

## **Touchdown Triscuit Pizza**

**By Sheri Doyle**

48 Triscuit Crackers

1 cup (8 oz) Pizza Sauce

1 (8 oz) can of Chopped Mushrooms

2 cups Shredded Mozzarella Cheese

2 teaspoons Dried Oregano

Top each cracker with sauce, mushrooms, cheese and oregano.

Place 12 crackers on microwaveable plate.

Microwave 12 topped crackers at a time on HIGH for 45-50 seconds –or- until cheese is melted.

Serve warm. (Yields 48)

## **Chocolate Chip Protein Snack Spheres**

**By Cassie Peterein**

1 cup oatmeal, uncooked

½ cup peanut butter

1/3 cup honey

¼ cup protein powder

¼ cup mini chocolate chips

1 tablespoon Chia seeds

¼ cup pepitas, salted

Measure the oatmeal into a bowl. Add the peanut butter and honey; then mix. If it is too dry, you might need to add up to ¼ cup more of peanut butter. Add protein powder, chocolate chips, Chia seeds, and pepitas; mix. You might need to use your hands to get everything incorporated. Roll into balls. You can then roll them into more protein powder or in chopped nuts (or just leave them as they are). Put them in a sealed container and place in the fridge. They keep easily for a week or two. I like to let mine get to room temperature before I eat them, but I do not like cold peanut butter. Also, this is a very forgiving recipe; feel free to sub in different nut butters, different seeds or nuts, etc. You just want to keep enough dry ingredients to make it rollable. Enjoy!

## **Mango Salsa Recipe**

**By Amanda Adamse**

Serving Size: Approximately 2-1/2 – 3 cups

4 mangos (2 or 3 must be very ripe; use 1 mango that's semi-ripe for texture)

Juice of 1-2 limes (to taste)

Cilantro (to taste)

Chopped red onions (to taste)

1 teaspoon of salt

½ to 1 Tablespoon sugar or sugar substitute (OPTIONAL) – this helps to enhance the flavor of the mangos

Peel mangos. Then cut into slices or chunks that will fit into a food processor. Puree the mangos to the desired texture you prefer.

Chop up cilantro and stir into the mango mix until you get the desired amount of flavor you prefer.

Juice limes and add the juice to the mango mix until you get the desired amount of flavor you prefer.

Add chopped onions to the mix. Onion flavor should be on the lighter side and not overwhelm the flavors in the rest of the salsa.

Blend ingredients together by hand. Then add salt and sugar and blend mix again.

Let salsa chill in the refrigerator for a few hours before serving. This will also help enhance the flavors of the salsa, too.

Pairs well with poultry, fish, and they taste good with Tostitos “Hint of Lime” chips.

## **Fruit Dip**

**By Tori McClanahan**

1 cup Greek Yogurt

1 cup all natural peanut butter

½ cup honey

Mix well. Serve with sliced up apples.

## **Black Bean Brownies**

**By Brittany Bequette**

1 can of organic black beans (no salt added); rinse and drain

½ cup of organic honey

½ cup of cocoa powder (can also use ¼ cup cocoa and ¼ cup chocolate protein powder)

1/3 cup of coconut oil

2 cage free eggs

1/3 teaspoon vanilla

½ teaspoon of baking powder

1/8 teaspoon salt

Optional: mini chocolate chips

Preheat oven to 350 degrees, grease brownie pan.

Puree black beans, organic honey, cocoa powder, coconut oil, eggs, vanilla, baking powder, and salt in a food processor until smooth. If adding chocolate chips, carefully fold in, pour mixture in brownie pan.

Bake 35-40 minutes until toothpick comes out clean.

Let cool for 15 minutes before serving.

## **Chocolate Greek Yogurt Fruit Dip**

**By Amy Blythe**

½ cup plain Greek Yogurt

1.5 tablespoons honey

1 tablespoon cocoa powder

¼ teaspoon vanilla

1/16 teaspoon cinnamon or just a generous pinch

Mix well. Healthy Greek yogurt fruit dips are a delicious way to serve fruit, and also a great way to encourage you to eat more fruit. We love these yogurt dips as a meal prep snack.

Calories: 59

Servings: 4

Course: Snack

Prep Time: 5 minutes

## BLT Dip

By Amy Cattoor

1 (7.5 oz) tub vegetable cream cheese, softened

¼ cup sour cream

¼ cup mayonnaise

**PLEASE NOTE: cream cheese, sour cream, and mayonnaise can be substituted with low or reduced fat or Greek yogurt**

1 teaspoon onion powder

1 teaspoon garlic powder

½ cup shredded cheddar or a blended cheese mix

1 ½ cups chopped Romaine lettuce

2 Roma tomatoes (diced) – I use cherry tomatoes

1 lb. bacon, cooked and crumbled

Sliced/chopped green onion or chives – optional

Healthy cracker of your choice –or- veggies

In a medium bowl, combine softened vegetable cream cheese with sour cream, mayonnaise, onion powder and garlic powder. Stir well or use an electric hand mixer to combine.

Stir in shredded cheese and green onions.

Spread cream cheese mixture into a pie pan or round dish.

Top with lettuce, tomatoes, and bacon.

Serve with healthy cracker of your choice or raw veggies. Serves 8

Calories 334

Prep/Total Time: 10 minutes

## **Chocolate Hummus**

**By Tessa Peterein**

1 can (or approximately 1 ½ cup cooked and drained) chick peas; rinse & drain 3 times

1 tablespoon honey

2 tablespoons brown sugar

¼ teaspoon salt

3 tablespoons cocoa

½ teaspoon vanilla

2-4 tablespoons water (for blending purposes)

Pulverize in a blender. Chill or serve immediately. Best when served with pretzels, fruit or in a tortilla pinwheel.

## **No-Bake Energy Bites**

**By Janet Kocher**

1 cup rolled oats

½ cup mini semi-sweet chocolate chips

½ cup ground flax seed

½ cup crunchy peanut butter

1/3 cup honey

1 teaspoon vanilla extract

Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

This is a healthy take on the traditional no-bake cookies. So good and good for you! They are a hit with the kids and the adults, and always go quick! These can be stored in the freezer (they can be eaten frozen, but not necessary).

Prep Time: 15 minutes

Ready in 1 hour 15 minutes

## **Sugar Free Fudge**

**By Holly Pope**

3 (8 oz) bags Sugar Free Chocolate Chips

½ cup Evaporated Milk (low carb available on Amazon)

Sugar Alternative of your choice (equivalent to 1 cup of sugar)

½ cup Butter

Prepare in a square glass baking dish with foil which overlaps the sides of the dish. Grease or spray the lining to prevent sticking and set aside.

Place the chocolate chips in a bowl and cook for 30 seconds on medium, covering with a paper towel loosely in the microwave to prevent a mess. Stir in the evaporated milk, sugar alternative, and butter. Cook for another 30 seconds and stir again. Continue this process until everything has melted and blended together – about 4 to 4 ½ minutes total.

Pour the fudge into the prepped baking dish. Allow to cool at room temperature and then refrigerate your fudge until you are ready to cut it into squares.

## **Hummus**

**By Kim Sanders**

4 garlic cloves

2 cups canned chickpeas; drained (reserve liquid!)

1 ½ teaspoon kosher salt

1/3 cup sesame seeds mixed with small amount of olive oil (about 1-2 tablespoons)

6 tablespoons freshly squeezed lemon juice (2 lemons)

2 tablespoons water or liquid from chickpeas

8 dashes hot sauce

Turn on the food processor fitted with the steel blade and drop the garlic down the feed tube; process until it is minced. Add the rest of the ingredients to the food processor and process until the hummus is coarsely pureed. Dip with your favorite chip, cracker or veggie.

## **Super Banana Bites**

**By Justin Moehle**

- 1 ripe banana
- 2 teaspoon peanut butter
- 1 ½ teaspoon local honey
- 1 cup oatmeal
- ¼ cup Rice Krispies (or increase up to ½ cup for more crunch)
- 1 pint blueberries (placing one blueberry in each ball)
- ½ cup coconut
- ½ pint of blueberry yogurt

Mix together; make into balls and enjoy!

## **Peanut Butter Bites**

**By Lynetta Uhls**

(These were not part of the taste-testing competition – this was just an additional recipe Lynetta donated for us to use. Thank you, Lynetta!)

This simple recipe takes less than 7 minutes to prepare, and will fire up your metabolism like a fat burning furnace... and the bites taste so good you'll feel like you're cheating!

- 3 Cups of Old Fashioned Oats
- 1 Cup of All Natural Peanut Butter or Almond Butter
- 3 Scoops of Protein
- 1/4 Cup of Honey
- 1/3 Cup of Water

Once you have all your ingredients, mix everything together and then roll into 1-inch balls. You can eat them right away or put them in the freezer for your on-the-go tasty energy treat.

The five ingredients in this tasty recipe are the perfect combination of good fat, protein and carbs. Everything your body needs to burn excess fat and calories.

## Granola

By Lynetta Uhls

3 cups rolled oats

1½ cups nuts and seeds of your choice (almonds, pecans, pumpkin seeds, walnuts, flaxseeds, etc.)

½ cup apple juice (or apple sauce is fine, too)

½ cup honey -- or maple syrup for a vegan version (I used half honey & half syrup)

¼ cup oil

1 tablespoon vanilla extract

½ teaspoon ground cinnamon

1/8 teaspoon ground cloves (optional)

1 teaspoon fine sea salt (½ teaspoon regular salt is fine)

1 cup mixed dried fruit (Optional) This is a great addition if you aren't planning to eat this granola with fresh fruit. You can use such fruits as raisins, dried currants, dried cherries, dried apricots, chopped dried mango, chopped dried apples, and anything else you enjoy. Simply add the mixed dried fruit at the end, after the granola has completely cooled.

Preheat oven to 325 F.

In a large bowl, combine the oats with the nuts and seeds.

In a small sauce pan, combine the apple juice, honey, oil, vanilla, and spices. Heat on a very low heat just until the honey has softened and everything is well combined. Remove from heat. Pour the mixture over the oats and nuts and stir until well combined.

Line a baking sheet with parchment paper and spread the mixture in a single thin layer over the sheet. Make sure that it is just one layer -- if there is too much piled onto the baking sheet, the granola will not be able to get crunchy.

Bake for 30-40 minutes total, stirring every 12-15 minutes to make sure it all browns evenly. When the granola is an even golden brown, remove from the oven and let cool completely.

## Texas Caviar

By Amy Schachner

1 can of black beans

1 can of Great Northern white beans

1 can of diced tomatoes (drained)

2 jalapenos (seeded and minced)

1 small red onion (diced small)

1 orange pepper (diced small)

½ can corn (optional)

¼ cup fresh cilantro (chopped)

6 tablespoons apple cider vinegar

6 tablespoons extra virgin olive oil

½ teaspoon salt

½ teaspoon pepper

½ teaspoon garlic powder

1 teaspoon dried oregano

1 ½ teaspoon cumin

Mix together and refrigerate.

## Weight Watchers 2-Ingredient Chocolate Pumpkin Muffins and Cookies

By Shawn Saylor

15 ounces canned pumpkin puree (not pumpkin pie mix)

1 (18.25 ounces) box chocolate cake mix

2/3 cup mini semi-sweet chocolate chips (optional)

Makes 12 regular or 36 mini muffins –or- 36 cookies

Position an oven rack in the center of the oven.

For muffins, preheat the oven to 400 degrees and line 12 muffin cups or 36 mini muffin cups with paper liners or coat them with non-stick spray.

For cookies, preheat the oven to 350 degrees and line cookie sheets with parchment paper or coat with non-stick spray.

Make the batter in a large bowl by mixing just the two ingredients together, ignoring the instructions on the cake mix. This will take some effort and the mixture will be very very thick!

Stir in the mini semisweet chocolate chips, if using.

For muffins, place batter into the prepared (or mini muffin) tins. Bake at 400 degrees until a toothpick inserted in the center comes out clean, about 20 minutes for muffins and 12 minutes for the mini-muffins.

For cookies, drop by tablespoonful, 2 inches apart, onto prepared cookie sheets. Bake 9-12 minutes, or until the edges are firm and the centers are just barely set when lightly touched.

Remove from the oven and cool for 1 minute on the cookie sheets and then transfer the cookies/muffins with a spatula to wire racks to cool completely.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Calories: 181

## Healthy Buffalo Chicken Dip

By Debra Runzi

2 cans of chicken breast or shredded grilled chicken breast

½ cup Greek yogurt, plain

½ cup low fat cottage cheese

½ cup (approximately) Franks Red Hot Sauce

Minced Garlic to taste

Minced Onion to taste

Onion Powder to taste

Garlic Powder to taste

Mix all together and bake for 25 minutes until brown. Eat with celery or crackers, depends on how healthy you want to be.

## Peanut Butter Protein Snack

By Robert Kuehnle

¾ cups vanilla whey protein powder

2 cups raw oats

1 cup natural creamy peanut butter

¼ cup natural honey

½ cup sugar free dark chocolate chips

Mix contents into a bowl.

Form into 12 golf ball sized protein balls and place on a plate.

Refrigerate until cool; enjoy!

Per Serving>> Calories: 307

Carbs: 23

Proteins: 13

Fats 18

## **Peanut Butter Cookies (Gluten Free, Dairy Free, Low Sugar)**

**By Vada Crim**

½ cup creamy peanut butter

1/3 cup gluten free flour (or almond flour)

¼ teaspoon baking soda

¼ cup honey (or cane sugar will work)

½ teaspoon pure vanilla extract

1 egg (or egg white)

Preheat oven to 350 degrees.

Mix all ingredients together in a medium-sized mixing bowl.

Form cookie balls with hands, about 1 inch in size each. Place onto a cookie sheet prepared with parchment paper.

Flatten each cookie to about 2" in diameter and ¼" thick.

With a fork, indent the tops of cookies with criss-cross pattern.

Bake 7-9 minutes.

Let stand for 5-10 minutes on cookie sheet before removing.

## **Peanut Butter Fruit Dip**

**By Dana Wisdom**

2 containers (5.3 ounces each) Vanilla Greek Yogurt  
1/3 cup creamy peanut butter  
1 tablespoon honey, or to your taste  
Various fruits (bananas, strawberries, apples, raspberries)

Add all ingredients to a bowl and whisk to blend until smooth.

Store in an airtight container until ready to use in the refrigerator.

Serve with various fruits.

## **Mexican Pinwheels**

**By Brittany Carver**

8 ounces cream cheese  
1/3 cup salsa  
2 ounces cheddar cheese  
1 pound rotisserie chicken  
2 cloves garlic  
1 tablespoon taco seasoning  
4 medium tortillas (whole wheat)

Put everything but the tortillas in a bowl and mix well.

Spread some of the mixture onto the entire surface of one of the tortillas, and roll it up tightly. Continue with the rest of the tortillas the same way.

Cut the rolled up tortillas into 1" sections. They are a little easier to cut when they have chilled in the fridge about 20 minutes, but I rarely have patience/time to do that!

Serves 16-20

Prep Time: 15 minutes

## Chocolate Dipped Mandarin Oranges

By Tammy Stewart

5 mandarin, clementine, or oranges (peeled)

½ cup dark chocolate

Sea salt

Line a baking sheet with parchment paper.

Melt the chocolate using a double boiler placed over boiling water on a medium-low heat.

Dip each orange slice halfway into the melted chocolate and place on the baking sheet.

Sprinkle each chocolate covered orange slice with sea salt, if using.

Refrigerate for about 10 minutes and serve.

**Benefits of eating oranges:** High in vitamin C, healthy immune system, prevents skin damage, keeps blood pressure under check, lowers cholesterol, controls blood sugar level, lowers the risk of cancer.

**Benefits of eating dark chocolate:** very nutritious, powerful source of antioxidants (ORAC stands for “oxygen radical absorbance capacity”), may improve blood flow and lower blood pressure, raises HDL and protects LDL, may reduce heart disease risk, may protect your skin from the sun, could improve brain function.

**Benefits of eating sea salt:** keeps you hydrated (contrary to popular belief, sea salt is extremely beneficial in keeping us hydrated), reduces fluid retention, a great source of minerals, balances electrolytes, prevents muscle cramps, improves digestion, nourishes the adrenal glands (regulate your metabolism, immune system, blood pressure, response to stress and other essential functions).