

2 No-Bake Plant-Based Treats

If you're following a plant-based diet or are simply looking for ways to boost plant foods in your meals and snacks, you've landed on the right page!

Experimenting in the kitchen with new ingredients and [substitutions](#) can make food prep fun, and it is also a great way to stay on track with your [health goals](#)! Many desserts contain animal-based ingredients like eggs or dairy, which can easily be substituted without sacrificing flavor. While a plant-based diet doesn't mean going completely vegetarian or vegan, having plant foods as the focus of your meals and snacks can boost the nutrition profile – especially with the added fiber and phytonutrients!

When it comes to delicious treats, healthy doesn't have to be bland or boring. If you want to save on time, these two treats have minimal ingredients and might just be your next solution. Next time you're craving a healthy dessert, try out one of these no-bake, low-mess, quick-to-prepare, nutrient-dense, and [flavor-packed](#) desserts!

No-Cook Oat Bites

These oat bites are perfect for those busy days when you need an easy snack for energy that's grab-and-go! Instead of a packaged energy bar, pack a couple of these along. You can even double or triple the recipe and to make them in bulk, then keep them in the fridge to be prepared for the whole week ahead. Here's how to make them:

Ingredients:

- 1 cup oats
- ½ cup [peanut butter](#)
- 2 Tbsp. honey
- ½ cup your choice of dried fruits (such as raisins, sliced dried dates or dried cranberries)
- *Optional:* Add a dash of vanilla extract, [cinnamon](#), unsweetened cocoa powder, or extra seeds or nuts

Directions:

Combine all ingredients in a medium bowl. Scoop by the tablespoon and roll into 1-inch diameter balls. Store in the fridge or freezer until you're ready for a tasty treat.

No-Bake Tofu Whip

This twist on traditional pudding is packed with plant-based protein, is low in [sugar](#), and the prep is quick, easy, and requires minimal cleanup! Tofu has 10 grams of protein per ½ cup, and this

protein boost can help keep you satisfied for longer and ditch those sugar cravings! Get the added bonus of a calcium boost by choosing calcium-set tofu.

Ingredients:

- 1 container silken tofu
- 1 tsp. cinnamon
- 2 Tbsp. honey, maple syrup, agave, or sweetener of choice
- 1 tsp. vanilla extract
- *Optional:* 2 Tbsp. cocoa powder, top with berries or add a teaspoon of [lime juice](#)

Directions:

Combine all ingredients in a food processor and blend well, until the consistency is smooth and uniform. Pour into bowls and enjoy!

If you're looking for more simple plant-based treats, try our [Cocoa Chia Seed Pudding](#) or [No-Bake Gluten-Free Vegan Chocolate Cheesecakes!](#)