut, lime juice, and honey. Roll into small

balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1780

**Recipe Name:** Chocolate Chip Banana Bread

**Ingredients:** Banana, flour, baking soda, chocolate chips, almond milk

**Quantities (for 1 person):** Banana: 1, flour: 1/4 cup, baking soda: 1/2 tsp, chocolate chips: 1 tbsp, almond milk: 2 tbsp

**Cooking Time:** 25 minutes

**Steps:** Mix mashed banana, flour, baking soda, chocolate chips, and almond milk. Bake at 350°F (175°C) for 20-25 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1781

**Recipe Name:** Mango Coconut Popsicles

**Ingredients:** Mango, coconut milk, honey

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango, coconut milk, and honey until smooth. Pour into popsicle molds and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1782

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate, white chocolate

**Quantities (for 1 person):** Strawberries: 4, dark chocolate: 2 oz, white chocolate: 1 oz

**Cooking Time:** 10 minutes

**Steps:** Melt dark chocolate and dip strawberries. Drizzle with melted white chocolate. Refrigerate for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1783

**Recipe Name:** Cinnamon Sugar Banana Chips

**Ingredients:** Banana, cinnamon, sugar

**Quantities (for 1 person):** Banana: 1, cinnamon: 1/4 tsp, sugar: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice bananas thinly, sprinkle with cinnamon and sugar. Bake at 350°F (175°C) for 10-15 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1784

**Recipe Name:** Chocolate Peanut Butter Cups

**Ingredients:** Dark chocolate, peanut butter, honey

**Quantities (for 1 person):** Dark chocolate: 2 oz, peanut butter: 1 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Melt dark chocolate and spoon into cupcake liners. Add a dollop of peanut butter and drizzle with honey. Freeze for 1 hour.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1785

**Recipe Name:** Apple Crumble

**Ingredients:** Apples, oats, butter, cinnamon, brown sugar

**Quantities (for 1 person):** Apples: 1, oats: 2 tbsp, butter: 1 tbsp, cinnamon: 1/4 tsp, brown sugar: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Slice apples and top with a mixture of oats, butter, cinnamon, and brown sugar. Bake at 350°F (175°C) for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1786

**Recipe Name:** Vegan Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, maple syrup, and vanilla extract until smooth. Chill for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1787

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, sugar, vanilla extract

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, egg whites: 1, sugar: 1 tbsp, vanilla extract: 1/4 tsp

**Cooking Time:** 15 minutes

**Steps:** Mix shredded coconut, egg whites, sugar, and vanilla. Form into small balls and bake at 350°F (175°C) for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1788

**Recipe Name:** Strawberry Banana Sorbet

**Ingredients:** Strawberries, banana, lemon juice

**Quantities (for 1 person):** Strawberries: 1/2 cup, banana: 1, lemon juice: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend strawberries, banana, and lemon juice until smooth. Freeze for 2-3 hours before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1789

**Recipe Name:** Chia Seed Pudding with Berries

**Ingredients:** Chia seeds, almond milk, maple syrup, mixed berries

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, maple syrup: 1 tbsp, mixed berries: 1/4 cup

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with almond milk and maple syrup. Refrigerate for 2-3 hours before topping with berries.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1790

**Recipe Name:** Banana Ice Cream

**Ingredients:** Banana, almond milk, vanilla extract

**Quantities (for 1 person):** Banana: 1, almond milk: 2 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend frozen banana, almond milk, and vanilla until smooth. Freeze for 2-3 hours before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1791

**Recipe Name:** Mixed Berry Parfait

**Ingredients:** Mixed berries, Greek yogurt, honey, granola

**Quantities (for 1 person):** Mixed berries: 1/2 cup, Greek yogurt: 1/2 cup, honey: 1 tbsp, granola: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Layer Greek yogurt, mixed berries, and granola in a glass. Drizzle with honey. Serve chilled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1792

**Recipe Name:** Almond Butter and Banana Bites

**Ingredients:** Almond butter, banana, dark chocolate

**Quantities (for 1 person):** Almond butter: 2 tbsp, banana: 1, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice banana into rounds and spread almond butter on top. Melt dark chocolate and drizzle over the bites. Refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1793

**Recipe Name:** Rice Pudding

**Ingredients:** Rice, milk, sugar, cinnamon, vanilla extract

**Quantities (for 1 person):** Rice: 1/4 cup, milk: 1/2 cup, sugar: 1 tbsp, cinnamon: 1/4 tsp, vanilla extract: 1/2 tsp

**Cooking Time:** 15 minutes

**Steps:** Cook rice in milk with sugar, cinnamon, and vanilla until creamy. Serve warm or chilled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1794

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, maple syrup, and vanilla extract until smooth. Chill for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1795

**Recipe Name:** Apple Slices with Peanut Butter

**Ingredients:** Apple, peanut butter, cinnamon

**Quantities (for 1 person):** Apple: 1, peanut butter: 2 tbsp, cinnamon: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice apple and spread peanut butter on each slice. Sprinkle with cinnamon.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1796

**Recipe Name:** Coconut Rice Pudding

**Ingredients:** Rice, coconut milk, sugar, vanilla extract

**Quantities (for 1 person):** Rice: 1/4 cup, coconut milk: 1/2 cup, sugar: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 15 minutes

**Steps:** Cook rice in coconut milk with sugar and vanilla until creamy. Serve warm or chilled.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1797

**Recipe Name:** Lemon Coconut Balls

**Ingredients:** Shredded coconut, lemon zest, honey



**Quantities (for 1 person):** Shredded coconut: 1/4 cup, lemon zest: 1/2 tsp, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Mix shredded coconut, lemon zest, and honey. Roll into small balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1798

**Recipe Name:** Chia Mango Pudding

**Ingredients:** Chia seeds, mango, coconut milk, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, mango: 1/2, coconut milk: 1/2 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with coconut milk and honey. Refrigerate for 2-3 hours. Top with fresh mango before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1799

**Recipe Name:** Chocolate Dipped Almonds

**Ingredients:** Almonds, dark chocolate, sea salt

**Quantities (for 1 person):** Almonds: 1/4 cup, dark chocolate: 2 oz, sea salt: 1/4 tsp

**Cooking Time:** 10 minutes

**Steps:** Melt dark chocolate and dip almonds. Sprinkle with sea salt. Refrigerate for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1800

**Recipe Name:** Yogurt Parfait with Berries and Granola

**Ingredients:** Greek yogurt, mixed berries, granola, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mixed berries: 1/4 cup, granola: 2 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Layer Greek yogurt, mixed berries, and granola in a glass. Drizzle with honey. Serve chilled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1801

**Recipe Name:** Cinnamon Apple Chips

**Ingredients:** Apple, cinnamon

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp

**Cooking Time:** 20 minutes

**Steps:** Slice the apple thinly, sprinkle with cinnamon, and bake at 180°C (350°F) for 15-20 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1802

**Recipe Name:** Banana Ice Cream

**Ingredients:** Banana, almond milk, vanilla extract

**Quantities (for 1 person):** Banana: 1, almond milk: 1/4 cup, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend frozen banana with almond milk and vanilla until smooth. Freeze for 1 hour before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1803

**Recipe Name:** Chocolate Avocado Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 2 tbsp, maple syrup: 2 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, maple syrup, and vanilla extract until smooth. Refrigerate for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1804

**Recipe Name:** Mango Coconut Sorbet

**Ingredients:** Mango, coconut milk, honey

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/2 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango, coconut milk, and honey until smooth. Freeze for 2-3 hours, stirring occasionally.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1805

**Recipe Name:** Chia Seed Lemon Pudding

**Ingredients:** Chia seeds, lemon juice, almond milk, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, lemon juice: 1 tbsp, almond milk: 1/2 cup, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with almond milk, lemon juice, and maple syrup. Refrigerate for 2-3 hours before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1806

**Recipe Name:** Strawberry Yogurt Bark

**Ingredients:** Greek yogurt, strawberries, honey, granola

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, strawberries: 1/4 cup, honey: 1 tbsp, granola: 2 tbsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Spread yogurt on a baking sheet, top with strawberries, drizzle with honey, and sprinkle with granola. Freeze for 2-3 hours.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1807

**Recipe Name:** Carrot Cake Energy Balls

**Ingredients:** Carrot, dates, almonds, cinnamon, nutmeg

**Quantities (for 1 person):** Carrot: 1, dates: 4, almonds: 10, cinnamon: 1/4 tsp, nutmeg: 1/4 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients in a food processor until smooth. Roll into balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1808

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, sugar

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, egg whites: 2, sugar: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Mix all ingredients, form small mounds, and bake at 180°C (350°F) for 12-15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1809

**Recipe Name:** Kiwi Coconut Popsicles

**Ingredients:** Kiwi, coconut milk, honey

**Quantities (for 1 person):** Kiwi: 2, coconut milk: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend kiwi with coconut milk and honey. Pour into popsicle molds and freeze for 4-5 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1810

**Recipe Name:** Peanut Butter Banana Bites

**Ingredients:** Peanut butter, banana, dark chocolate

**Quantities (for 1 person):** Peanut butter: 2 tbsp, banana: 1, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice banana into rounds and spread peanut butter on each slice. Drizzle with melted dark chocolate and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1811

**Recipe Name:** Apple Cinnamon Baked Chips

**Ingredients:** Apple, cinnamon

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp

**Cooking Time:** 20 minutes

**Steps:** Slice the apple thinly, sprinkle with cinnamon, and bake at 180°C (350°F) for 15-20 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1812

**Recipe Name:** Chocolate Chia Pudding

**Ingredients:** Chia seeds, cocoa powder, almond milk, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, cocoa powder: 1 tbsp, almond milk: 1/2 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix all ingredients and refrigerate for at least 4 hours or overnight until it thickens.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1813

**Recipe Name:** Mixed Berry Sorbet

**Ingredients:** Mixed berries, coconut water, honey

**Quantities (for 1 person):** Mixed berries: 1 cup, coconut water: 1/2 cup, honey: 1 tbsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Blend the berries, coconut water, and honey. Freeze the mixture in a mold for 2-3 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1814

**Recipe Name:** Sweet Potato Brownies

**Ingredients:** Sweet potato, cocoa powder, almond flour, maple syrup

**Quantities (for 1 person):** Sweet potato: 1/2, cocoa powder: 2 tbsp, almond flour: 1/4 cup, maple syrup: 1 tbsp

**Cooking Time:** 20 minutes

**Steps:** Mash sweet potato and mix with cocoa powder, almond flour, and maple syrup. Bake at 180°C (350°F) for 15-20 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1815

**Recipe Name:** Chocolate Coconut Energy Balls

**Ingredients:** Cocoa powder, shredded coconut, dates, almonds

**Quantities (for 1 person):** Cocoa powder: 1 tbsp, shredded coconut: 2 tbsp, dates: 4, almonds: 8

**Cooking Time:** 10 minutes

**Steps:** Blend all ingredients in a food processor, roll into balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1816

**Recipe Name:** Frozen Banana Bites

**Ingredients:** Banana, peanut butter, dark chocolate

**Quantities (for 1 person):** Banana: 1, peanut butter: 2 tbsp, dark chocolate: 1 oz

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Slice banana into rounds, spread peanut butter on each slice, dip in melted dark chocolate, and freeze for 1 hour.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1817

**Recipe Name:** Vegan Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 2 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth and refrigerate for 30 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1818

**Recipe Name:** Almond Butter Date Balls

**Ingredients:** Almond butter, dates, shredded coconut

**Quantities (for 1 person):** Almond butter: 2 tbsp, dates: 4, shredded coconut: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients, roll into balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1819

**Recipe Name:** Lemon Coconut Energy Bites

**Ingredients:** Shredded coconut, lemon zest, dates, almonds

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, lemon zest: 1 tsp, dates: 4, almonds: 8

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients in a food processor, roll into balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1820

**Recipe Name:** Pumpkin Spice Baked Oats

**Ingredients:** Oats, pumpkin puree, cinnamon, maple syrup

**Quantities (for 1 person):** Oats: 1/2 cup, pumpkin puree: 1/4 cup, cinnamon: 1/4 tsp, maple syrup: 1 tbsp

**Cooking Time:** 25 minutes

**Steps:** Mix oats with pumpkin puree, cinnamon, and maple syrup. Bake at 180°C (350°F) for 20-25 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1821

**Recipe Name:** Mango Coconut Pudding

**Ingredients:** Mango, coconut milk, chia seeds, maple syrup

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/2 cup, chia seeds: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Blend mango and coconut milk, then stir in chia seeds and maple syrup. Refrigerate for at least 4 hours until it thickens.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1822

**Recipe Name:** Apple Cinnamon Oatmeal Cookies

**Ingredients:** Oats, apple, cinnamon, honey

**Quantities (for 1 person):** Oats: 1/2 cup, apple: 1/2, cinnamon: 1/2 tsp, honey: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Mix oats, grated apple, cinnamon, and honey. Bake at 180°C (350°F) for 10-15 minutes until golden.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1823

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 6, dark chocolate: 2 oz

**Cooking Time:** 5 minutes

**Steps:** Melt the dark chocolate and dip the strawberries. Let them cool on parchment paper for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1824

**Recipe Name:** Banana Oatmeal Cookies

**Ingredients:** Banana, oats, vanilla extract, cinnamon

**Quantities (for 1 person):** Banana: 1, oats: 1/2 cup, vanilla extract: 1/2 tsp, cinnamon: 1/2 tsp

**Cooking Time:** 10 minutes

**Steps:** Mash the banana and mix with oats, vanilla, and cinnamon. Bake at 180°C (350°F) for 8-10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1825

**Recipe Name:** Cacao Energy Balls

**Ingredients:** Cacao powder, dates, almond butter, coconut

**Quantities (for 1 person):** Cacao powder: 1 tbsp, dates: 5, almond butter: 1 tbsp, shredded coconut: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients in a food processor, roll into balls, and refrigerate for 30



minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1826

**Recipe Name:** Chia Seed and Raspberry Parfait

**Ingredients:** Chia seeds, almond milk, raspberries, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, raspberries: 1/2 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with almond milk and honey. Refrigerate for 4 hours, then layer with raspberries before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1827

**Recipe Name:** Peanut Butter Banana Bites

**Ingredients:** Banana, peanut butter, dark chocolate

**Quantities (for 1 person):** Banana: 1, peanut butter: 2 tbsp, dark chocolate: 1 oz

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Slice banana into rounds, spread peanut butter on each slice, dip in melted dark chocolate, and freeze for 1 hour.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1828

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, sugar

**Quantities (for 1 person):** Shredded coconut: 1/2 cup, egg whites: 1, sugar: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Mix coconut with egg whites and sugar, then spoon onto a baking sheet. Bake at 180°C (350°F) for 12-15 minutes until golden.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1829

**Recipe Name:** Almond Joy Energy Balls

**Ingredients:** Almonds, dates, cocoa powder, coconut

**Quantities (for 1 person):** Almonds: 8, dates: 4, cocoa powder: 1 tbsp, shredded coconut: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients in a food processor, roll into balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1830

**Recipe Name:** Strawberry Coconut Popsicles

**Ingredients:** Strawberries, coconut milk, honey

**Quantities (for 1 person):** Strawberries: 1/2 cup, coconut milk: 1/2 cup, honey: 1 tbsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Blend strawberries with coconut milk and honey. Pour into molds and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1831

**Recipe Name:** Mango Sorbet

**Ingredients:** Mango, lime juice, sugar

**Quantities (for 1 person):** Mango: 1, lime juice: 1 tbsp, sugar: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango with lime juice and sugar, pour into a container, and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1832

**Recipe Name:** Chocolate Avocado Mousse

**Ingredients:** Avocado, cocoa powder, honey, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients together until smooth and creamy. Refrigerate for 30 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1833

**Recipe Name:** Cinnamon Apple Chips

**Ingredients:** Apple, cinnamon, honey

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice apple thinly, sprinkle with cinnamon and drizzle honey. Bake at 180°C (350°F) for 10-15 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1834

**Recipe Name:** Chocolate-Covered Bananas

**Ingredients:** Banana, dark chocolate, almonds

**Quantities (for 1 person):** Banana: 1, dark chocolate: 2 oz, almonds: 6

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Melt chocolate and dip banana slices in it. Sprinkle with crushed almonds and freeze for 1 hour.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1835

**Recipe Name:** Berry Yogurt Parfait

**Ingredients:** Mixed berries, Greek yogurt, honey, granola

**Quantities (for 1 person):** Mixed berries: 1/2 cup, Greek yogurt: 1/2 cup, honey: 1 tsp, granola: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Layer Greek yogurt, berries, and granola in a glass. Drizzle with honey before serving.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1836

**Recipe Name:** Frozen Yogurt Bark

**Ingredients:** Greek yogurt, mixed berries, almonds, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mixed berries: 1/4 cup, almonds: 1 tbsp, honey: 1 tsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Spread Greek yogurt on a baking sheet, top with berries and almonds, and drizzle with honey. Freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1837

**Recipe Name:** Apple Cinnamon Sauté

**Ingredients:** Apple, cinnamon, butter, brown sugar

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, butter: 1 tsp, brown sugar: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice apple and sauté with butter, cinnamon, and brown sugar until tender and caramelized.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1838

**Recipe Name:** Chia Seed Pudding with Berries

**Ingredients:** Chia seeds, almond milk, maple syrup, mixed berries

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, maple syrup: 1 tbsp, mixed berries: 1/4 cup

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds, almond milk, and maple syrup. Refrigerate for at least 4 hours, then top with berries before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1839

**Recipe Name:** Coconut Almond Truffles

**Ingredients:** Almonds, shredded coconut, coconut milk, honey

**Quantities (for 1 person):** Almonds: 6, shredded coconut: 2 tbsp, coconut milk: 1 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Blend all ingredients, roll into small balls, and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1840

**Recipe Name:** Chocolate Strawberries and Cream

**Ingredients:** Strawberries, whipped cream, dark chocolate

**Quantities (for 1 person):** Strawberries: 6, whipped cream: 2 tbsp, dark chocolate: 2 oz

**Cooking Time:** 10 minutes

**Steps:** Melt dark chocolate and dip strawberries in it. Top with whipped cream before serving.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1841

**Recipe Name:** Avocado Chocolate Pudding

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado with cocoa powder, maple syrup, and vanilla until smooth and creamy. Refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1842

**Recipe Name:** Frozen Banana Bites

**Ingredients:** Banana, peanut butter, dark chocolate

**Quantities (for 1 person):** Banana: 1, peanut butter: 1 tbsp, dark chocolate: 2 oz

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Slice banana and spread peanut butter between two slices. Dip in melted dark chocolate and freeze for 1 hour.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1843

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, sugar

**Quantities (for 1 person):** Shredded coconut: 1/2 cup, egg whites: 1, sugar: 1 tbsp

**Cooking Time:** 10 minutes (plus baking time)

**Steps:** Mix coconut, egg whites, and sugar. Form into small balls and bake at 170°C (340°F) for 12-15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1844

**Recipe Name:** Yogurt & Honey Baked Pears

**Ingredients:** Pear, Greek yogurt, honey, cinnamon

**Quantities (for 1 person):** Pear: 1, Greek yogurt: 2 tbsp, honey: 1 tsp, cinnamon: 1/4 tsp

**Cooking Time:** 15 minutes

**Steps:** Cut pear in half and remove seeds. Bake at 180°C (350°F) for 15 minutes, then top with yogurt, honey, and cinnamon.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1845

**Recipe Name:** Pudding Chia Pops

**Ingredients:** Chia seeds, coconut milk, vanilla extract, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, coconut milk: 1/2 cup, vanilla extract: 1/2 tsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Mix chia seeds, coconut milk, vanilla, and maple syrup. Pour into molds and freeze for 4 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1846

**Recipe Name:** Chocolate Dipped Coconut Date Balls

**Ingredients:** Dates, shredded coconut, dark chocolate

**Quantities (for 1 person):** Dates: 4, shredded coconut: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Blend dates and coconut to form small balls. Melt dark chocolate and dip the balls, then refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1847

**Recipe Name:** Baked Cinnamon Apples

**Ingredients:** Apple, cinnamon, honey, raisins

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, honey: 1 tsp, raisins: 1 tbsp

**Cooking Time:** 15 minutes

**Steps:** Core the apple and stuff with cinnamon and raisins. Drizzle with honey and bake at 180°C (350°F) for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1848

**Recipe Name:** Almond Butter and Jelly Bites

**Ingredients:** Almond butter, jam, rice cakes

**Quantities (for 1 person):** Almond butter: 1 tbsp, jam: 1 tbsp, rice cakes: 2

**Cooking Time:** 5 minutes

**Steps:** Spread almond butter and jam on rice cakes and enjoy!

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1849

**Recipe Name:** Lemon Curd Cups

**Ingredients:** Lemon curd, shortbread cookies, whipped cream

**Quantities (for 1 person):** Lemon curd: 3 tbsp, shortbread cookies: 2, whipped cream: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Crumble shortbread cookies at the bottom of a cup, top with lemon curd, and add whipped cream.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1850

**Recipe Name:** Peach Sorbet

**Ingredients:** Peach, lime juice, honey

**Quantities (for 1 person):** Peach: 1, lime juice: 1 tbsp, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend peach with lime juice and honey. Pour into a container and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1851

**Recipe Name:** Raspberry Almond Energy Balls

**Ingredients:** Almonds, dried raspberries, coconut flakes, honey

**Quantities (for 1 person):** Almonds: 2 tbsp, dried raspberries: 1 tbsp, coconut flakes: 1 tbsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Blend almonds, dried raspberries, coconut flakes, and honey. Form into small balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1852

**Recipe Name:** Chocolate Covered Strawberries

**Ingredients:** Strawberries, dark chocolate, coconut flakes (optional)

**Quantities (for 1 person):** Strawberries: 5, dark chocolate: 2 oz, coconut flakes: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Melt dark chocolate and dip strawberries in it. Optionally, sprinkle with coconut flakes and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1853

**Recipe Name:** Mango Coconut Chia Pudding

**Ingredients:** Chia seeds, coconut milk, mango, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, coconut milk: 1/2 cup, mango: 1/4, honey: 1 tsp

**Cooking Time:** 5 minutes (plus setting time)

**Steps:** Mix chia seeds with coconut milk and honey. Refrigerate for 3-4 hours. Top with mango before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1854

**Recipe Name:** Chocolate Banana Bites



**Ingredients:** Banana, dark chocolate, peanut butter

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, peanut butter: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Slice banana and spread peanut butter between slices. Dip in melted dark chocolate and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1855

**Recipe Name:** Almond Joy Energy Bars

**Ingredients:** Almonds, coconut flakes, dark chocolate, honey, dates

**Quantities (for 1 person):** Almonds: 2 tbsp, coconut flakes: 2 tbsp, dark chocolate: 1 oz, honey: 1 tbsp, dates: 3

**Cooking Time:** 15 minutes

**Steps:** Blend almonds, coconut flakes, honey, and dates. Press into a pan and top with melted dark chocolate. Refrigerate for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1856

**Recipe Name:** Strawberry Coconut Popsicles

**Ingredients:** Strawberries, coconut milk, honey

**Quantities (for 1 person):** Strawberries: 5, coconut milk: 1/2 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend strawberries, coconut milk, and honey. Pour into molds and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1857

**Recipe Name:** Vegan Apple Crisp

**Ingredients:** Apple, rolled oats, coconut oil, maple syrup, cinnamon

**Quantities (for 1 person):** Apple: 1, rolled oats: 2 tbsp, coconut oil: 1 tbsp, maple syrup: 1 tbsp, cinnamon: 1/4 tsp

**Cooking Time:** 20 minutes

**Steps:** Slice apple and place in a baking dish. Mix oats, coconut oil, maple syrup, and cinnamon, then sprinkle over apples. Bake at 180°C (350°F) for 20 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1858

**Recipe Name:** Chia Seed Lemon Pudding

**Ingredients:** Chia seeds, almond milk, lemon juice, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, lemon juice: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus setting time)

**Steps:** Mix chia seeds, almond milk, lemon juice, and maple syrup. Refrigerate for 3-4 hours and stir before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1859

**Recipe Name:** Chocolate Almond Truffles

**Ingredients:** Dark chocolate, almond butter, coconut flakes

**Quantities (for 1 person):** Dark chocolate: 2 oz, almond butter: 1 tbsp, coconut flakes: 1 tbsp

**Cooking Time:** 15 minutes (plus chilling time)

**Steps:** Melt dark chocolate and mix with almond butter. Roll into balls and coat with coconut flakes. Refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1860

**Recipe Name:** Baked Cinnamon Bananas

**Ingredients:** Banana, cinnamon, honey

**Quantities (for 1 person):** Banana: 1, cinnamon: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice banana and sprinkle with cinnamon and honey. Bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1861

**Recipe Name:** Coconut Lime Energy Balls

**Ingredients:** Almonds, coconut flakes, lime zest, honey

**Quantities (for 1 person):** Almonds: 2 tbsp, coconut flakes: 2 tbsp, lime zest: 1 tsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Blend almonds, coconut flakes, lime zest, and honey. Form into small balls and refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1862

**Recipe Name:** Apple Cinnamon Crisps

**Ingredients:** Apple, cinnamon, honey

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice apple thinly, sprinkle with cinnamon and honey, and bake at 180°C (350°F) for 15 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1863

**Recipe Name:** Chocolate Covered Banana Pops

**Ingredients:** Banana, dark chocolate, crushed nuts

**Quantities (for 1 person):** Banana: 1, dark chocolate: 2 oz, crushed nuts: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Slice banana and dip each slice in melted dark chocolate. Sprinkle with crushed nuts and freeze for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1864

**Recipe Name:** Almond Joy Bars

**Ingredients:** Almonds, coconut flakes, dark chocolate, dates

**Quantities (for 1 person):** Almonds: 2 tbsp, coconut flakes: 2 tbsp, dark chocolate: 1 oz, dates: 3

**Cooking Time:** 15 minutes

**Steps:** Blend almonds, coconut flakes, and dates. Press into a pan, top with melted dark chocolate, and refrigerate for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1865

**Recipe Name:** Strawberry Coconut Truffles

**Ingredients:** Dried strawberries, coconut flakes, dark chocolate

**Quantities (for 1 person):** Dried strawberries: 1 tbsp, coconut flakes: 2 tbsp, dark chocolate: 2 oz

**Cooking Time:** 15 minutes (plus chilling time)

**Steps:** Blend dried strawberries and coconut flakes. Roll into balls and dip in melted dark chocolate. Refrigerate for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1866

**Recipe Name:** Blueberry Chia Pudding

**Ingredients:** Chia seeds, almond milk, blueberries, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, blueberries: 1/4 cup, maple syrup: 1 tsp

**Cooking Time:** 5 minutes (plus setting time)

**Steps:** Mix chia seeds, almond milk, and maple syrup. Refrigerate for 3-4 hours. Top with blueberries before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1867

**Recipe Name:** Cinnamon Apple Slices

**Ingredients:** Apple, cinnamon, almond butter

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, almond butter: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Slice apple, sprinkle with cinnamon, and drizzle with almond butter.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1868

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 5, dark chocolate: 2 oz

**Cooking Time:** 10 minutes

**Steps:** Melt dark chocolate and dip strawberries in it. Refrigerate for 30 minutes until set.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1869

**Recipe Name:** Yogurt with Honey and Almonds

**Ingredients:** Greek yogurt, honey, almonds

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, almonds: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Top Greek yogurt with honey and almonds for a simple dessert.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1870

**Recipe Name:** Coconut Chocolate Fudge

**Ingredients:** Dark chocolate, coconut oil, coconut flakes

**Quantities (for 1 person):** Dark chocolate: 2 oz, coconut oil: 1 tsp, coconut flakes: 2 tbsp

**Cooking Time:** 10 minutes

**Steps:** Melt dark chocolate with coconut oil, pour into a pan, and sprinkle with coconut flakes. Refrigerate for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1871

**Recipe Name:** Mango Coconut Sorbet

**Ingredients:** Mango, coconut milk, honey

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango, coconut milk, and honey. Freeze for 3-4 hours, stirring halfway through.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1872

**Recipe Name:** Lemon Almond Cake

**Ingredients:** Almond flour, lemon zest, eggs, honey

**Quantities (for 1 person):** Almond flour: 1/4 cup, lemon zest: 1 tsp, eggs: 1, honey: 1 tsp

**Cooking Time:** 15 minutes (plus baking time)

**Steps:** Mix almond flour, lemon zest, egg, and honey. Bake at 180°C (350°F) for 20 minutes.

**Cuisine:** General

**Diet Type:** Gluten-Free

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**Recipe ID:** 1873

**Recipe Name:** Banana Chocolate Chip Muffins

**Ingredients:** Banana, almond flour, chocolate chips, eggs

**Quantities (for 1 person):** Banana: 1/2, almond flour: 1/4 cup, chocolate chips: 1 tbsp, eggs: 1

**Cooking Time:** 10 minutes (plus baking time)

**Steps:** Mix mashed banana, almond flour, eggs, and chocolate chips. Bake at 180°C (350°F) for 15-20 minutes.

**Cuisine:** General

**Diet Type:** Gluten-Free

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**Recipe ID:** 1874

**Recipe Name:** Peach Coconut Crumble

**Ingredients:** Peach, coconut flakes, almond flour, honey

**Quantities (for 1 person):** Peach: 1, coconut flakes: 1 tbsp, almond flour: 1 tbsp, honey: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice peach and top with almond flour, coconut flakes, and honey. Bake at 180°C (350°F) for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1875

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, honey, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, honey, and vanilla extract until smooth. Chill for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1876

**Recipe Name:** Chocolate Chia Pudding

**Ingredients:** Chia seeds, almond milk, cocoa powder, maple syrup

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, cocoa powder: 1 tbsp, maple syrup: 1 tsp

**Cooking Time:** 5 minutes (plus setting time)

**Steps:** Mix chia seeds, almond milk, cocoa powder, and maple syrup. Refrigerate for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1877

**Recipe Name:** Chocolate Coconut Bark

**Ingredients:** Dark chocolate, coconut flakes, almonds

**Quantities (for 1 person):** Dark chocolate: 2 oz, coconut flakes: 1 tbsp, almonds: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Melt dark chocolate and spread on parchment paper. Top with coconut flakes and almonds. Chill for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1878

**Recipe Name:** Pear Cinnamon Crumble

**Ingredients:** Pear, cinnamon, almond flour, honey

**Quantities (for 1 person):** Pear: 1, cinnamon: 1/2 tsp, almond flour: 1 tbsp, honey: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice pear and sprinkle with cinnamon. Top with almond flour and honey. Bake at 180°C (350°F) for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1879

**Recipe Name:** Date Coconut Energy Bars

**Ingredients:** Dates, coconut flakes, almonds, chia seeds

**Quantities (for 1 person):** Dates: 4, coconut flakes: 1 tbsp, almonds: 1 tbsp, chia seeds: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend dates, coconut flakes, almonds, and chia seeds. Press into a pan and refrigerate for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1880

**Recipe Name:** Almond Butter Banana Bites

**Ingredients:** Banana, almond butter, coconut flakes

**Quantities (for 1 person):** Banana: 1/2, almond butter: 1 tbsp, coconut flakes: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Slice banana, top with almond butter, and sprinkle with coconut flakes. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1881

**Recipe Name:** Strawberry Coconut Sorbet

**Ingredients:** Strawberries, coconut milk, honey

**Quantities (for 1 person):** Strawberries: 1/2 cup, coconut milk: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend strawberries, coconut milk, and honey. Freeze for 3-4 hours, stirring halfway through.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1882

**Recipe Name:** Chocolate Banana Bites

**Ingredients:** Banana, dark chocolate, coconut flakes

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz, coconut flakes: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Slice banana, melt dark chocolate, and dip banana slices. Top with coconut flakes and chill for 10 minutes.



**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1883

**Recipe Name:** Raspberry Chia Jam

**Ingredients:** Raspberries, chia seeds, maple syrup

**Quantities (for 1 person):** Raspberries: 1/2 cup, chia seeds: 1 tbsp, maple syrup: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Mash raspberries, mix with chia seeds and maple syrup. Let sit for 10 minutes to thicken.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1884

**Recipe Name:** Vanilla Almond Ice Cream

**Ingredients:** Almond milk, vanilla extract, honey

**Quantities (for 1 person):** Almond milk: 1/2 cup, vanilla extract: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Mix almond milk, vanilla extract, and honey. Freeze for 3-4 hours, stirring halfway through.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1885

**Recipe Name:** Cinnamon Apple Chips

**Ingredients:** Apple, cinnamon

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/4 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice apple thinly, sprinkle with cinnamon, and bake at 180°C (350°F) for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1886

**Recipe Name:** Chocolate Almond Fudge

**Ingredients:** Dark chocolate, almond butter, honey

**Quantities (for 1 person):** Dark chocolate: 1 oz, almond butter: 1 tbsp, honey: 1 tsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Melt chocolate, mix with almond butter and honey. Pour into a mold and chill for 30 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1887

**Recipe Name:** Mixed Berry Parfait

**Ingredients:** Mixed berries, Greek yogurt, honey

**Quantities (for 1 person):** Mixed berries: 1/2 cup, Greek yogurt: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Layer Greek yogurt, mixed berries, and honey in a glass.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1888

**Recipe Name:** Avocado Lime Cheesecake

**Ingredients:** Avocado, lime juice, honey, coconut flour

**Quantities (for 1 person):** Avocado: 1/2, lime juice: 1 tsp, honey: 1 tsp, coconut flour: 1 tbsp

**Cooking Time:** 15 minutes (plus chilling time)

**Steps:** Blend avocado, lime juice, honey, and coconut flour until smooth. Chill for 1 hour.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1889

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, honey

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, egg whites: 1, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Mix shredded coconut, egg whites, and honey. Form into balls and bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Gluten-Free

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**Recipe ID:** 1890

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 3, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Melt dark chocolate, dip strawberries, and chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1891

**Recipe Name:** Mango Sorbet

**Ingredients:** Mango, lime juice, honey

**Quantities (for 1 person):** Mango: 1/2, lime juice: 1 tsp, honey: 1 tsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Blend mango, lime juice, and honey. Freeze for 3-4 hours, stirring halfway through.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1892

**Recipe Name:** Peanut Butter Banana Bites

**Ingredients:** Banana, peanut butter, dark chocolate

**Quantities (for 1 person):** Banana: 1, peanut butter: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 10 minutes

**Steps:** Slice banana, spread peanut butter on slices, and dip in melted dark chocolate. Chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1893

**Recipe Name:** Chia Seed Pudding

**Ingredients:** Chia seeds, almond milk, vanilla extract, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, vanilla extract: 1/2 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds, almond milk, vanilla extract, and honey. Chill for 2-3 hours or overnight.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1894

**Recipe Name:** Coconut Chocolate Energy Balls

**Ingredients:** Shredded coconut, dark chocolate, almond butter, honey

**Quantities (for 1 person):** Shredded coconut: 2 tbsp, dark chocolate: 1 oz, almond butter: 1 tbsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Mix shredded coconut, melted chocolate, almond butter, and honey. Form into balls and chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1895

**Recipe Name:** Berry Yogurt Popsicles

**Ingredients:** Mixed berries, Greek yogurt, honey

**Quantities (for 1 person):** Mixed berries: 1/4 cup, Greek yogurt: 1/2 cup, honey: 1 tsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Layer Greek yogurt and berries in popsicle molds. Drizzle with honey and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1896

**Recipe Name:** Cinnamon Apple Slices

**Ingredients:** Apple, cinnamon, honey

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/4 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice apple, sprinkle with cinnamon, and drizzle with honey. Serve chilled or warm.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1897

**Recipe Name:** Baked Banana Chips

**Ingredients:** Banana, cinnamon, coconut oil

**Quantities (for 1 person):** Banana: 1, cinnamon: 1/4 tsp, coconut oil: 1 tsp

**Cooking Time:** 15 minutes

**Steps:** Slice banana, coat with coconut oil and cinnamon, and bake at 180°C (350°F) for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1898

**Recipe Name:** Date and Almond Energy Bars

**Ingredients:** Dates, almonds, coconut flakes, honey

**Quantities (for 1 person):** Dates: 3, almonds: 5, coconut flakes: 1 tbsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Blend dates, almonds, and coconut flakes. Add honey and form into bars. Chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1899

**Recipe Name:** Chocolate Covered Bananas

**Ingredients:** Banana, dark chocolate

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice banana, dip in melted dark chocolate, and chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1900

**Recipe Name:** Kiwi Sorbet

**Ingredients:** Kiwi, lime juice, honey

**Quantities (for 1 person):** Kiwi: 2, lime juice: 1 tsp, honey: 1 tsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Blend kiwi, lime juice, and honey. Freeze for 3-4 hours, stirring halfway through.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1901

**Recipe Name:** Almond Butter Chocolate Truffles

**Ingredients:** Almond butter, dark chocolate, coconut flakes

**Quantities (for 1 person):** Almond butter: 1 tbsp, dark chocolate: 1 oz, coconut flakes: 1 tbsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Mix almond butter and melted chocolate. Roll into balls and coat with coconut flakes. Chill for 10-15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1902

**Recipe Name:** Mango Coconut Popsicles

**Ingredients:** Mango, coconut milk, honey

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/4 cup, honey: 1 tsp

**Cooking Time:** 10 minutes (plus freezing time)

**Steps:** Blend mango, coconut milk, and honey. Pour into molds and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1903

**Recipe Name:** Yogurt and Granola Parfait

**Ingredients:** Greek yogurt, granola, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, granola: 2 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Layer Greek yogurt, granola, and honey in a cup. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1904

**Recipe Name:** Chocolate Chia Pudding

**Ingredients:** Chia seeds, cocoa powder, almond milk, honey

**Quantities (for 1 person):** Chia seeds: 2 tbsp, cocoa powder: 1 tbsp, almond milk: 1/2 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds, cocoa powder, almond milk, and honey. Chill for 2-3 hours or overnight.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1905

**Recipe Name:** Strawberry Coconut Bites

**Ingredients:** Strawberries, coconut flakes, dark chocolate

**Quantities (for 1 person):** Strawberries: 4, coconut flakes: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 10 minutes

**Steps:** Dip strawberries in melted dark chocolate, then roll in coconut flakes. Chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1906

**Recipe Name:** Pear and Cinnamon Crumble

**Ingredients:** Pears, oats, cinnamon, coconut oil

**Quantities (for 1 person):** Pears: 1, oats: 2 tbsp, cinnamon: 1/4 tsp, coconut oil: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice pear and sprinkle with oats and cinnamon. Top with melted coconut oil and bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1907

**Recipe Name:** Raspberry Chocolate Mousse

**Ingredients:** Raspberries, dark chocolate, coconut cream

**Quantities (for 1 person):** Raspberries: 1/4 cup, dark chocolate: 1 oz, coconut cream: 1/4 cup

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Melt dark chocolate and mix with coconut cream. Fold in raspberries and chill for 2 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1908

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, almond milk, maple syrup

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, almond milk: 2 tbsp, maple syrup: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend all ingredients until smooth. Chill for 1 hour before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1909

**Recipe Name:** Coconut Milk Pudding

**Ingredients:** Coconut milk, cornstarch, vanilla extract, maple syrup

**Quantities (for 1 person):** Coconut milk: 1/2 cup, cornstarch: 1 tsp, vanilla extract: 1/4 tsp, maple syrup: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Mix all ingredients and cook over medium heat, stirring constantly until it thickens. Chill for 2 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1910

**Recipe Name:** Banana Ice Cream

**Ingredients:** Banana, vanilla extract, almond milk

**Quantities (for 1 person):** Banana: 1, vanilla extract: 1/4 tsp, almond milk: 2 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend banana, vanilla extract, and almond milk. Freeze for 3-4 hours, stirring halfway through.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1911

**Recipe Name:** Blueberry Oatmeal Cookies

**Ingredients:** Blueberries, oats, almond flour, honey

**Quantities (for 1 person):** Blueberries: 1/4 cup, oats: 2 tbsp, almond flour: 2 tbsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Mix oats, almond flour, and honey. Fold in blueberries and form small dough balls. Bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1912

**Recipe Name:** Apple Cinnamon Bites

**Ingredients:** Apples, cinnamon, almond flour, honey

**Quantities (for 1 person):** Apples: 1, cinnamon: 1/2 tsp, almond flour: 2 tbsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice apples and sprinkle with cinnamon and almond flour. Drizzle with honey and bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1913

**Recipe Name:** Chia Strawberry Jam

**Ingredients:** Strawberries, chia seeds, maple syrup

**Quantities (for 1 person):** Strawberries: 1/4 cup, chia seeds: 1 tsp, maple syrup: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mash strawberries and mix with chia seeds and maple syrup. Let sit for 10 minutes to thicken.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1914

**Recipe Name:** Frozen Yogurt Bark

**Ingredients:** Greek yogurt, honey, mixed berries

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, mixed berries: 1/4 cup

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Spread Greek yogurt on a baking sheet. Drizzle with honey and top with berries. Freeze for 3 hours and break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1915

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, maple syrup

**Quantities (for 1 person):** Shredded coconut: 1/4 cup, egg whites: 1, maple syrup: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Mix shredded coconut, egg whites, and maple syrup. Form into small balls and bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1916

**Recipe Name:** Peanut Butter Banana Bites

**Ingredients:** Peanut butter, banana, dark chocolate

**Quantities (for 1 person):** Peanut butter: 1 tbsp, banana: 1/2, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice banana and spread peanut butter between slices. Melt dark chocolate and drizzle over the top. Chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1917

**Recipe Name:** Kiwi Sorbet

**Ingredients:** Kiwi, lemon juice, honey

**Quantities (for 1 person):** Kiwi: 2, lemon juice: 1 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend kiwi, lemon juice, and honey. Freeze the mixture for 3-4 hours, stirring halfway.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1918

**Recipe Name:** Chocolate-Covered Almonds

**Ingredients:** Almonds, dark chocolate, coconut oil

**Quantities (for 1 person):** Almonds: 10, dark chocolate: 1 oz, coconut oil: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Melt chocolate and coconut oil. Dip almonds in chocolate and chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1919

**Recipe Name:** Sweet Potato Pie Bites

**Ingredients:** Sweet potato, cinnamon, almond flour

**Quantities (for 1 person):** Sweet potato: 1/2, cinnamon: 1/4 tsp, almond flour: 2 tbsp

**Cooking Time:** 15 minutes

**Steps:** Roast sweet potato and mash it. Mix with cinnamon and almond flour. Form into small bites and bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1920

**Recipe Name:** Cucumber Melon Salad

**Ingredients:** Cucumber, melon, mint, honey

**Quantities (for 1 person):** Cucumber: 1/4, melon: 1/4 cup, mint: 1 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice cucumber and melon. Toss with mint and drizzle with honey. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1921

**Recipe Name:** Mango Coconut Pudding

**Ingredients:** Mango, coconut milk, chia seeds

**Quantities (for 1 person):** Mango: 1/2, coconut milk: 1/4 cup, chia seeds: 1 tsp

**Cooking Time:** 10 minutes (plus chilling time)

**Steps:** Blend mango and coconut milk. Stir in chia seeds and refrigerate for at least 2 hours until thickened.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1922

**Recipe Name:** Chocolate Avocado Mousse

**Ingredients:** Avocado, cocoa powder, maple syrup

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, and maple syrup until smooth. Chill for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1923

**Recipe Name:** Banana Nut Bites

**Ingredients:** Banana, walnuts, almond butter

**Quantities (for 1 person):** Banana: 1/2, walnuts: 1 tbsp, almond butter: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Slice banana into rounds, top with walnut pieces and a dollop of almond butter. Chill for 5 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1924

**Recipe Name:** Apple Cinnamon Chips

**Ingredients:** Apples, cinnamon, maple syrup

**Quantities (for 1 person):** Apples: 1, cinnamon: 1/2 tsp, maple syrup: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice apples thinly, sprinkle with cinnamon, and drizzle with maple syrup. Bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1925

**Recipe Name:** Pineapple Sorbet

**Ingredients:** Pineapple, lime juice, honey

**Quantities (for 1 person):** Pineapple: 1/2 cup, lime juice: 1 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend pineapple and lime juice. Stir in honey and freeze the mixture for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1926

**Recipe Name:** Coconut Chocolate Truffles

**Ingredients:** Dark chocolate, shredded coconut, almond butter

**Quantities (for 1 person):** Dark chocolate: 1 oz, shredded coconut: 2 tbsp, almond butter: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Melt chocolate and stir in almond butter. Roll into balls and coat in shredded coconut. Chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1927

**Recipe Name:** Cinnamon Roasted Pears

**Ingredients:** Pear, cinnamon, honey

**Quantities (for 1 person):** Pear: 1, cinnamon: 1/4 tsp, honey: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice pear and sprinkle with cinnamon. Drizzle with honey and roast at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1928

**Recipe Name:** Chocolate-Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 5, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Melt chocolate and dip strawberries. Chill for 5 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1929

**Recipe Name:** Yogurt and Berry Parfait

**Ingredients:** Greek yogurt, mixed berries, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mixed berries: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Layer Greek yogurt, mixed berries, and honey in a cup. Chill for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1930

**Recipe Name:** Raspberry Coconut Bars

**Ingredients:** Raspberries, shredded coconut, almond flour, maple syrup

**Quantities (for 1 person):** Raspberries: 1/4 cup, shredded coconut: 2 tbsp, almond flour: 2 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mix raspberries, coconut, almond flour, and maple syrup. Press into a baking dish and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1931

**Recipe Name:** Mango Lime Popsicles

**Ingredients:** Mango, lime juice, honey

**Quantities (for 1 person):** Mango: 1/2, lime juice: 1 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango and lime juice. Stir in honey and pour the mixture into popsicle molds. Freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1932

**Recipe Name:** Chocolate Almond Clusters

**Ingredients:** Dark chocolate, almonds, sea salt

**Quantities (for 1 person):** Dark chocolate: 1 oz, almonds: 1/4 cup, sea salt: a pinch

**Cooking Time:** 5 minutes

**Steps:** Melt chocolate and mix with almonds. Spoon onto a tray and sprinkle with sea salt. Chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1933

**Recipe Name:** Chia Pudding with Berries

**Ingredients:** Chia seeds, almond milk, mixed berries

**Quantities (for 1 person):** Chia seeds: 1 tbsp, almond milk: 1/2 cup, mixed berries: 1/4 cup

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with almond milk and refrigerate overnight. Top with berries before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1934

**Recipe Name:** Banana Coconut Energy Bites

**Ingredients:** Banana, shredded coconut, oats, peanut butter

**Quantities (for 1 person):** Banana: 1/2, shredded coconut: 2 tbsp, oats: 1 tbsp, peanut butter: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mash the banana and mix with coconut, oats, and peanut butter. Form into small balls and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1935

**Recipe Name:** Dark Chocolate Coconut Cups

**Ingredients:** Dark chocolate, shredded coconut, almond butter

**Quantities (for 1 person):** Dark chocolate: 1 oz, shredded coconut: 2 tbsp, almond butter: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Melt the chocolate and pour into silicone molds. Add almond butter and shredded coconut, then freeze for 15 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1936

**Recipe Name:** Cinnamon Sugar Roasted Bananas

**Ingredients:** Banana, cinnamon, sugar

**Quantities (for 1 person):** Banana: 1, cinnamon: 1/2 tsp, sugar: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice banana, sprinkle with cinnamon and sugar, and bake at 180°C (350°F) for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1937

**Recipe Name:** Strawberry Coconut Balls

**Ingredients:** Strawberries, shredded coconut, dates

**Quantities (for 1 person):** Strawberries: 3, shredded coconut: 1 tbsp, dates: 2

**Cooking Time:** 5 minutes

**Steps:** Blend strawberries and dates, roll into balls, and coat with shredded coconut.

Chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1938

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, honey

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, and honey until smooth. Chill for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1939

**Recipe Name:** Kiwi Lime Sorbet

**Ingredients:** Kiwi, lime juice, maple syrup

**Quantities (for 1 person):** Kiwi: 2, lime juice: 1 tsp, maple syrup: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend kiwi and lime juice, stir in maple syrup, and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1940

**Recipe Name:** Raspberry Yogurt Bark

**Ingredients:** Greek yogurt, raspberries, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, raspberries: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Spread yogurt on a baking sheet, top with raspberries and drizzle with honey. Freeze for 2-3 hours.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1941

**Recipe Name:** Apple Cinnamon Crisps

**Ingredients:** Apple, cinnamon, sugar

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, sugar: 1 tsp



**Cooking Time:** 10 minutes

**Steps:** Slice the apple thinly, sprinkle with cinnamon and sugar, and bake at 180°C (350°F) for 10 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1942

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 4, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Melt the chocolate and dip strawberries into it. Let them cool on a parchment paper-lined tray for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1943

**Recipe Name:** Peanut Butter Banana Bites

**Ingredients:** Banana, peanut butter, dark chocolate

**Quantities (for 1 person):** Banana: 1/2, peanut butter: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice the banana, spread peanut butter between the slices, and dip in melted dark chocolate. Freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1944

**Recipe Name:** Yogurt and Honey Parfait

**Ingredients:** Greek yogurt, honey, granola

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, granola: 2 tbsp

**Cooking Time:** 2 minutes

**Steps:** Layer Greek yogurt with honey and granola in a glass.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1945

**Recipe Name:** Chocolate Avocado Pudding

**Ingredients:** Avocado, cocoa powder, maple syrup

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, and maple syrup until smooth. Chill for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1946

**Recipe Name:** Pineapple Coconut Popsicles

**Ingredients:** Pineapple, coconut milk, honey

**Quantities (for 1 person):** Pineapple: 1/2 cup, coconut milk: 1/2 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend pineapple, coconut milk, and honey. Pour into popsicle molds and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1947

**Recipe Name:** Mixed Berry Sorbet

**Ingredients:** Mixed berries, lime juice, honey

**Quantities (for 1 person):** Mixed berries: 1/2 cup, lime juice: 1 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mixed berries, lime juice, and honey. Freeze for 3-4 hours until firm.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1948

**Recipe Name:** Almond Butter Energy Balls

**Ingredients:** Almond butter, oats, honey

**Quantities (for 1 person):** Almond butter: 1 tbsp, oats: 2 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mix almond butter, oats, and honey together. Roll into balls and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1949

**Recipe Name:** Coconut Chia Pudding

**Ingredients:** Chia seeds, coconut milk, honey

**Quantities (for 1 person):** Chia seeds: 1 tbsp, coconut milk: 1/2 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with coconut milk and honey, refrigerate overnight.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1950

**Recipe Name:** Chocolate Coconut Energy Bites

**Ingredients:** Dark chocolate, shredded coconut, oats

**Quantities (for 1 person):** Dark chocolate: 1 oz, shredded coconut: 2 tbsp, oats: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Melt the dark chocolate, mix with shredded coconut and oats, roll into balls, and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1941

**Recipe Name:** Apple Cinnamon Crisps

**Ingredients:** Apple, cinnamon, sugar

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, sugar: 1 tsp

**Cooking Time:** 10 minutes

**Steps:** Slice the apple thinly, sprinkle with cinnamon and sugar, and bake at 180°C (350°F) for 10 minutes until crispy.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1942

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 4, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Melt the chocolate and dip strawberries into it. Let them cool on a parchment paper-lined tray for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1943

**Recipe Name:** Peanut Butter Banana Bites

**Ingredients:** Banana, peanut butter, dark chocolate

**Quantities (for 1 person):** Banana: 1/2, peanut butter: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice the banana, spread peanut butter between the slices, and dip in melted dark chocolate. Freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1944

**Recipe Name:** Yogurt and Honey Parfait

**Ingredients:** Greek yogurt, honey, granola

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tsp, granola: 2 tbsp

**Cooking Time:** 2 minutes

**Steps:** Layer Greek yogurt with honey and granola in a glass.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1945

**Recipe Name:** Chocolate Avocado Pudding

**Ingredients:** Avocado, cocoa powder, maple syrup

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, and maple syrup until smooth. Chill for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1946

**Recipe Name:** Pineapple Coconut Popsicles

**Ingredients:** Pineapple, coconut milk, honey

**Quantities (for 1 person):** Pineapple: 1/2 cup, coconut milk: 1/2 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend pineapple, coconut milk, and honey. Pour into popsicle molds and freeze for 3-4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1947

**Recipe Name:** Mixed Berry Sorbet

**Ingredients:** Mixed berries, lime juice, honey

**Quantities (for 1 person):** Mixed berries: 1/2 cup, lime juice: 1 tsp, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mixed berries, lime juice, and honey. Freeze for 3-4 hours until firm.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1948

**Recipe Name:** Almond Butter Energy Balls

**Ingredients:** Almond butter, oats, honey

**Quantities (for 1 person):** Almond butter: 1 tbsp, oats: 2 tbsp, honey: 1 tsp

**Cooking Time:** 5 minutes

**Steps:** Mix almond butter, oats, and honey together. Roll into balls and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1949

**Recipe Name:** Coconut Chia Pudding

**Ingredients:** Chia seeds, coconut milk, honey

**Quantities (for 1 person):** Chia seeds: 1 tbsp, coconut milk: 1/2 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds with coconut milk and honey, refrigerate overnight.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1950

**Recipe Name:** Chocolate Coconut Energy Bites

**Ingredients:** Dark chocolate, shredded coconut, oats

**Quantities (for 1 person):** Dark chocolate: 1 oz, shredded coconut: 2 tbsp, oats: 2 tbsp

**Cooking Time:** 5 minutes

**Steps:** Melt the dark chocolate, mix with shredded coconut and oats, roll into balls, and

refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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Let me know if you'd like more!

4o mini

**You said:**

continue

**ChatGPT said:**

ChatGPT

Here are more dessert recipes continuing from where we left off:

---

**Recipe ID:** 1951

**Recipe Name:** Banana Coconut Bites

**Ingredients:** Banana, shredded coconut, dark chocolate

**Quantities (for 1 person):** Banana: 1/2, shredded coconut: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice the banana, dip each piece into dark chocolate, and roll in shredded coconut. Freeze for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1952

**Recipe Name:** Avocado Chocolate Mousse

**Ingredients:** Avocado, cocoa powder, honey

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, and honey until smooth and creamy. Chill for 10 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1953

**Recipe Name:** Berry Yogurt Bark

**Ingredients:** Greek yogurt, mixed berries, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, mixed berries: 1/4 cup, honey: 1 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Spread Greek yogurt onto a baking sheet, sprinkle with mixed berries and honey, and freeze for 2-3 hours. Break into pieces and serve.

**Cuisine:** General

**Diet Type:** Vegetarian

---

**Recipe ID:** 1954

**Recipe Name:** Apple Pie Energy Balls

**Ingredients:** Dates, oats, cinnamon, apple slices

**Quantities (for 1 person):** Dates: 4, oats: 2 tbsp, cinnamon: 1/2 tsp, apple slices: 1/4

**Cooking Time:** 5 minutes

**Steps:** Blend dates, oats, cinnamon, and apple slices. Roll into balls and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1955

**Recipe Name:** Chia Mango Pudding

**Ingredients:** Mango, chia seeds, coconut milk

**Quantities (for 1 person):** Mango: 1/2, chia seeds: 1 tbsp, coconut milk: 1/2 cup

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Blend mango with coconut milk and mix in chia seeds. Refrigerate overnight.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1956

**Recipe Name:** Coconut Milk Popsicles

**Ingredients:** Coconut milk, honey, vanilla extract

**Quantities (for 1 person):** Coconut milk: 1/2 cup, honey: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Mix coconut milk, honey, and vanilla extract, pour into molds, and freeze for 4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1957

**Recipe Name:** Chocolate Dipped Banana

**Ingredients:** Banana, dark chocolate

**Quantities (for 1 person):** Banana: 1, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice banana into rounds, dip each piece into melted dark chocolate, and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1958

**Recipe Name:** Strawberry Coconut Sorbet

**Ingredients:** Strawberries, coconut milk, maple syrup

**Quantities (for 1 person):** Strawberries: 1/2 cup, coconut milk: 1/4 cup, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend strawberries, coconut milk, and maple syrup. Pour into molds and freeze for 4 hours.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1959

**Recipe Name:** Mixed Berry Chia Pudding

**Ingredients:** Chia seeds, almond milk, mixed berries

**Quantities (for 1 person):** Chia seeds: 1 tbsp, almond milk: 1/2 cup, mixed berries: 1/4 cup

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds and almond milk, refrigerate overnight. Top with mixed berries before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1960

**Recipe Name:** Pina Colada Smoothie

**Ingredients:** Pineapple, coconut milk, banana

**Quantities (for 1 person):** Pineapple: 1/2 cup, coconut milk: 1/2 cup, banana: 1/2

**Cooking Time:** 2 minutes

**Steps:** Blend pineapple, coconut milk, and banana until smooth. Serve chilled.



**Cuisine:** General

**Diet Type:** Vegan

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Here are more dessert recipes continuing from where we left off:

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**Recipe ID:** 1961

**Recipe Name:** Almond Joy Energy Balls

**Ingredients:** Almonds, coconut, dark chocolate, dates

**Quantities (for 1 person):** Almonds: 6, coconut: 1 tbsp, dark chocolate: 1 oz, dates: 2

**Cooking Time:** 5 minutes

**Steps:** Blend almonds, coconut, dark chocolate, and dates together. Roll into small balls and refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1962

**Recipe Name:** Cinnamon Apple Nachos

**Ingredients:** Apple, almond butter, cinnamon, granola

**Quantities (for 1 person):** Apple: 1, almond butter: 1 tbsp, cinnamon: 1/2 tsp, granola: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Slice the apple into thin rounds. Drizzle almond butter over the slices, sprinkle with cinnamon and granola.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1963

**Recipe Name:** Mango Coconut Balls

**Ingredients:** Dried mango, coconut, oats

**Quantities (for 1 person):** Dried mango: 3 pieces, coconut: 1 tbsp, oats: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend dried mango and oats. Roll into balls and coat with coconut. Refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1964

**Recipe Name:** Apple Cinnamon Quinoa Pudding

**Ingredients:** Apple, quinoa, cinnamon, maple syrup

**Quantities (for 1 person):** Apple: 1/2, quinoa: 1/4 cup, cinnamon: 1/2 tsp, maple syrup: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Cook quinoa according to package instructions. Mix with diced apple, cinnamon, and maple syrup.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1965

**Recipe Name:** Avocado Chocolate Truffles

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado with cocoa powder, maple syrup, and vanilla extract. Roll into balls and chill for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1966

**Recipe Name:** Chilled Coconut Lime Pudding

**Ingredients:** Coconut milk, lime, honey

**Quantities (for 1 person):** Coconut milk: 1/2 cup, lime: 1/2, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix coconut milk, lime juice, and honey. Refrigerate for 2 hours before serving.

**Cuisine:** General

**Diet Type:** Vegan

---

**Recipe ID:** 1967

**Recipe Name:** Chocolate Dipped Strawberries

**Ingredients:** Strawberries, dark chocolate

**Quantities (for 1 person):** Strawberries: 5, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Melt dark chocolate and dip each strawberry into it. Refrigerate for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1968

**Recipe Name:** Kiwi Coconut Popsicles

**Ingredients:** Kiwi, coconut milk, honey

**Quantities (for 1 person):** Kiwi: 1, coconut milk: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend kiwi, coconut milk, and honey. Pour into molds and freeze for 4 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1969

**Recipe Name:** Coconut Macaroons

**Ingredients:** Shredded coconut, egg whites, honey

**Quantities (for 1 person):** Shredded coconut: 1/2 cup, egg whites: 1, honey: 1 tbsp

**Cooking Time:** 10 minutes

**Steps:** Mix shredded coconut, egg whites, and honey. Shape into small balls and bake at 350°F for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1970

**Recipe Name:** Yogurt Honey Parfait

**Ingredients:** Greek yogurt, honey, granola, berries

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, honey: 1 tbsp, granola: 1 tbsp, berries: 1/4 cup

**Cooking Time:** 5 minutes

**Steps:** Layer Greek yogurt, honey, granola, and berries in a glass. Serve chilled.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1971

**Recipe Name:** Banana Peanut Butter Bites

**Ingredients:** Banana, peanut butter, dark chocolate

**Quantities (for 1 person):** Banana: 1, peanut butter: 1 tbsp, dark chocolate: 1 oz

**Cooking Time:** 5 minutes

**Steps:** Slice banana into rounds. Spread peanut butter on top and drizzle with melted dark chocolate.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1972

**Recipe Name:** Mango Sorbet

**Ingredients:** Mango, lime, honey

**Quantities (for 1 person):** Mango: 1, lime: 1/2, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Blend mango, lime juice, and honey until smooth. Pour into a container and freeze for 4 hours.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1973

**Recipe Name:** Chocolate Banana Smoothie

**Ingredients:** Banana, cocoa powder, almond milk, honey

**Quantities (for 1 person):** Banana: 1, cocoa powder: 1 tbsp, almond milk: 1/2 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Blend banana, cocoa powder, almond milk, and honey until smooth.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1974

**Recipe Name:** Cinnamon Apple Slices

**Ingredients:** Apple, cinnamon, maple syrup

**Quantities (for 1 person):** Apple: 1, cinnamon: 1/2 tsp, maple syrup: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Slice the apple and sprinkle with cinnamon and maple syrup. Serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1975

**Recipe Name:** Chia Seed Pudding

**Ingredients:** Chia seeds, almond milk, maple syrup, vanilla extract

**Quantities (for 1 person):** Chia seeds: 2 tbsp, almond milk: 1/2 cup, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Mix chia seeds, almond milk, maple syrup, and vanilla extract. Refrigerate for 4 hours or overnight.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1976

**Recipe Name:** Strawberry Yogurt Bark

**Ingredients:** Greek yogurt, strawberries, honey

**Quantities (for 1 person):** Greek yogurt: 1/2 cup, strawberries: 1/4 cup, honey: 1 tbsp

**Cooking Time:** 5 minutes (plus freezing time)

**Steps:** Spread Greek yogurt on a baking sheet, top with sliced strawberries and drizzle with honey. Freeze for 2 hours and break into pieces.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1977

**Recipe Name:** Fruit Salad with Lime Dressing

**Ingredients:** Mixed fruits, lime, honey

**Quantities (for 1 person):** Mixed fruits: 1 cup, lime: 1/2, honey: 1 tbsp

**Cooking Time:** 5 minutes

**Steps:** Combine mixed fruits in a bowl. Squeeze lime juice and drizzle honey on top. Toss and serve immediately.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1978

**Recipe Name:** Blueberry Oatmeal Cookies

**Ingredients:** Oats, blueberries, honey, egg, flour

**Quantities (for 1 person):** Oats: 1/4 cup, blueberries: 1/4 cup, honey: 1 tbsp, egg: 1, flour: 1/4 cup

**Cooking Time:** 10 minutes

**Steps:** Mix oats, blueberries, honey, egg, and flour. Scoop dough onto a baking sheet and bake at 350°F for 10 minutes.

**Cuisine:** General

**Diet Type:** Vegetarian

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**Recipe ID:** 1979

**Recipe Name:** Chocolate Avocado Pudding

**Ingredients:** Avocado, cocoa powder, maple syrup, vanilla extract

**Quantities (for 1 person):** Avocado: 1/2, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, vanilla extract: 1/2 tsp

**Cooking Time:** 5 minutes

**Steps:** Blend avocado, cocoa powder, maple syrup, and vanilla extract until smooth. Refrigerate for 30 minutes before serving.

**Cuisine:** General

**Diet Type:** Vegan

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**Recipe ID:** 1980

**Recipe Name:** Coconut Chocolate Fudge

**Ingredients:** Coconut milk, cocoa powder, maple syrup, coconut oil

**Quantities (for 1 person):** Coconut milk: 1/4 cup, cocoa powder: 1 tbsp, maple syrup: 1 tbsp, coconut oil: 1 tbsp

**Cooking Time:** 5 minutes (plus chilling time)

**Steps:** Heat coconut milk, cocoa powder, maple syrup, and coconut oil in a pan. Pour into a mold and refrigerate for 2 hours.

**Cuisine:** General

**Diet Type:** Vegan

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