

## 2 HEALTHY MICROWAVE DESSERTS

### BANANA, OATS & GOJI BERRY COOKIES

- 1/2 c Oatmeal (1 minute type)
- 1 Banana
- 2 t Goji Berries

#### INGREDIENTS

#### DIRECTIONS

- 1 Mash banana and mix with oats & goji berries
- 2 Take small balls & flatten to round shapes
- 3 Place on a plate & microwave 4 minutes to get crispy cookies



### CHIA CINNAMON, CAROB CHIPS & OAT SQUARES

- 1 C Oatmeal (1 minute type)
- 2 Banana (medium)
- 1 t Cinnamon
- 2 t Chia Seeds
- 2 T Gogi Berries
- 2 T Carob Chips **OR** 70% chocolate chips
- Non-stick cooking spray (optional)

#### INGREDIENTS

#### DIRECTIONS

- 1 Mash the banana & add all the remaining ingredients
- 2 Put them on a plate sprayed with non-stick cooking spray (or not) & pat them down
- 3 Microwave uncovered for 2 minutes
- 4 Flip the mix so that steam doesn't make the mix soggy
- 5 Cut into squares



#### NOTE

Cooking for 3 or 4 minutes will give you a crispier square

