

# Easy and Budget-Friendly Recipes for Students!

## Kale Smoothie Bowl

This delicious smoothie bowl is packed with nutrition from the greens to the berries. You won't be hungry with this to fuel your day!

Serves 2 | Prep. time 15 minutes

### Ingredients

- 1 cup chopped kale (packed)
- ½ cup chopped spinach (packed)
- 1 banana
- ½ pear (or other seasonal fruit)
- ¼ cup milk
- 1 tablespoon chia seeds
- ½ cup blueberries
- Ice
- Topping options: banana, kiwi, almonds, coconut flakes, pumpkin seeds, berries, granola, seasonal fruits

### Directions

1. Combine the kale, spinach, banana, pear and milk in a blender. Puree until it is super smooth. You can add ice to achieve the texture you like best. Then, pour the mixture into your bowl.
2. Puree the blueberries until they are smooth.
3. Add the chia seeds to your smoothie bowl and stir. Stick it in the refrigerator for a few minutes so it can thicken.
4. Top with pureed blueberries and fresh fruit, nuts or granola.

## Parmesan Herb Spaghetti Squash

If you are looking to avoid the Freshman 15 when you go away to college, spaghetti squash will become your best friend. You can use it in any pasta dish; it works the same as noodles. In this vegetarian recipe you will love the garlic parmesan flavors. It also makes enough to feed friends, or for dinner a couple more times during the week.

Serves 4 | Prep. time 5 minutes | Cooking time 15 minutes

### Ingredients

- 1 spaghetti squash, halved and seeded
- Water
- 1 cup shredded parmesan cheese
- ½ cup fresh basil
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon ground pepper
- Salt to taste

### Directions

1. Place the cut and cleaned spaghetti squash in a small baking dish. Add some water to the bottom of the dish. Microwave for 10–15 minutes or until the skin can be easily pulled away from the squash.
2. Gently scrape the inside of the squash with a fork. Pulling the fork through the squash will create “spaghetti”.
3. Place the “spaghetti” in a bowl and mix in the garlic, basil, oil and parmesan cheese. Add some salt and pepper to taste.

## Meatloaf in a Mug

This recipe will probably remind you of home and your mother's meatloaf. But even if it wasn't a staple at home, it will become one at school.

*Serves 1 | Prep. time 3 minutes | Cooking time 3–5 minutes*

### Ingredients

- 2 tablespoons 2% milk
- 1 tablespoon ketchup
- 2 tablespoons quick-cooking oats or left-over cooked rice
- 1 teaspoon onion soup mix
- 1 pinch cayenne (or more if you like it spicy!)
- ¼ pound lean ground beef
- Additional ketchup

### Directions

1. Combine the oats (or rice), soup mix, cayenne, milk and ketchup in a small dish and stir with a fork. Mix in the ground beef.
2. Transfer the mixture to a large mug and microwave for about 3 minutes or until it is cooked through.
3. Top with extra ketchup and enjoy.

## Pizza Mug Cake

Pizza in a mug? That you can make anytime you want? Sold! This recipe will soon become one of your favorites.

*Serves 1 | Prep. time 5 minutes | Cooking time 1–2 minutes*

### Ingredients

- ¼ cup flour
- ⅛ teaspoon salt
- ⅛ teaspoon baking powder
- A pinch of baking soda
- 3 tablespoons milk
- 1 tablespoon oil
- 2 teaspoons pizza sauce
- Shredded cheese
- Whatever pizza toppings you prefer
- Salt and pepper to taste

### Directions

1. Add the flour, salt, baking powder, and baking soda to a large mug.
2. Mix in the milk and oil with a fork and combine thoroughly until a dough-like texture forms.
3. Top with the pizza sauce, then cover with cheese and whatever herbs and toppings you'd like.
4. Heat in the microwave for 70–80 seconds.

## Avocado Pesto Pinwheels

The avocado in these tasty roll-up snacks will help keep you satisfied between meals or as a light night snack.

*Makes 24 pieces | Prep. time 10 minutes*

### Ingredients

- ¼ cup cream cheese
- 1 tablespoon pesto
- 1 large flour tortillas
- 2 tablespoons sliced red onion
- Fresh spinach leaves, stems removed
- 1 avocado, pitted and thinly sliced
- Salt and pepper

### Directions

1. Use a fork to combine the cream cheese and pesto in a small bowl.
2. Spread it over the tortillas and top with some of the avocado. Season with salt and pepper to taste.
3. Top with onions and spinach, roll up and cut into bite-sized pieces.

## Oreo Cheesecake in a Mug

This recipe may not give you a traditional cheesecake, but it is low-cost and delicious all on its own. Using egg whites and yogurt saves on calories, too.

*Serves 2 | Prep. time 5 minutes | Cooking time 1 minutes*

### Ingredients

- 3 ounces cream cheese at room temperature
- ⅔ cup yogurt
- ¼ teaspoon vanilla (optional)
- 3 tablespoons sugar
- 1 egg white, slightly beaten (save the yolk for breakfast the next day)
- 2 teaspoons flour (prevents liquid from forming)
- ¼ cup crushed Oreo cookies
- 2 Oreo cookies for serving

### Directions

1. Whisk together the cream cheese, yogurt, vanilla, sugar, egg white and flour until it looks light and fluffy.
2. This recipe is for two mugs or glass, so repeat the following steps for the second mug.
3. Lay down a layer of cookie crumbles at the bottom of the mug. Place half of the batter over the cookie crumbles in your mug or glass. Keep some of the cookie crumble for the topping.
4. Microwave for about 15 seconds or until you see a bubble form on top. Remove the cake from the mug and check it. The sides should be firm, but the center should be a bit jiggle.
5. Sprinkle some of the remaining cookie crumbles on top cheesecake. Decorate with an Oreo cookie. Refrigerate Until you are ready to eat.

\*\*\*These recipes and more are found in Louise Davidson's *Cheap and Wicked Good!: Quick and Easy Recipes for Students on the Go*. To get your own copy, click the cover below or click [here](#).

