



**RECIPES FOR
SELF-LOVE**

DTN 340 Cooking Demonstrations
Spring 2024
Nutrition and Dietetics Program

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Recipes for Self-Love
Spring 2024, DTN 340 Cooking Demonstrations

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Blueberry and Pomegranate Bruschetta

Ingredients:

The baguette

2 French baguette, cut into ½ inch slices

1 tablespoons olive oil, salt and pepper

Fruit mix

2 cup pomegranate aerals (can be fresh or from container)

4 teaspoons honey

2 tablespoon chopped mint leaves (fresh)

3 teaspoon orange zest (1 fresh orange)

2 cup fresh blueberries

Savory spread

2 cup plain Greek yogurt

1 cup feta cheese (crumbled)

Directions:

1. In a small-medium mixing bowl, add pomegranate aerals, mint, orange zest, honey and stir to combine. Let sit in the refrigerator for at least 1 hour or until ready to use.
2. Preheat oven to 375 degrees F. Lightly brush both sides of bread with olive oil and sprinkle with salt and pepper. Transfer bread to two baking sheets and bake for 8-10 minutes, flipping slices over halfway through.
3. In a medium mixing bowl, blend goat cheese and yogurt together using a hand mixer.
4. Remove pomegranate mixture from refrigerator and fold in wild blueberries.
5. To assemble the baguettes, spread yogurt mixture on top of bread (approximately 1 tablespoon) and add a spoonful of fruit mixture over top (being careful to avoid juices at the bottom of the bowl). Serve immediately.
6. *Optional:* Garnish with orange zest and mint.

Total Servings: 48

Serving Size: 1 slice

Nutrition Facts: For 1 serving (1 slice): 67 calories, 3 g protein, 3 g fat

Source: The Foodie Dietitian

Bailey Belcher

Rainbow Salad

Ingredients:

2 cans (15 oz.)	Black beans, rinsed and well-drained
½ cup	Red onion, finely chopped
1	Green bell pepper, diced
1	Orange bell pepper, diced
1 cup	Cherry tomatoes, halved
2 cups	Frozen corn, thawed and well-drained
¾ cup	Fresh cilantro, chopped
12 leaves	Romaine lettuce (for serving)
½ cup	Toasted pumpkin seeds (optional garnish)

Dressing:

2 T	Rice vinegar
2 T	Apple cider vinegar
1	Lime, juiced (approximately 2 T)
2 cloves	Garlic, minced
2 t	Cumin
1 t	Coriander
½ t	Crushed red pepper flakes

Directions:

1. Combine salad ingredients in a large bowl.
2. Whisk dressing ingredients together in a small bowl and pour over salad.
3. Toss gently to mix.
4. Serve on a leaf of romaine lettuce. Garnish with toasted pumpkin seeds if desired.

Variations: This salad also makes a great filling for wraps. Leftovers can be blended with eggs, egg substitute, or tofu and baked into a flavorful frittata.

Total servings: 12

Serving size: ¾ cup

Nutrition Facts: 110 calories, 1 g fat, 22 g carbohydrate, 6 g protein, 11% iron, 29% fiber

Source: The Peaceful Palate by Jennifer Raymond

Greek Whipped Feta Dip

Ingredients:

12oz blocked quality feta, drained
1 cup Greek yogurt
8 oz block cream cheese
1 lemon, zested
2 tablespoons extra virgin olive oil
1 teaspoon red pepper flakes
2 tablespoons fresh chopped dill
½ cup chopped cucumbers
½ cup chopped tomatoes
¼ cup chopped green olives
Pita chips for dipping

Directions:

1. In the bowl of a large food processor fitted with a blade, combine the feta, Greek yogurt, cream cheese, oil and lemon zest until fluffy and combined. Season with salt.
2. Transfer the whipped feta to a serving plate. Fold in tomatoes, olives, cucumbers and dill. With the back of your spoon, smooth the top of the feta, making an indentation in the middle (or a “well”). Pour a bit of olive oil all over the feta and top with red pepper flakes and dill.
3. Serve with pita chips

Total Servings: 8

Nutrition Facts:

Calories: 334
Protein: 11 g
Fat: 28.5 g
Carbohydrates: 9 g
Calcium 267.25 mg
Potassium 122 mg

Source: Delish.com

Jenna McVey

Stuffed Mushrooms

Ingredients:

16 oz medium sized baby bella mushrooms
3 tbsp. olive oil.
1 shallot.
2 t minced garlic
1 tbsp minced fresh cilantro
4 oz cream cheese
1 egg
¼ cup breadcrumbs
½ cup fresh grated Parmesan cheese
Salt and pepper to taste
2 tbsp fresh grated Parmesan cheese for topping (optional).

Directions:

1. Preheat oven to 350° and grease a baking dish.
2. Rinse and dry mushrooms with a paper towel.
3. Pop the stems off the caps and toss dried caps in olive oil. Save stems for stuffing. Set mushrooms aside while you make the stuffing.
4. Preheat a small cooking pan and 1 tbsp of olive oil.
5. Dice shallot and mushroom stems and sauté until tender. Add minced garlic and saute.
6. Remove from heat. Add cream cheese, breadcrumbs, parmesan cheese, cilantro, egg, salt, and pepper. Mix.
7. Place mushroom caps into the baking dish. Carefully fill each cap stuffing mixture, pressing down lightly.
8. Bake stuffed mushrooms for 20 minutes making sure that the mushrooms are tender and golden brown on top.
9. Sprinkle the mushrooms with fresh grated parmesan cheese, if desired, and serve.

Total servings: 4 servings

Serving size: 3 stuffed mushrooms.

Nutrition Facts: 325 calories, 13 g carbohydrate, 12 g protein, XX g fat, good source of Vitamin A

Source: Will Cook for Smiles

Catherin Velazquez

Spring rolls

Ingredients:

For the roll:

1	Pack of ricer paper (20-30 papers)
2lb	Pork shoulder
Dash	Vinegar and 2 slices fresh ginger
30	Shrimp, frozen
1	Pack rice vermicelli noodles
1	Whole cabbage
1	Bunch of Thai basil
2	Cucumbers

For the sauce:

1	Hoisin bottle
¼ cup	Crushed peanut
2 oz	Water
¼ cup	Sugar
1Tbsp	Chili paste

Directions:

1. Bring water to boiling and cook shrimp then rewash with cool water after cooked and slice all in half
2. Bring water to boiling to cook pork shoulder, this time add a dash of salt, vinegar, and 2 slices fresh ginger. Boil approximately 30 minutes. Then, rewash the meat and slice into thin slices.
3. Bring water to boiling, add rice vermicelli noodles and set time according to the instructions. When cooked, put noodle into cold water and rest for 30 seconds then drain out water to let it dry.
4. Making sauce: add hoisin, sugar, water in a pot with medium heat until the sauce bubbles, turn off and serve into a bowl. Chili paste and crushed peanut is optional preference which set on the side.
5. Prepare a big bowl size of clean water, quickly wet the whole rice paper. Set the paper on a flat surface, and start with cabbage, noodle, basil, cucumber, sliced pork, then shrimp. Roll it up, like a burrito for example, and serve with hoisin peanut sauce for dipping.

Servings: 20 rolls

Serving Size: 1 roll

Nutrition Facts: 145 calories, 2 g fat, 19g carb, 9g protein, 2g fiber, 14% Vitamin A

Nhut Dang

Grandpa's Cheddar, Bacon & Veggie Quiche

Ingredients:

2 cups spinach
¼ of a white or yellow onion
6 pieces of thick cut bacon
3 Eggs
½ cup almond milk
½ cup Greek yogurt
1 teaspoon of cornstarch
1 teaspoon baking powder
1 cup of cheddar cheese
2 tablespoons of diced green onion
1 (9") Pie Crust

Directions:

1. Preheat the oven to 350 degrees
2. Sautee spinach and onion together in a pan
3. Cook the bacon and pat dry
4. Combine the eggs, almond milk, Greek yogurt, and cornstarch into a mixing bowl and mix
5. Add cooked bacon and sauteed onion and spinach in the mixture
6. Add in the cheese and chopped green onion
7. Put mixture into an unbaked pie crust
8. Bake at 350 degrees for 40-60 min, or until cooked fully through (I put this on a cookie sheet in case of spill over)
9. Let cool for 10-15 minutes then enjoy!

Total Servings: 8 pieces

Serving Size: 1 slice

Nutrition Facts: 235 calories, 10g protein, 9g fat, 5 g carbs, 25% Vitamin B12, 13% Calcium

Source: my Great Grandpa Leo Steffens

Skyler Soto

Mediterranean Pasta Salad

Ingredients:

1 package (16 oz)	Rotini protein pasta
½	Large red onion, diced
1	Medium cucumbers, diced
2 cups	Cherry tomatoes, cut in half
¼ cup	Roasted red peppers, diced
1 cup	Shredded Parmesan cheese
¼ cup	Kalamata olives, halved
¼ cup	Olive oil
¼ cup	Balsamic vinegar
2 Tbsp	Lemon juice
2 Tsp	Italian seasoning
To taste	Salt and pepper

Directions:

1. Cook the pasta according to package instructions until al dente. Drain and rinse well under cold water.
2. In a large bowl, combine the cooked pasta, cucumber, cherry tomatoes, Kalamata olives, Parmesan cheese, red onion, and roasted red peppers.
3. In a small bowl, whisk together the olive oil, lemon juice, balsamic vinegar, Italian seasoning, salt, and pepper.
4. Pour the dressing over the pasta salad and toss until well combined.
5. Serve chilled or at room temperature.

Total Servings: 8

Serving Size: 1 cup of pasta

Nutrition Facts: 340 calories, 12g fat, 41 g carbs, 16 g protein, 6 g fiber, 20% calcium, 50% Thiamine

Source: Lorrie Brown

Gabrielle Borup

Strawberry Spinach Salad

Ingredients:

Salad:

1 package (10 oz)	Baby spinach fresh
3 cups	Strawberries cleaned and hulled, sliced
1 cup	Blueberries
1/3 cup	Feta Cheese crumbled
1 cup	Pecans toasted, some chopped

Dressing:

2 Tbsp.	Balsamic vinegar
¼ cup	Sliced strawberries
3 Tbsp.	Extra virgin olive oil
1 Tbsp.	Fresh lemon juice
2 Tsp.	Honey or maple syrup
To taste	Salt

1. Combine spinach, strawberries (sliced), blueberries, and crumbled feta cheese into a large mixing bowl. Toss to combine.
2. Divide the salad into individual serving bowls.
3. Top each bowl with chopped pecans.
4. For dressing: combine balsamic vinegar, sliced strawberries extra virgin olive oil, fresh lemon juice, honey, and add salt to taste into a blender until smooth and creamy.
5. Drizzle each bowl with the dressing and toss once more.
6. Hand out each bowl for individual salads and enjoy!

Total Servings: 6

Serving Size: 1 cup

Nutrition Facts: 265 calories, 14g fat, 32g carbohydrate, 5 g protein, 90% Vitamin A, 70% Vitamin C, 13% Calcium

Source: Julia's Album and Karen Tedesco

Josie Fitzwater

Nourish Bowl with Bitter-Balsamic Chocolate Glaze

Ingredients:

For Nourish Bowl:

4-5	medium sweet potatoes
1	bag frozen brussels sprouts
1	bag frozen cauliflower
1	can garbanzo beans/chickpeas
2 Tbsp	canola oil
1 tsp	salt
1 tsp	pepper

For Bitter-Balsamic Chocolate Glaze:

½ cup	Balsamic Vinegar
½ oz	85% dark chocolate
½ tsp	honey
Pinch of salt	

Directions:

Nourish Bowl

1. Preheat air fryer to 350°F
2. Rinse sweet potatoes, pat dry, and chop into cubes
3. Individually, heat frozen brussels sprouts and cauliflower in the microwave for 5 minutes
4. In a bowl, add the chopped sweet potatoes, brussels sprouts, cauliflower, ½ Tbsp oil, ½ tsp salt, and ½ tsp pepper and mix
5. Add to a medium/large air fryer for 20-25 minutes or until slightly charred or desired texture
6. Using a colander, drain and rinse the garbanzo beans/chickpeas then toss with ½ T oil and sprinkle with salt and pepper. Air fry 10-15 minutes until golden brown.

Bitter-Balsamic Chocolate Glaze

1. Measure balsamic vinegar and pour into a small saucepan
2. Simmer over medium-low heat until reduced to about ¼ cup
3. Remove balsamic vinegar from heat, add chocolate, let stand 30 seconds, then mix with spatula
4. Once the chocolate has melted completely and syrup is smooth, add honey and salt and mix well. Drizzle over bowls

Total Servings: 4-6

Serving Size: ½ cup veggies and chickpeas, 2 T glaze

Nutrition Facts: 210 calories, 15g carbs, 9g protein, 5g fat

Source: Theo Chocolate
Kerry Curran

Chicken Gnocchi Soup

Ingredients:

2 cups	Cooked chicken, shredded
2 stalks	Chopped celery
½ cup	Diced white onion
2 teaspoons	Minced garlic (or 1 t garlic powder)
1 cup	Shredded carrots
1 tablespoon	Olive oil
4 cups	Low sodium chicken broth
1 teaspoon	Thyme
1 package (16 oz)	Potato gnocchi
1 cup	Whole milk
1 cup	Chopped spinach
To taste	Salt and pepper

Directions:

1. Cook and shred chicken (may use rotisserie chicken to ease prep) and set to the side
2. Heat olive oil in a large pot and sauté celery, onions, and carrots for about 2-3 minutes.
3. Add chicken broth, chicken, salt/pepper, and thyme and bring to a boil.
4. Add gnocchi and simmer 3-4 minutes.
5. Stir in milk and chopped spinach. Cook another 1-2 minutes until spinach is tender.
6. Add salt and pepper to taste and serve.

Total servings: 6

Serving size: 1 cup of soup

Nutrition facts: 470 calories, 34 g carbohydrates, 42 g protein, 20 g fat

Source: Le Crème De La Crumb

Joy Neuschwander

Cheeseburger Soup

Ingredients:

1/2 pound lean ground beef
1 tablespoon unsalted butter
1 medium onion, chopped
2 medium carrots, chopped
2 celery stalks, chopped
2 garlic cloves, minced
2 tablespoons all-purpose flour, wheat or gluten-free*
½ teaspoon kosher salt
½ Freshly ground black pepper
3 ½ cups low sodium chicken broth
10 ounces Yukon Gold potatoes, 2 medium peeled and finely diced
1 12-ounce wedge cauliflower (1/4 of a large head), stem attached.
1 ¾ cups shredded 2% shredded cheese.
Chopped dill pickles, for garnish
2 tablespoons chopped scallions, for garnish

Directions:

1. Sauté beef in a pan until cooked through, drain grease, and put aside in a bowl.
2. In a soup pot, add butter, onion, carrots, celery, and garlic. Cook until softened (about 5 minutes).
3. Add flour, salt, and pepper and stir for 1 minute to cook flour.
4. Add the beef, chicken broth, potatoes, and cauliflower stalk to the pot.
5. Bring to a boil then cover the pot and reduce the heat to a simmer until the potatoes and cauliflower are tender (25 to 30 minutes)
6. Transfer the cauliflower and 1 cup of the liquid to a blender and blend until smooth.
7. Stir this puree back into the soup.
8. Stir in cheddar cheese and garnish with chopped pickles and scallions.
9. Enjoy!

Total Servings: 6 servings

Serving Size: 1 cup

Nutrition Facts: 255 calories, 20 g protein, 19g carbs, 11.5g fat, 13% iron

Source: Skinnytaste

Crunch Wrap Supreme

Ingredients:

4 tablespoons extra virgin olive oil
2 pounds of ground turkey
1 white onion, chopped
2 packages low sodium taco seasoning
1 can chipotle peppers, chopped
Salt and pepper to taste

Assembling:

12 corn tortillas
1 cup each cheddar and Monterey jack, shredded
12 large whole wheat tortillas
12 mini taco size whole wheat tortillas
2/3 cup plain Greek yogurt.
4 cups shredded romaine lettuce.
2 cups cherry tomatoes
Fresh cilantro, limes, avocado

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a large skillet, heat the olive over high heat and cook ground meat and onion. Sprinkle with package of low sodium taco seasoning. Add $\frac{3}{4}$ cup water. Reduce the heat to medium and simmer until the sauce has thickened, about 10 minutes. Remove from the heat.
3. Meanwhile, make the tostadas. Line the corn tortillas up on a sheet pan and rub lightly with olive oil. Transfer to the oven and bake for 6 minutes. Flip, and bake another 4-5 minutes, until crisped. While warm, sprinkle with salt and lime zest. Or, you may choose to make your own "Doritos" by sprinkling with taco seasoning.
4. To assemble, warm a large tortilla for 20 seconds in the microwave. Lay flat on a surface. In the center, layer the meat, a sprinkle of cheddar, a sprinkle of Monterey Jack, and chopped chipotle peppers. Add 1 crisped tostada on top, spread the tortilla on top, then fold the edges of the large tortilla in, pressing to seal. Repeat with the remaining wraps.
5. Heat a drizzle of olive oil in the skillet, add 1 crunch wrap, and cook 2-3 minutes per side until crisp and golden brown. Serve warm with any number of desired toppings, avocado, hot sauce, yogurt, cilantro, salsa, or whatever you love!

Total Servings: 12

Serving Size: 1 Crunch Wrap

Nutrition Facts: 675 calories, 39 g fat, 70 g carbs, 15 g protein, 17 g fiber, 5 mg iron, 160 mg calcium

Source: Half Baked Harvest

Keliana Sewell

Olive Oil Brownies

Ingredients:

4 ounces unsweetened chocolate, chopped
8 tablespoons olive oil, extra-virgin or regular
1 3/4 cups granulated sugar
1/4 cup unsweetened dutch-process cocoa powder
1/2 teaspoon kosher salt
1 teaspoon instant espresso
3 large eggs
1 tablespoon vanilla extract
2/3 cup whole-wheat pastry flour
1/4 cup sliced almonds, finely chopped
Pinches of flaky salt to finish

Directions:

1. Heat oven to 350°F.
2. Line an 8x8-inch square baking pan with parchment paper, extending it up the sides. Coat any sides or corners of the pan left exposed with nonstick spray.
3. Place chocolate and olive oil in a large bowl and melt it most of the way over gently simmering water or in a microwave in 30-second bursts.
4. Off the heat, whisk until smooth and fully melted.
5. Whisk in sugar, cocoa, salt and espresso until combined.
6. Whisk in eggs, one at a time, followed by vanilla.
7. Stir in flour and scrape batter into prepared pan, spread until even. Sprinkle evenly with almonds then sprinkle lightly with flaky salt. Bake for 34 minutes.
8. Allow to cool in pan for at least 10 minutes. Use sling to gently lift brownies from pan and cool completely before cutting into squares.

Total Servings: 16

Serving Size: 1 brownie

Nutrition Facts: 265 calories, 17g fat, 27g carbs, 3g protein, 8% iron, 10% Vitamin E

Source: Smitten Kitchen

Chocolate Strawberry Protein Balls

Ingredients:

Roughly 1 ¼ cup	Rolled oats (quantity varies with texture preference)
¼ cup	Chia seeds
¾ cup	Crushed freeze-dried strawberries
¼ cup	Chocolate flavored protein powder (whey or plant-based)
1 pinch	Salt
½ cup	Cashew butter
¼ cup	Honey
2 teaspoons	Vanilla extract
¼ cup	Chopped dark chocolate

Directions:

1. In a large bowl mix together oats, chia seeds, crushed freeze-dried strawberries, protein powder, and salt.
2. Once the dry ingredients are combined, add in cashew butter, honey, and vanilla extract until fully combined.
3. Mix in dark chocolate. If the mixture is too sticky, add more oats; if the mixture is too dry, add more honey or cashew butter.
4. Line a tray with parchment paper and set aside.
5. Using clean hands roll the mixture into 12 even balls and set on the parchment paper lined tray. Place the tray in the refrigerator for 20 minutes to let the protein balls firm up.
6. Once the desired firmness is reached the protein balls are ready to be served.

Total Servings: 12

Serving Size: 1 protein ball

Nutrition Facts: 200 calories, 8 g fat, 23g carbs, 12g protein, 16% fiber, 13% iron

Hallie Tucker

Chocolate Cherry Brownies

Ingredients:

4 oz	Chopped bittersweet chocolate
¾ cup	Salted butter, cut into chunks
½ cup	Unsweetened cocoa powder
1 cup	Granulated sugar
½ cup	Light brown sugar
3	Large eggs
2 tsp	Vanilla extract
¾ cup	All-purpose flour
½ tsp	Salt
1 cup	Chocolate chips
1 ⅓ cup	Fresh cherries, pits removed, and halved

Directions:

1. Preheat the oven to 350 degrees. Line a 9x9-inch baking dish with parchment paper or spray with oil. Set aside.
2. In a large microwave-safe bowl, combine bittersweet chocolate and butter. Microwave on high for 20-20 second intervals, stirring well in between each heat until fully melted and smooth. Then whisk in cocoa powder.
3. Add the granulated sugar and brown sugar, whisking well to combine. Add eggs and vanilla extract, beat well with a whisk or electric mixer.
4. Slowly add flour and salt into brownie batter and gently stir with a wooden spoon or spatula.
5. Fold in chocolate chips and cherries. Pour brownie batter into the prepared baking dish and spread evenly. The batter will be thick.
6. Bake for 30-35 minutes, until a toothpick inserted into the center of brownies comes out mostly clean. Do not over-bake.
7. Once baked, sprinkle a few chocolate chips and cherries on top as desired. Allow brownies to cool fully before cutting. Store in an airtight container for up to 7 days at room temperature or a refrigerator.

Total Servings : 16

Serving Size : 1 square (76 g)

Nutrition Facts : 295 calories, 16 g fat, 27 g carbohydrate, 3.5 g protein

Source: Imperial Sugar

Amara Smith

Double Chocolate Zucchini Muffins

Ingredients:

¾ cup	Granulated sugar
½ cup	Buttermilk or half sour cream/half milk
¼ cup	Melted butter or vegetable oil
2	Large eggs
1 teaspoon	Vanilla extract
1 cup	Whole wheat flour or all-purpose flour
½ cup	Unsweetened cocoa powder
1 teaspoon	Baking soda
½ teaspoon	Salt
¼ teaspoon	Baking powder
1 ½ cups	Shredded zucchini
1 ½ cups	Dark chocolate chips
Optional:	½ cup Chopped pumpkin seeds

Instructions:

1. Preheat the oven to 350 degrees F. (if using dark coated muffin tins, preheat to 325 degrees F.) Add liners to 12-cup muffin tin or spray muffin cups with nonstick cooking spray. Set aside.
2. In a large bowl, whisk together the granulated sugar, buttermilk (or sour cream/milk), oil or butter, eggs, and vanilla until well-combined. Add the flour, cocoa powder, baking soda, salt, and baking powder. Stir until just combined and a few dry streaks remain.
3. Lightly squeeze zucchini over the sink by handfuls to wring out excess water. Add to the bowl with the chocolate chips. Stir until the zucchini and chocolate chips are evenly mixed (but try not to over mix or the muffins might be dense instead of light and fluffy).
4. Portion the batter evenly into the muffin tin, filling the cups about 2/3 full.
5. If desired, sprinkle chopped pumpkin seeds on top for an added crunch.
6. Bake for 17-19 minutes until the tops spring back lightly to the touch. Let the muffins cool for 2-3 minutes in the pan before removing them to a wire rack to cool completely.

Total Servings: 12 muffins

Serving Size: 1 muffin

Nutrition Facts: 218 calories, 10g fat, 32g carbohydrate, 3g protein, good source of magnesium

Source: Mel's Kitchen Café

Simoriah Longhorn

No-Bake Peanut Butter Cups

Ingredients:

Chocolate Mixture:

1/3 cup	Coconut oil
1/3 cup	Peanut butter (natural or creamy)
1/3 cup	Pure maple syrup
1/3 cup	Cocoa powder
1/2 teaspoon	Vanilla extract
3/4 cup	Quick oats
Pinch	Salt

PB mixture:

1/3 cup	Peanut butter (natural or creamy)
1 tablespoon	Pure maple syrup
1/2 to 1 tablespoon	Coconut oil
Option:	Raspberries

1. Line a 12-cup muffin tin with muffin liners.
2. For the chocolate mixture, in a medium microwave-safe bowl, add the coconut oil, peanut butter, maple syrup, and cocoa powder. Microwave for 30-45 seconds, stir, and continue cooking in 20 second intervals until the mixture is melted and smooth.
3. Stir in the vanilla, salt and oats (the mixture may be runny; that's ok). Scoop the mixture evenly into the bottom of the muffin liners. Refrigerate while making the peanut butter topping.
4. For the peanut butter mixture, in a small microwave-safe bowl, add the peanut butter, maple syrup and coconut oil. Microwave until melted and smooth (don't overheat).
5. Scoop the peanut butter mixture on the top of the chocolate mixture (it's ok if the chocolate layer isn't fully set up).
6. Refrigerate until set up, about an hour. Keep refrigerated and serve chilled.

PB & Jelly variation: Mash up some raspberries and add a little on top of the chocolate then add the peanut butter.

Total Servings: 12

Serving Size: 1 PB cup

Nutrition Facts: 215 calories, 18g fat, 13g carbs, 4g protein, 12% iron, 12% fiber

Source: Mel's Kitchen Café

Cherry Mocktail

Ingredients:

½ cup	Tart cherry juice
½ cup	Lime-flavored sparkling water
1oz	Lime juice
1	Lime wedge/slice

Directions:

1. Fill glass up with ice cubes
2. Pour ½ cup of tart cherry juice into the glass
3. Top with ½ cup of lime sparkling water
4. Add 1 oz of lime juice
5. Stir and place lime wedge on the rim

Total Servings : 1

Serving size : 1 cup

Nutrition Facts : 90 calories, 1 g fat, 22 g carbohydrate, good source of Vit C and antioxidants

Source: A Life Delicious

Amara Smith