

Roasted Chickpeas

Ingredients:

- 1 can of chickpeas drained and rinsed.
- 3 TBSP of olive oil
- 1/4 tsp turmeric
- 1/4 tsp cumin
- 1/4 tsp of garlic powder
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 1/8 tsp cayenne
- 1/4 salt

Preheat oven to 375 degrees and line a baking sheet with parchment paper or foil. Remove any loose skins from chickpeas. In a bowl, combine all ingredients and mix well until chickpeas are well coated. Bake in the oven for 1 hour - halfway through baking mix the chickpeas and turn the pan. Continue to bake. Remove and cool before eating. Store in air-tight container.

Quinoa Granola Bars

Ingredients:

- 1 cup rolled oats
- 1 cup uncooked red quinoa
- 1/4 tsp salt
- 1/2 cups peanut butter
- 1/2 cups of honey
- 1 TBSP vegetable oil
- 3 TBSP brown sugar
- 1 Cup Dark Chocolate Chips
- 1/2 cup nuts and dried fruits (optional)

Preheat oven to 350 degrees. Spread oats and uncooked quinoa on a sheet pan and roast for 8 minutes. Place the toasted quinoa/oats mixture in a large bowl and add chocolate, nuts and/or dried fruit. In a medium saucepan, combine salt, peanut butter, honey, oil and brown sugar. Once it hits a boil immediately remove from heat. Pour the mixture over the oats mixture and combine until the dry ingredients are evenly coated. Line a 10X10 baking dish with parchment paper. Spread the mixture into baking dish, pressing down into the pan. Bake for 20 minutes. Remove it from oven and let it cool for up to 2 hrs.

H E A L T H Y

R E C I P E S

Yogurt Parfait

Ingredients:

- 1/2 cup vanilla yogurt
- 1/4 cup fresh berries
- 1 TBSP choice of seeds or nuts
- 1/4 cup children's favorite cereal

Place half of the yogurt into a small container, bowl or mason jar. Add fruit on top. Add the remaining yogurt. Add a layer of seeds/nuts on top. Finish with cereal of choice.

Zucchini Brownies

Ingredients:

- 2 cups all-purpose flour
- 1 1/2 cups granulated sugar
- 1/2 cup unsweetened cocoa powder
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup vegetable or canola oil
- 2 tsp vanilla extract
- 2 1/2 cups finely shredded zucchini
- 1 1/2 cups semi-sweet chocolate chunks

Preheat oven to 350 degrees and line a 9X13 inch sheet pan with parchment paper. In a large bowl add and mix first 5 ingredients. Add oil, vanilla. Stir until the batter is just combined. Add the zucchini. The batter will not turn to liquid immediately. Continue stirring until it becomes thick, liquid batter. Stir in chocolate chunks. Spread brownie batter into the pan. Bake for 28-32 minutes. Toothpick insert should have a few crumbs clinking and batter should no longer be liquid inside.