

Marshmallow Pops

Ingredients:

24 large marshmallows

24 wooden skewers

8 ounces semisweet chocolate, melted

$\frac{1}{2}$ cup multicolored sprinkles

$\frac{1}{2}$ cup chocolate sprinkles

$\frac{1}{2}$ cup chopped peanuts

$\frac{1}{2}$ cup coconut

$\frac{1}{2}$ cup mini white chocolate chips

Instructions:

- 1) Thread one marshmallow onto each skewer.
- 2) Place on baking sheet and freeze until firm - 10 - 15 minutes. (For marshmallow "kebabs", place up to 4 marshmallows on the skewer).
- 3) Put chocolate in a microwave safe bowl and place in microwave for 30 seconds, stir and put in for another 30 seconds.
- 4) Coat each marshmallow with the melted chocolate, spreading evenly.
- 5) On top of wax paper, sprinkle desired coating over one side of each marshmallow and refreeze, plain chocolate side down. Marshmallows are ready to eat after 30 minutes



Peanut Butter & Jelly Surprise Muffins

Ingredients:

1-3/4 cups all-purpose flour
1/3 cup sugar
2-1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup creamy peanut butter
1 large egg
3/4 cup milk or soy milk
1/3 cup butter or margarine, melted
1/2 cup strawberry, raspberry or grape jelly

Instructions:

- 1) Preheat the oven to 375 degrees.
- 2) Line a 12 muffin tin with muffin papers.
- 3) In a large bowl, combine the flour, sugar, baking powder, and salt.
- 4) In another bowl, mix the peanut butter with the egg. Add the milk, a little at a time; then mix in the butter.
- 5) Pour the wet batter into the bowl with the dry ingredients and stir gently to combine. The batter will be stiff.
- 6) Put a heaping tablespoon of batter in the bottom of each muffin cup. Use a finger to make an indentation in the center and put a teaspoon of jelly in the hole.
- 7) Cover with another heaping tablespoon of batter or enough to fill each cup about 2/3 full. Spread the batter gently until no jelly is visible.

8) Bake for 20 minutes; then turn the muffins onto a wire rack to cool for at least 10 minutes.

Be careful: the jelly centers can get hot.



Cauliflower Popcorn

Ingredients:

2 heads cauliflower, cut into medium-sized florets, stems discarded

1 teaspoon fine sea salt

2 teaspoons sugar

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

1/2 teaspoon paprika

1/4-1/2 teaspoon turmeric

6-8 tablespoon olive oil

Instructions:

1) Preheat oven to 450 degrees F.

2) Line a jelly-roll pan or baking sheet with parchment paper.

3) In a large ziploc bag, combine the salt, sugar, onion powder, garlic powder, paprika, turmeric, and oil. Add cauliflower florets and shake to evenly coat.

4) Place in a single layer on the prepared sheet.

5) Roast, uncovered, for 30-35 minutes, until the largest pieces can be pierced with a fork.

If the tops begin to become too brown, toss the cauliflower during the baking process.



Animal Face Toast

Ingredients:

1 slice sandwich bread

1 banana, sliced into desired shape

1-2 strawberries, sliced into desired shape

fresh blueberries

1 tablespoon (per piece) nut or seed butter

whipped cream

Instructions:

1. Toast bread.
2. Add necessary toppings to create your favorite animal face such as owls, bears, cats, monkeys, foxes and pigs.



Cereal Bars

Ingredients:

1/2 cup honey

1/2 cup smooth peanut butter (or any nut or seed butter)

1 tablespoon coconut oil

3 1/2 cups cereal of choice

1 cup old fashioned rolled oats

Instructions:

1. Place the first 3 ingredients in a pot over low heat and stir until thoroughly combined and warmed through, about 2 minutes.
2. Place the cereal and oats in a large bowl and stir to combine.
3. Pour the warm peanut butter mixture over the cereal and stir to coat the dry ingredients thoroughly.
4. Place the mixture into a parchment lined 9x9 inch baking pan gently pressing down into bars.
5. Freeze the mixture for at least 30 minutes.
6. Remove the bars from the pan, remove to a cutting board and using a serrated knife cut into bars.



Vanilla Cinnamon Date Shake

Ingredients:

2 frozen bananas
3/4 cup frozen cauliflower
3 dates
1/2 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
1 tablespoon hemp seeds
2 tablespoons almond butter
2 teaspoons flax seeds
1 1/2 cups milk of choice

Instructions:

1. Place ingredients in blender and puree until smooth.



Banana Sushi Rolls

Ingredients:

Bananas

Almond butter

Whipped cream cheese

Crushed cereal

Rice crispy cereal

Chia seeds

Shredded coconut

Chopped chocolate

Cinnamon sugar

Instructions:

1. Cut the bananas into 1 1/2-2 inch pieces, roll in almond butter OR whipped cream cheese and roll in any desired coating. Feel free to use other ingredients you have on hand as well!



Yellow Rice Cakes

Ingredients:

2 large eggs

1 package Yellow Rice Mix, cooked and cooled

1/2 cup grated mozzarella cheese

1/4 teaspoon kosher salt

olive oil

Instructions:

1. In a medium mixing bowl, whisk the eggs. Add the rice, cheese, and salt and stir to combine well.
2. Heat 2 tablespoons olive oil in a large sauté pan. Carefully place 1/3 cup of the rice mixture into the hot oil and use a spatula to flatten into a patty.
3. Saute until golden brown, about 3-4 minutes on each side.



Strawberry Aliens

Ingredients: (makes 24 aliens)

1/2 cup whipped light cream cheese

2 teaspoons strawberry preserves

1 quart large strawberries (about 24)

48 mini chocolate chips

blueberries

raspberries

blackberries

pineapples, cut into small shapes

toothpicks

Instructions:

1. In a small bowl, stir together the cream cheese and preserves. Spoon the mixture into a plastic sandwich bag and snip off one corner to create a mini piping bag.
2. Slice off the top or bottom of each strawberry to create a flat surface so that the strawberry will stand on its own.
3. Slice a small notch out of the strawberry near the top and fill the notch with the cream cheese mixture.
4. Press 2 mini chocolate chips into the cream cheese to create eyes.
5. Press 1 or 2 toothpicks into the top of the strawberries and skewer with the remaining berries and pineapples to create antenna.

