



Back to School Recipes

Healthy Dorito Flavored Popcorn

Yield: SERVES 4-5

Ingredients

8 cups freshly popped organic popcorn
¼ cup parmesan cheese
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon cumin
1 teaspoon paprika
1½ teaspoon chili powder
⅛ - ¼ teaspoon cayenne pepper (optional)
2 teaspoons salt

Instructions

Combine parmesan cheese, garlic, onion, cumin, paprika, cayenne (if using), and salt in a small bowl. Sprinkle the seasoning on the popcorn and toss to coat.

Fruit Snacks

Yield: SERVES 6

Ingredients

2/3 cup orange juice
2/3 cup berries
1-2 TBSP honey
5 TBSP gelatin

Instructions

Puree juice, berries, and honey. Heat. Then add gelatin one tablespoon at a time. Pour into a greased 8x8 pan. Refrigerate until set. Cut into shapes.

Applesauce Roll-ups

Yield: SERVES 8

Ingredients

2 cups applesauce (opt for the no-sugar added kind)

Instructions

Preheat oven to 170 degrees F. Cover a baking sheet with parchment paper. Spread the applesauce evenly over the parchment paper. Bake for 8-10 hours, rotating the pan every other hour. Applesauce should be smooth and not sticky when it is ready. Cut into segments and roll.

Yogurt with Toasted Oats

Yield: SERVES 4

Ingredients

- 1 cup rolled oats
- 1 cup chopped nuts (I used walnuts)
- 4 TBSP unsweetened shredded coconut (optional)
- 1 TBSP coconut oil

Instructions

In a medium frying pan heat oil over medium heat. Add oats, nuts, and coconut. Stir frequently so the mixture doesn't burn. Toast until oats are golden brown and nuts are fragrant, about 5 minutes. Sprinkle over yogurt and add fresh or dried fruit. To really take this breakfast over the top, you can add a sprinkle of cinnamon and a drizzle of honey.

Green Chile Egg Cups

Yield: SERVES 6

Ingredients

- 6 eggs
- 1/2 cup Daisy cottage cheese, 2%
- 1/3 cup green chile sauce (or salsa)
- 1/4 tsp salt or to taste
- 1/4 cup shredded sharp cheddar cheese

Instructions

Whisk all ingredients together in a medium sized bowl. Pour into silicone muffin molds or a greased cupcake tin. Bake at 350 for 25 min, or until eggs are not runny.

Fruity Yogurt

Yield: SERVES 3

Ingredients

- 1 1/2 cups plain nonfat Greek yogurt
- 1 cup fresh or frozen berries, cook in microwave
- 1/8 tsp cinnamon

Instructions

Blend all ingredients together and divide among 3 bowls.

Overnight Chocolate Chia Seed Pudding

Yield: SERVES 4

Ingredients

- 1 1/2 cups unsweetened almond milk
- 1/3 cup chia seeds
- 1/4 cup cacao or unsweetened cocoa powder
- 2-5 Tbsp maple syrup if not blending (can sub 5-9 dates, pitted, if blending)
- 1/2 tsp ground cinnamon (*optional*)
- 1 pinch sea salt
- 1/2 tsp vanilla extract (*optional*)

Instructions

1. Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine. If not blending (which I preferred!), sweeten to taste with maple syrup at this time. If blending, you can sweeten later with maple syrup or dates.
2. Let rest covered in the fridge overnight or at least 3-5 hours (or until it's achieved a pudding-like consistency).
3. If blending, add to a blender and blend until completely smooth and creamy, scraping down sides as needed. Sweeten to taste.
4. Leftovers keep covered in the fridge for 2-3 days, though best when fresh.
5. Serve chilled with desired toppings, such as fruit, granola, or coconut whipped cream.

<https://minimalistbaker.com/overnight-chocolate-chia-seed-pudding/>

Banana Cookies

Yield: SERVES 4

Ingredients

- 2 ripe bananas
- 1 cup rolled oats
- 1/4 cup chocolate chips or dried fruit (*optional*)

Instructions

1. In a bowl, mash bananas. Add oats and stir together. You may need to add a little more oats if your bananas are large.
2. Stir in chocolate chips or dried fruit.
3. Drop by the spoonful onto a cookie sheet lined with a silicone baking mat or parchment paper. You should get about 8 cookies
4. Bake at 350 degrees for 12-15 minutes.

Fruit Spring Rolls with Honey Lime Ginger Dipping Sauce

Yield: SERVES 5-6

- 1 ripe mango
- 1 small apple
- 1 container of fresh raspberries (6oz)
- 1 container of fresh blackberries (6oz)
- ¼ cup dried, unsweetened coconut chips or flakes (optional)
- 10-12 sheets of rice paper
- 2 TBSP honey
- 1 tsp lime juice
- ½ tsp grated fresh ginger

1. Peel the apple and the mango. Cut them into matchstick size pieces.
2. Wash the raspberries and blackberries.
3. Make the dipping sauce by whisking together the honey, lime juice and fresh ginger in a small bowl.
4. Place one rice paper at a time in hot water for 20-30 seconds, or until it softens.
5. Assemble the spring roll by laying the softened rice paper down and lay down a few pieces of each type of fruit on the middle of the rice paper. Sprinkle on a few flakes of coconut, if desired.
6. Fold each end of the paper over the fruit, and then roll it up. (Like you are rolling a burrito)
7. Repeat until all the rice papers are filled.
8. Serve with honey lime ginger dipping sauce.

*Note: You can use any kind of fruit you like for this recipe. Also, do not overstuff the spring rolls, or they will be hard to eat.

Banana/Strawberry Milk

Yield: SERVES 1

Ingredients

- 1/2 ripe banana or 4-5 large strawberries, washed
- 1 cup milk
- Dash of vanilla
- Sweetener of choice (optional, but a tsp of honey or maple syrup or some Stevia are good options)

Instructions

1. Blend fruit, milk, and vanilla together. Add sweetener to taste. Blend again.
2. If making strawberry milk you can strain out the seeds before serving.