

## Too Good to Believe Chocolate Chip Cookies



### INGREDIENTS

- 1 cup rolled oats
- 1 can low sodium garbanzo or white beans, rinsed and drained
- ¼ cup oil
- 2 tsp. vanilla extract
- ¼ tsp. baking soda
- 1 tsp. baking powder
- ¼ tsp. salt
- ½ cup date paste
- ½ cup chocolate chips  
(dark chocolate preferred)

### SHORTCUT PREP

*To make your own date paste, soak 1 packed cup of pitted dates (Medjool variety is best, but others are fine) in very hot water for several minutes. When dates are slightly softened, place dates and ¼ cup water in a food processor or blender. Blend for a few minutes until smooth. Refrigerate in a sealed container for up to two weeks.*

### NUTRITION FACTS

12 servings  
 Calories: 154  
 Fat: 7 g  
 Sodium: 70 mg  
 Total Carbohydrate: 22 g  
 Dietary fiber: 3 g  
 Protein: 3 g



### DIRECTIONS

1. Place oats in food processor. Pulse until powdery. Add all ingredients (except chocolate chips) and blend, occasionally scraping sides, until the mixture is smooth and well combined.
2. Remove food processor blade and stir in chocolate chips. Line a baking sheet with parchment paper. Scoop dough with an ice-cream scoop, forming 10-12 cookies. Gently flatten each ball by pressing with a fork.
3. Bake at 350 degrees for 25 minutes. Leave cookies on pan for 5 minutes before transferring to a cooling rack.

## Cranberry Berry Salad



### INGREDIENTS

- 2 cups homemade cranberry sauce (see recipe)
- 1 cup frozen dark cherries
- 1 cup frozen strawberries
- 1 cup frozen blackberries
- 1 cup frozen blueberries
- 1 apple, diced
- 1 orange, peeled and diced
- 1 cup walnuts, chopped (optional)

### DIRECTIONS

1. Combine all ingredients in a large bowl, and mix well. Allow time for fruit to thaw before serving.
2. Leftovers can be frozen in individual servings.

### NUTRITION FACTS *12 servings*

Calories: 100	Total Carbohydrate: 16 g
Fat: 4 g	Dietary fiber: 3 g
Sodium: 0 mg	Protein: 2 g

### HOMEMADE CRANBERRY SAUCE

#### INGREDIENTS

- 4 cups (1, 12-oz. package) cranberries (fresh or frozen)
- $\frac{3}{4}$  cup of water
- $\frac{1}{3}$  cup honey

#### DIRECTIONS

Place all ingredients in small pot. Bring to boil, then reduce heat and simmer until most cranberries have burst. Set aside to cool (the sauce will thicken as it cools). Best if prepared a day or two in advance.

## Chocolate Chia Pudding



### INGREDIENTS

- $\frac{3}{4}$  cup unsweetened almond milk, skim milk, or preferred milk
- 2 Tbsp. chia seeds
- 2 Tbsp. dark or regular unsweetened cocoa powder
- 3 dates, pitted (preferably Medjool) or 2 Tbsp. sweetener
- $\frac{1}{2}$  tsp. vanilla extract
- Fresh berries (optional)

### DIRECTIONS

1. Combine the milk and chia seeds in a small bowl and let sit for about 20 minutes.
2. While chia seeds soak, soak dates in a bowl of hot water (not necessary if dates are already soft).
3. Remove pits from dates and place all ingredients in a high-speed blender or food processor and blend until smooth.
4. Chill before serving.



### NUTRITION FACTS *2 servings*

Calories: 207	Total Carbohydrate: 31 g
Fat: 8 g	Dietary fiber: 8 g
Sodium: 81 mg	Protein: 5 g

## Raspberry Cobbler

### INGREDIENTS

- 3-4 cups fresh or unsweetened frozen raspberries (thawed)
- 1 Tbsp. cornstarch (if using frozen berries)
- ¼ cup sugar or ¼ cup date sugar
- ½ cup rolled oats
- ¾ cups white whole wheat flour
- 1½ tsp. baking powder
- ½ tsp. salt
- 2 Tbsp. sugar
- ¾ cup milk (skim or 1%)
- ½ cup spreadable butter (which is



### DIRECTIONS

1. Preheat oven to 375 degrees.
2. Mix together raspberries, ¼ cup sugar, and cornstarch (as needed for frozen berries). Set aside.
3. Place oats in a food processor and pulse until powdery. Mix together powdered oats, flour, baking powder, 2 Tbsp. sugar, and salt in a large bowl. Add melted butter and milk and stir until moistened (but don't overmix).
4. Prepare an 8-inch square baking dish with cooking spray.
5. Transfer berry mixture to baking dish. Spoon batter over berry mixture.
6. Bake for 45-50 minutes until top is golden.
7. Let stand for 10-15 minutes, then serve warm.

### NUTRITION FACTS *8 servings*

Calories: 192	Total Carbohydrate: 28 g
Fat: 8 g	Dietary fiber: 5 g
Sodium: 165 mg	Protein: 3 g

## Crustless Pumpkin Pie



### INGREDIENTS

- 1½ tsp. cinnamon
- 1½ tsp. baking powder
- ¾ tsp. pumpkin pie spice
- ½ tsp. salt
- ½ cup oat flour (blend oats to flour consistency)
- ½ cup maple syrup
- 2 Tbsp. sugar
- 1 (15 oz.) can pumpkin puree
- ¾ cup and 2 Tbsp. plant milk of choice
- 2 Tbsp. oil (or increase milk to 1 cup)
- 1 Tbsp. ground flax or 2 Tbsp. cornstarch

### DIRECTIONS

1. Preheat oven to 400 degrees.
2. Add all pie ingredients to a blender or food processor and blend until smooth, scraping down sides as needed. Or whisk ingredients together by hand until well combined. Pour filling into greased, 9 inch round pan.
3. Bake for about 35 minutes. Remove from oven and allow to cool completely. Cover and refrigerate for at least 4 hours (preferably overnight) to fully set.

NUTRITION FACTS <i>8 servings</i>	
Calories: 72	Total Carbohydrate: 16.9 g
Fat: .5 g	Dietary fiber: 2.1 g
Sodium: 171 mg	Protein: 1.3 g

## Easiest Banana “Ice-cream”



### INGREDIENTS

- 2 medium ripe bananas
- 2-4 Tbsp. milk or fruit juice (if needed)

### DIRECTIONS

1. Peel bananas and cut each banana into 4-5 chunks. Place in a sealable bag or container and freeze at least 6 hours.
2. Add frozen bananas and milk or juice to food processor or blender (you may not need liquid if your blender is powerful enough). Blend until smooth and creamy.
3. Blend in mix-ins (if desired).
4. Serve immediately as “soft-serve.” Or to make more solid “ice-cream,” transfer to a sealable container and freeze for several hours before scooping.

### HEALTHY OPTIONAL MIX-INS

- |                            |                          |
|----------------------------|--------------------------|
| 1 tsp. vanilla extract     | Drizzle of honey         |
| 1 Tbsp. of nut butter      | Pinch of cinnamon        |
| Handful of chocolate chips | Spoonful of cocoa powder |
|                            | Frozen fruit             |

NUTRITION FACTS <i>6 servings</i>	
Calories: 115	Total Carbohydrate: 28.2 g
Fat: 0.9 g	Dietary fiber: 3.1 g
Sodium: 13 mg	Protein: 2.1 g

# Blackberry Nectarine Tart



## INGREDIENTS

### CRUST

- ¾ cup quick oats
- ¾ cup flour (can use whole wheat white (\*use GF flour))
- ¼ cup shredded coconut (if needed, you can omit and increase flour by this much)
- ¼ cup oil
- 2 Tbsp. ice water

## INGREDIENTS

### FILLING

- 3 ripe, but firm nectarines
- 1 pint fresh blackberries
- 1 Tbsp. honey
- 3 Tbsp. apricot jam
- 1 tsp. cornstarch

## NUTRITION FACTS *6 servings*

Calories: 87	Total Carbohydrate: 21 g
Fat: .5 g	Dietary fiber: 4 g
Sodium: 5 mg	Protein: 1 g

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Make crust by combining dry ingredients. Stir in oil, then sprinkle 2 Tbsp. water gradually into mixture to form ball (more water may be needed). Chill dough for 30 minutes.
3. Wash and drain blackberries, and divide into 2 portions. Wash and slice nectarine into thin slices.
4. Toss ½ of fresh blackberries with all of the nectarines and mixture gently with 1 Tbsp. honey.
5. Place dough between parchment paper and roll out on sheet tray into 12 inch circle.
6. Spread apricot jam on top of dough leaving 2 inches border. Pile on fruit and gently fold over the edges to form a little rim. Bake for 45-50 minutes, making sure crust is cooked.
7. Pull out of oven and scatter remaining blackberries. They will cook a bit on the hot tart. Cool and enjoy!

