

BITE-SIZE CUISINE

EXPERIENCE HOLIDAY PARTY
FINGER FOODS



DTN 340- NUTRITION EDUCATION
FALL 2022

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Cranberry Brie Bites

Ingredients:

2 sheets (17 oz)	Puff pastry
8 oz	Brie cheese
1 c	Cranberry sauce (canned)
6 tbsp.	Pumpkin seeds, chopped (substituted for pistachios for nut allergies)
Optional:	Sea salt and black pepper

Directions:

1. Thaw the puff pastry according to package directions.
2. Preheat the oven to 400 F. Spray two 24-well mini muffin pan with non-stick cooking spray. A normal muffin pan works as well. Place the brie in the freezer for 20 minutes or until firm to the touch.
3. On a well-floured surface, roll the sheet of puff pastry into a 10x15-inch rectangle. Cut the pastry into 4 strips lengthwise. Then, cut the pastry crosswise into 6 strips, creating 24 squares. Press the pastry into each well of the muffin pan, letting the excess stick up over the edges. Repeat the same steps with the second sheet of puff pastry.
4. Cut the firm brie into 25 (1/2 inch) slices. Place a piece in the center of each pastry square. Top each with about 1 teaspoon of cranberry sauce. Sprinkle with chopped pumpkin seeds/pistachios.
5. Bake for 15 minutes or until the puff pastry is golden brown on the edges and the cheese is bubbly. Let cool in the pan for 5 minutes. Remove the bites from the pan and garnish with sea salt and pepper, if desired.

Serving Size: 1 cranberry brie bite

Total servings: 25 servings

Nutrition Facts:

Kcal	273
Fat	19 g
Carbohydrates	19.7 g
Protein	6.2 g
Vitamin D	43%
Iron	8%

Maddelyn Whaley

Spicy Sweet Potato Chips & Cilantro Dip

Chips:

2-3 each	Large, sweet potatoes	¼ tsp	Salt
2 Tbsp	Canola oil	¼ tsp	Ground cumin
1 tsp	Chili powder	¼ tsp	Ground pepper
½ tsp	Garlic powder	1/8 tsp	Cayenne pepper
½ tsp	Taco seasoning		

Dip:

¾ cups	Plain Greek yogurt or Mayonnaise	4 ½ tsp	Fresh cilantro, minced
½ cup	Sour cream	1 ½ tsp	Lemon juice
2 oz	Cream cheese, softened	½ tsp	Celery salt
		1/8 tsp	Ground pepper

1. Preheat the oven to 400 degrees F
2. Rinse and dry your sweet potatoes
3. Peel your sweet potatoes with a peeler or peeling knife
4. Cut the potatoes into thin slices and place in a large bowl, set aside
5. In a small bowl, combine the canola oil, chili powder, taco seasoning, salt, ground cumin, ground pepper, and cayenne pepper
6. Drizzle the oil and seasoning mixture over the sweet potato slices and spread evenly
7. Arrange the seasoned sweet potato slices in a single layer ungreased 15x10 pan (or any baking pan you have will work)
8. Bake for 15 minutes then flip each slice and bake for another 10-15 minutes or until golden brown
9. For the dip, in a medium bowl, add the Greek yogurt, sour cream, cream cheese, cilantro, lemon juice, celery salt, and pepper, mix them together with hand mixer, can be served immediately or chilled.

*Note: To make it easier, you can add the Greek yogurt, sour cream, and cream cheese and start beating them together and then slowly start adding the other ingredients.

Serving Size: ½ cup of chips with 1 Tbsp dip

Total Servings: 12

Nutrition Facts:

Kcals	333
Fat	12g
Carbohydrates	40g
Sugar	20g
Protein	19g

Recipe modified from: “Spicy Sweet Potato Chips & Cilantro Dip.” *Taste of Home*, RDA Enthusiast Brands, LLC, 21 Oct. 2022, <https://www.tasteofhome.com/recipes/spicy-sweet-potato-chips-cilantro-dip/>.

Maggie Grieve & Grace Poland

Christmas Tree Spinach Dip Breadsticks

12 oz	Frozen chopped spinach <i>thawed and squeezed dry</i>
6 oz	Greek yogurt
2 cloves	Garlic, minced
½ teaspoon	Salt
½ teaspoon	Onion powder
¼ teaspoon	Chili powder
¼ teaspoon	Pepper
1 teaspoon	Italian seasoning
½ cup	Grated parmesan cheese
1 cup	Grated cheddar cheese
1 tube	Refrigerated thin crust pizza crust
2 tablespoons	Butter
½ teaspoon	Italian seasoning
½ teaspoon	Garlic salt

1. Preheat oven to 400 F.
2. In a bowl, beat together the spinach and Greek yogurt.
3. Add garlic, salt, onion powder, chili powder, pepper, and Italian seasoning and beat to combine.
4. Add parmesan cheese and ½ of the cheddar or mozzarella cheese and beat to combine. (The other half of the cheddar or mozzarella cheese will be sprinkled over the filling when you shape the Christmas tree.
5. Shape into Christmas tree
 - Unroll the pizza crust on a piece of parchment paper
 - Using a pizza slicer, cut from the bottom left corner and the bottom right corner, meeting at the middle of the top of the crust – making a triangle
 - This will give you one large triangle, and two smaller triangles
 - Transfer the two smaller triangles to a second piece of parchment paper
 - Place the long side edges of the two smaller triangles together
 - Pinch and press the two smaller triangles together in the middle to create another large triangle
 - Spread the spinach dip mixture over the base you just created
 - Sprinkle the remaining cheese on top of the spinach dip mixture
 - Place your first large triangle of dough over this
 - Using a pizza cutter, cut from the middle to each edge, about every inch down the triangle (don't slice all the way across; make sure to leave about an inch in the center uncut in order to keep the tree intact)
 - Grab each “slice”, on the left and the right side, and twist it to form a tree shape
6. Bake for about 22 minutes until quite golden brown on top and cooked through on the bottom.
7. Melt butter and stir in garlic salt and seasoning, then brush over breadsticks.
8. Serve warm.

Serving Size: 1 breadstick

Total Servings: 20

Nutritional Facts:

Kcals	71
Fat	4.7g
Carbohydrates	2.9g
Protein	4.9g
Calcium	9%
Vitamin D	7%
Iron	3%
Potassium	2%

Recipe modified from: Autumn. Available at: <https://www.itsalwaysautumn.com/christmas-tree-spinach-dip-breadsticks.html#wprm-recipe-container-18972>. Accessed November 1, 2022.

Bridget Rickey and Maddy Powers

Ham and Cheese Sliders with Poppyseed Dressing

¼ c.	Yellow Mustard
1 tbsp.	Honey
4 tbsp.	Melted Butter
1 tbsp.	Poppy Seeds
¼ c.	Mayonnaise
12	Slider Buns
12	Slices Deli Ham
12	Slices Swiss Cheese

1. Preheat oven to 350 degrees.
2. Line a large baking sheet with parchment paper
3. In a small bowl, combine mustard and honey. Whisk to combine.
4. In a medium bowl, combine butter, poppy seeds, and 1 tablespoon of honey-mustard mixture. Whisk to combine.
5. Split slider buns in half and put bottom half on the baking sheet.
6. Spread mayonnaise in an even layer on the bottom layer of buns.
7. Place 1 piece of ham on every bun.
8. Place 1 piece of cheese on every bun.
9. Spread top buns with honey-mustard mixture.
10. Place top buns on top of cheese layer.
11. Pour poppyseed dressing on tops of buns and spread with a pastry brush if necessary.
12. Place in the oven and bake for 10 minutes.
13. Slice and serve.

Serving Size: 1 Ham and Cheese Slider

Total Servings: 12

Nutritional Facts:

Kcals	312
Fat	18g
Carbohydrates	20g
Protein	16g

Chloe Terry and Ella McKinley

Vegan Cinnamon Chickpea Blondies

1 can (15 oz.)	chickpeas, drained and rinsed well
1/3 c	creamy, no-stir nut butter
1/3 c	maple syrup
1/2 c	Truvia (sugar/stevia mixture)
1/3 c	gluten-free oat flour
¼ tsp.	kosher salt
1 tsp.	baking powder
½ tsp.	baking soda
3 tsp.	cinnamon
1 tsp.	vanilla extract
½ c	non-dairy white chocolate chips

Instructions:

1. Heat oven to 350 F. Line 8x8 pan with parchment paper.
2. Drain chickpeas and rinse under cold water.
3. Combine rinsed chickpeas, nut butter, maple syrup, and vanilla in food processor and process until batter is completely smooth.
4. In large mixing bowl, sift together dry ingredients (sugar, oat flour, baking soda, baking powder, cinnamon, and salt).
5. Add chickpea batter to flour mixture and mix with wooden spoon until smooth. Add white chocolate chips and stir until just combined.
6. Transfer batter to a parchment-lined baking pan and smooth batter until even.
7. Sprinkle with sea salt and extra cinnamon on top.
8. Bake for 25-30 minutes until knife comes out clean and edges are golden brown. The center will be slightly gooey but will firm upon cooling.
9. Wait 10-15 mins to cool before cutting so blondies can set. Cut into 12 equal pieces. Enjoy!

Serving Size: 1/12 of pan or 2x2.5-inch squares

Total Servings: 12

Nutritional Facts:

Kcals	161
Fat	4.9g
Carbohydrates	27.4g
Protein	3.8g
Fiber	3.0g
Cholesterol	0g
Vitamin E	9% DV

Recipe modified from: Cotter, L. Cinnamon chickpea blondies (vegan). Cotter Crunch. Available at: <https://www.cottercrunch.com/vegan-cinnamon-chickpea-blondies/>. Accessed November 10, 2022.

Natalie Clayton & Yunji Kim

Mini Strawberry Shortcakes

For Shortcake

2 cup	almond flour
3 tbsp	unsalted butter
3 tbsp	maple syrup
1 tsp	baking powder
1/8 tsp	salt

For Topping

½ cup	heavy whipping cream
1 tbsp	maple syrup
¼ tsp	vanilla extract
12	whole strawberries
4 tbsp	fresh mint leaves

1. Preheat oven to 350°F
2. Whisk together whole wheat flour, baking powder and salt.
3. Add in melted butter and maple syrup until a cookie dough texture forms.
4. Shape the dough into 24 small circles or cubes and place them on two greased or parchment lined cookie sheets evenly. Bake for 15 to 20 minutes, or until they are golden on the edges.
5. While the cookies are baking start to prepare the whipped cream by pouring the heavy whipping cream, maple syrup, and vanilla extract in a medium sized mixing bowl. Whisk on high speed until medium to stiff peaks form, about 1 minute.
6. Place the whipped cream in fridge to keep cold.
7. Slice strawberries in half and set aside.
8. Remove cookies from oven and let cool. Once they are cool place a dollop of whipped cream, a half a strawberry, and leaf of mint on top. Use a toothpick to hold it all together. Serve immediately.

Serving Size: 1 mini strawberry shortcake

Total Servings: 24

Nutritional Facts:

Kcals	74
Fat	2.6g
Carbohydrates	10.2g
Protein	1.7g
Manganese	27%
Selenium	13%
Vitamin C	9%

Mini Strawberry Shortcake recipe from: Justine Doiron. Available at:

<https://justinesnacks.com/?s=strawberry+shortcake>. Whipped Cream recipe from: Robyn Stone.

Available at:<https://addapinch.com/perfect-whipped-cream-recipe/>. Accessed: Nov 3, 2022.

Claire Nilges and Cassidy Duncan

Cranberry Orange Bread

1 ½ cups	Flour
½ tsp	Salt
1 tsp	Baking powder
1 cup	Sugar
3 each	Zest of large oranges
¾ cup	Buttermilk
½ cup	Olive oil
2 each	Eggs
1 tbsp	Orange juice
½ tsp	Vanilla extract
1 cup	Chopped or halved cranberries

1. Heat oven to 350 F
2. Line loaf pan with parchment paper or grease pan.
3. Combine flour, salt, baking powder, and sugar in a bowl. Set aside.
4. In a separate bowl, whisk together orange zest, buttermilk, oil, eggs, orange juice, and vanilla.
5. Slowly combine dry ingredients bowl with wet ingredients and fold together. Add cranberries into mixture just before it is fully combined and stir until just fully combined.
6. Pour into loaf pan and bake for an hour. They are done when a knife inserted into the middle comes out clean.
7. Remove from pan, cut into 12 equal slices and serve.

Serving Size: 1 slice of bread (3.5 oz)

Total Servings: 12

Nutritional Facts:

Kcals	280
Fat	13g
Carbohydrates	37g
Protein	4g
Vitamin A	3%
Calcium	2%

Recipe modified from: Early, L. Your Cup of Cake. Available at:

<https://www.yourcupofcake.com/easy-orange-cranberry-bread/#comments> Accessed November 3rd, 2022.

Alex Weddle and Cassidy Fontinel

Spicy Tuna Bites

3 tbsp	spicy mayonnaise: see recipe below
2 tsp	soy sauce reduced sodium is preferred
1 tsp	sesame oil
3 tbsp	green onions, thinly sliced
1 tsp	black or white sesame seeds- optional
1 can (5oz)	tuna in water
1	cucumber; cut into slices 1/4 inch thick

Spicy Mayonnaise

1/4 cup	light mayonnaise
1 tbsp	sriracha sauce

Optional Toppings

sriracha
spicy mayonnaise
green onions thinly sliced

1. In a small bowl, mix together the mayonnaise and sriracha sauce until combined.
2. In a medium bowl, mix together 2 tablespoons of the spicy mayonnaise, soy sauce, sesame oil, chili oil, green onions, and sesame seeds until combined.
3. Add in the canned tuna and gently mix together until the tuna is completely coated and mixed together.
4. Add the cucumber slices to a large plate or platter. Spoon the spicy tuna mixture evenly on the cucumbers. You could also serve this spicy tuna on top of rice or wrapped in seaweed.

Optional:

Drizzle more sriracha sauce, spicy mayonnaise, sesame seeds, and green onions on top. Enjoy!

Serving Size: 4 Slices

Total Servings: 4

Nutrition Facts:

Kcals:	121 g
Fat:	7 g
Carbohydrates:	3 g
Protein:	9 g
Fiber:	0.75 g
Vitamin C:	4 mg
Omega 3:	0.45 g
Omega 6:	3.15 g
Potassium:	183 mg

Recipe modified from: <https://kathrynskitchenblog.com/spicy-tuna-bites/>

Kamryn Amstutz & Madi Smith

Baked Panko Green Bean Fries

Fresh Green beans	8 oz
All-purpose Flour	1 cup
Panko breadcrumbs	1 ½ cups
Onion powder	½ teaspoon
Cayenne	¼ teaspoon
Salt	½ teaspoon
Eggs	2 large
Milk	1 tablespoon
Cooking spray	

1. Preheat the oven to 425 degrees F.
2. Spray a large baking pan with cooking spray.
3. Mix the panko, onion powder, cayenne and 1/2 teaspoon salt together in a wide, shallow bowl. Whisk the eggs and milk together in another shallow bowl.
4. Toss the green beans in the flour. Working a few green beans at a time, shake off the excess flour and
5. Dip green beans in the egg. Let the excess egg drip off
6. Toss green beans in the panko, patting firmly so the crumbs adhere.
7. Arrange the breaded green beans in a single layer in the prepared baking pan and spray thoroughly with cooking spray.
8. Bake until golden brown and crisp-tender, about 10 minutes.

Serving Size: 2 oz
Total Servings: 8 oz

Nutrition Facts:
KCAL: 223
Fat: 5g
Carbohydrates: 33g
Protein: 11g

Zack Stow

Tomato Bruschetta with Balsamic Glaze

Baguette

¾ cup	Room temperature water
1 tsp	Active dry yeast
2 tsp	Brown sugar
½ tsp	Salt
1 1/3 cups	Whole-wheat Flour
¾ cup	Bread flour
2 Tbsp	Cornmeal

Tomato Bruschetta

1 cup	Tomatoes, canned or fresh
¼ cup	Red onion, diced (about ¼ red onion)
2 cloves	Garlic, minced
5 leaves	Fresh basil, chopped
2 Tbsp	Olive oil
¼ tsp	Salt
¼ tsp	Ground black pepper

For Assembling:

½ cup	Balsamic vinegar
½ loaf	French baguette, sliced into ½ inch
2 Tbsp	Olive oil
½ tsp	Garlic powder

Baguette:

1. In a medium bowl, mix water and yeast. Add brown sugar, salt and whole wheat flour. Mix well. Slowly add in remaining bread flour, enough to make a dough that follows the spoon around the bowl.
2. Turn dough out onto a lightly floured surface and knead for 4 minutes, adding more flour as needed until the dough is soft and smooth to the touch.
3. Place dough in a medium-sized greased bowl. Turn dough over in a bowl so that the top is also lightly greased.
4. Cover dough with a clean cloth and let rise in warm, draft-free place for 1 hour or until doubled in size.
5. Grease and sprinkle cornmeal over a baking sheet. Punch down dough. Turn dough out onto a lightly floured board and knead for 4 minutes or until the bubbles are out of the bread.
6. Roll out dough into a long rectangle, about 15 inches in length. Roll up dough along the long side. Pinch seams and tuck under ends. Place loaf on a prepared baking sheet.
7. Cover and let rise in warm, draft-free place for 45 minutes or until doubled in size.
8. Use a sharp knife to cut 4 or 5 slashes across the top. Bake bread at 375°F for 25 minutes or until golden brown. Remove bread from the sheet and let cool on a rack.

Tomato Topping:

1. In a medium mixing bowl, add tomatoes, red onion, garlic, basil, olive oil and salt and pepper. Toss to combine and store in the refrigerator for one hour (you don't have to wait this long, but letting the mixture sit in the refrigerator will help bring out the flavors).
2. Preheat the oven to 350 degrees. In a small bowl combine olive oil and garlic powder. Brush the top side of each of the baguette slices with olive oil mixture. Place the slices onto a baking sheet and toast for 10 minutes until light golden brown.

Assemble Bruschetta:

1. Top each toasted slice with a spoonful of the tomato mixture. Drizzle the balsamic glaze and serve.

Serving Size: 1 slice

Total Servings: 12

Nutrition Facts:

Kcal: 140

Fat: 5 g

Carbohydrates: 20.5 g

Protein: 3.2 g

Sodium: 127 mg

Fiber 2:

B3 (Niacin): 1.59 mg

Folate: 34.83 μ g

Bread recipe from: Yetter, E. The Spruce Eats. Available at:

<https://www.thespruceeats.com/whole-wheat-french-bread-427516>. Accessed November 11, 2022.

Bruschetta recipe modified from: Ahead of Thyme. Available at:

<https://www.aheadofthyme.com/2016/09/easy-tomato-bruschetta-with-balsamic-glaze/#tasty-recipes-5249-jump-target>. Accessed November 10, 2022.

Ashley Guldan and Madison Borden

Caprese Stuffed Mushrooms

4 cloves	garlic
4 tablespoons	unsalted butter
2 tablespoon	fresh chopped parsley
1, 8 oz package	whole baby portabella mushrooms
1, 8 oz package	fresh mozzarella pearls
1 cup	cherry tomatoes
½ cup	balsamic vinegar
4 teaspoons	brown sugar (optional)
2 tablespoon	fresh chopped basil (optional for garnish)
To taste	salt

Instructions for mushroom caps:

1. Preheat your oven's broiler on high heat
2. Slice the cherry tomatoes and mozzarella pearls in half
3. Combine garlic, butter, and parsley in a microwave safe bowl and melt the butter, about 25 seconds
4. Brush the bottoms and inside of each mushroom with garlic butter
5. Place the mushrooms bottom side down on a baking sheet.
6. Fill each mushroom with mozzarella slices and tomatoes
7. Broil the mushrooms until cheese is melted and golden, about 8 minutes
8. After taking the mushrooms out of the oven, top with balsamic vinegar glaze, fresh basil, and salt to taste

Instructions for balsamic glaze:

1. While mushrooms are in the oven, combine brown sugar and balsamic vinegar in small saucepan over high heat and bring to a boil
2. Reduce heat to low and allow to simmer for about 5 minutes or until mixture has reduced to a glaze. If you're not using sugar, reduce for 12-15 minutes

Serving size: 1 mushroom cap

Total servings: 5

Nutritional Facts:

Calories:	101kcal
Fat:	5g
Cholesterol:	12mg
Sodium:	58mg
Carbohydrates:	12g
Added sugar:	10g
Protein:	2g
Vitamin A:	10%
Iron:	0.5mg
Potassium:	377mg

Recipe modified from: Carrel Karina. Café Delights. Available at:

<https://cafedelites.com/caprese-stuffed-garlic-butter-portobellos/#recipe>. Accessed Nov 3, 2022.

Sarah Lashly & Anna Howe

Crispy Smashed Potatoes and Vegan Green Goddess Dressing

Ingredients:

For the Potatoes:

6	Yukon golden potatoes
2 tsp	Coarse salt
½ tsp	Garlic powder
To taste	Cracked black pepper
2 tbsp	Olive oil
1 tbsp	Honey
2 tbsp	Minced Dill

For the Vegan Green Goddess Dressing:

¼ cup	Parsley
¼ cup	Cilantro
½	Avocado
3	Cloves garlic
½ cup	Water
2 tbsp	Raw cashews
½ tsp	Seasalt

Instructions

Yukon Golden Potatoes

1. Preheat oven to 400F
2. Prep baking sheet with aluminum foil
3. Bring salted water to a boil, and simmer potatoes on low heat for 30 minutes, or until easily broken with a fork
4. Combined 2 TBSP of olive oil, 1 TBSP honey, 2 pinches of dill, fresh pepper flakes, and coarse salt for later use
4. Drain liquid from yukon potatoes
5. Transfer potatoes onto a baking sheet, leaving at least a 1-inch distance between the potatoes
6. Slice halfway through each potato with a butter knife
7. Use the bottom of a cup to smash the potatoes flat, like a patty
8. Brush on a mixture of olive oil, honey, dill, fresh pepper flakes, and coarse salt
9. Place the baking sheet back in the oven for 30-40 minutes until the potatoes are crispy on the outside and fluffy on the inside
10. Add extra salt if desired
11. While potatoes cook for the second time prepare the green goddess dressing

Green Goddess Dressing

Add all ingredients into a blender, and blend till smooth

For a nut-free alternative, use sunflower seeds, tahini, or tofu. The cashews do not contribute to the taste, but they help create a creamy texture

If you do not like cilantro no worries! Substitute with spinach, chives, garlic, or more parsley

To stop the leftover avocado from going brown, freeze it for later use.

Add fresh jalapeno to add spice

This dressing also pairs well with salads, wraps, and sandwiches!

Nutritional Facts:

Serving Size: 2 potatoes

For the potatoes:

Kcals	360.5
Fat	8.1 g
Carbohydrates	66 g
Protein	9.2 g
Vitamin A	6.8 IU
Calcium	42.2 mg

For the dressing:

Total Servings: 6

Kcals	48.5
Fat	3.9 g
Carbohydrates	3.1 g
Protein	1.1 g
Vitamin A	280.2 IU
Calcium	10.6 mg

High in vitamin A and calcium

Recipe from plantyou.com

Brianna Hamm and Mai Elaraby

Crustless Jalapeno Mini Quiches

6 each	Large eggs
½ cup	Chopped broccoli, fresh
½ cup	Chopped red pepper, fresh
¼ cup	Chopped jalapenos (deseeded), fresh
½ cup	Chopped red onion
¼ cup	Grated cheddar cheese
2 Tbsp	Soy milk
1 Tbsp	Olive oil

To taste: salt and pepper

1. Heat oven to 350 F
2. Prepare all vegetables by chopping as small as possible. Whisk together eggs, vegetables, cheese, and milk in a large bowl.
3. Grease mini muffin cups with olive oil and carefully pour egg mixture into the cups.
4. Bake at 350 F for 25 minutes. You will know they are done when a knife or toothpick comes out clean when inserted in the middle of the quiche.
5. Let cool on a drying rack before serving.

Serving Size: 1 mini-quiche

Total Servings: 24

Nutritional Facts:

Kcals	33
Fat	2g
Carbohydrates	1g
Protein	2g
Fiber	1g
Vitamin C	13%
Vitamin K	4%
Vitamin D	3%
Selenium	6%
Calcium	2%

Recipe modified from: Stinson, T. The Girl on Bloor. Available at:
<https://thegirlonbloor.com/crustless-mini-quiches>. Accessed November 04, 2022.

Brooke Enos and Khloe Farmer

Mini Avocado Brownie Bites

2 each	Avocados, ripe
2/3 cup	Coconut sugar
2 each	Eggs
2 tsp	Vanilla extract
½ cup	Unsweetened cocoa powder
½ cup	Whole-wheat pastry flour
½ tsp	Salt
Cooking Spray	
¾ cup	Plain 2% reduced-fat Greek yogurt
½ cup	Fresh raspberries
Optional:	Dark chocolate shavings

1. Preheat oven to 350°F.
2. Place avocado and coconut sugar in a high-power food processor; process until creamy. Add eggs and vanilla; process until smooth for about 20 seconds. Add cocoa powder, pastry flour, and salt; process until smooth for about 20 seconds.
3. Lightly spray a 24-cup mini-muffin tin pan with cooking spray. Spoon brownie batter evenly into 18 slots of 24-cup mini muffin pan. Bake for 17-18 minutes. Place pan on a wire cooling rack until cool enough to handle. Remove brownies bites from muffin tin and let cool completely.
4. Top each brownie bite with 2 teaspoons Greek yogurt and 1 raspberry. Add dark chocolate shavings, if desired.
5. Refrigerate until ready to serve.

Serving Size: 2 mini bites
Total Servings: 9

Nutritional Facts:

Kcals	186
Fat	7g
Monounsaturated	5g
Polyunsaturated	1g
Carbohydrates	26g
Protein	6g
Fiber	5g

Recipe modified from: Vespa J. Mini Avocado Brownie Bites. *CookingLight*. Available at: <https://www.cookinglight.com/recipes/mini-avocado-brownie-bites>. Accessed November 3, 2022.

Emma Skornia and Ashlyn Ooi