

Healthy Snack & Mocktail Recipes

PUMPKIN NO BAKE ENERGY BARS

Recipe from www.gimmesomeoven.com

Prep time: 10 mins | Refrigerate: 30 mins

Ingredients:

- 8 oz. chopped dates
- 1/4 cup honey
- 1/4 cup pumpkin puree
- 1 Tbsp. chia or flax seeds
- 1 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- Pinch of salt
- 1 cup old-fashioned oats (dry, not-cooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pepitas



Directions:

1. Combine dates, honey, pumpkin puree, chia (or flax) seeds, cinnamon, ginger, nutmeg & salt in food processor. Pulse until smooth & combined.
2. Transfer mixture to large bowl, stir in oats, coconut flakes & pepitas until evenly combined. Evenly press mixture into a lined baking pan. Cover & refrigerate for 30 mins.
3. Once cool, cut into squares. Store covered in refrigerator up to 2 weeks

GARLIC & ROSEMARY WHITE BEAN DIP

Recipe from www.acouplecooks.com

Serves: 8 to 10

Ingredients:

- 3 cups cooked or canned white beans
- 2 small cloves garlic
- 2 Tbsp. lightly packed fresh rosemary leaves
- 1/4 to 1/2 cup olive oil
- 1/4 to 1/2 tsp. kosher salt
- 2 tsp. white wine vinegar
- To serve: carrots, celery, veggies, crackers, pita, bread



Directions:

1. Cook the beans, or if using canned beans, drain & rinse the beans.
2. Peel the garlic cloves. Remove tough stems from rosemary leaves; measure out 2 tablespoons. In bowl of food processor, add garlic & rosemary and process until finely chopped.
3. To the bowl of the processor, add beans, 1/4 cup olive oil, 1/4 tsp. kosher salt, & 2 tsp. white wine vinegar. Process until smooth. Taste, and continue to add olive oil & salt until desired consistency and flavor.

APPLE CIDER MOCKTAIL SPRITZER

Recipe adapted from www.localfoodrocks.com

Makes: 1 cocktail

Ingredients:

- 3 oz. apple cider
- 2 oz. sparkling (soda) water
- Ice
- 1 Tbsp. sugar
- 1 tsp. ground cinnamon
- 1 cinnamon stick

Directions:

1. Mix cinnamon & sugar on small plate or shallow bowl. Wet the rim of an old-fashioned glass with a bit of apple cider. Set glass rim into cinnamon & sugar. Wiggle the glass to cover the wet part completely.
2. Turn glass right side up. Carefully place ice into rimmed glass.
3. In cocktail shaker, add some ice with apple cider & soda water. Gently shake, then strain carefully into the glass.
4. Garnish with cinnamon stick & serve.

