

## Two-Ingredient Banana Peanut Butter Ice Cream

Recipe Yield: 4 servings *\*Gluten Free*

### Ingredients:

- 4 large very ripe bananas
- 2 tablespoons peanut butter

### Directions:

1. Peel bananas and slice into 1/2 inch discs. Arrange banana slices in a single layer on a large plate or baking sheet. Freeze for 1-2 hours.
2. Place the banana slices in a food processor or powerful blender. Puree banana slices, scraping down the bowl as needed. Puree until the mixture is creamy and smooth. Add the peanut butter and puree to combine. Serve immediately for soft-serve ice cream consistency. If you prefer harder ice cream, place in the freezer for a few hours and then serve.

\*Note-if you have a hard time creating a creamy consistency, you can add 1-2 tablespoons of milk to help puree the banana slices. Make sure you use a powerful food processor or blender!

**Nutritionals:** Calories 170, Fat 4.5g, Carbs 32.6, Fiber 4g, Protein 3.5, Sodium 38mg

From:thekitchn.com

# Pumpkin Chocolate Chip Granola Bars

Original Recipe Yield 12 bars

## Ingredients

- 3 1/4 cups old fashioned oats
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 3/4 cup brown sugar
- 1/2 cup pumpkin puree
- 1/4 cup applesauce
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

## Directions

1. Preheat oven to 350 degrees F. Spray an 8 by 8 baking pan with cooking spray and set aside.
2. In a large bowl, whisk oats, spices, and salt together. Set aside.
3. In a medium bowl, whisk brown sugar, pumpkin, applesauce, honey, and vanilla extract until smooth. Pour over oats and stir well, until all of the oats are moist. Stir in chocolate chips.
4. Evenly press oat mixture into prepared pan. Bake for 30-35 minutes or until golden brown. The pumpkin keeps the bars moist, so make sure they are golden and set-you don't want them to be under baked. Remove from oven and let cool on a wire rack for 5 minutes.
5. Using a sharp knife, cut into bars. Remove from pan and let cool completely.

Nutritionals: Calories 180, Total Fat 5.1g, Carbs 32g, Fiber 2g, Protein 2.7g, Sodium 143mg

Recipe from: [www.twopeasandtheirpod.com](http://www.twopeasandtheirpod.com)

## **Spinach Dip in a Bread Bowl**

Original Recipe Yield 32 (2 TBSP dip and 3 cubes of bread or ½ slice)

### **Ingredients**

- 1 Large round loaf pumpernickel bread
- 1 1/2 cups plain nonfat yogurt or fat-free sour cream
- 1 cup Miracle Whip Light
- 1 pkg dried vegetable soup mix
- 3 10 oz pkgs chopped frozen spinach
- 1 8 oz can sliced and drained water chestnuts

### **Directions**

1. 3 hours before serving, mix together yogurt, Miracle Whip Light and soup mix in a medium bowl.
2. Thaw spinach in microwave, squeeze out all excess water.
3. Chop spinach into small pieces and stir into mixture. Refrigerate for 3 hours.
4. Using a knife, hollow out a large hole in the round. Fill hole with dip, the cube the bread you've removed to serve on the side for dipping.
5. When the cubes are gone, invite guests to tear bread from the bowl.

Nutritional Information: Calories 80, Total Fat 2g, Carbs 13g, Fiber 2.3g, Protein 3g, Sodium 290mg  
*Recipe from American Diabetes Association*

# Jalapeno Poppers

Original Recipe Yield 18 poppers

## Ingredients

- 18 whole fresh jalapeno peppers
- 1 cup nonfat refried beans
- 1 cup reduced fat shredded Monterey Jack or extra-sharp Cheddar cheese
- 1 scallion, sliced
- 1/4 cup all-purpose flour
- 2 large eggs
- 1/2 cup fine cornmeal
- Olive oil or canola oil cooking spray

## Directions

1. Make a small slit on one side of each pepper. Place the peppers in a large microwave-safe dish. Cover and microwave on High until just softened, about 5 minutes.
2. Meanwhile, combine refried beans, cheese and scallions in a small bowl.
3. When the peppers are cool enough to handle, scrape out the seeds with a small spoon (a 1/4-teaspoon measuring spoon works well). Fill each pepper with about 1 tablespoon of the bean filling, or until the pepper is full but not overstuffed (the amount will depend on the size of the pepper). Close the pepper around the filling.
4. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.
5. Place flour in a shallow dish. Lightly beat eggs in another shallow dish. Place cornmeal in a third shallow dish. Roll each stuffed pepper in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the cornmeal mixture. Place the peppers on the prepared baking sheet. Generously coat all sides of each pepper with cooking spray.
6. Bake for 5 minutes. Turn each pepper over and continue baking until hot and the filling starts to ooze in a few spots, about 5 minutes more.

Nutritional Information: Calories 55, Total Fat 1.5g, Carbs 7.2g, Fiber 1.6g, Protein 3.6g, Sodium 480mg  
*Recipe from eatingwell.com*

# Chunky Monkey Cookies Recipe

Original Recipe Yield 30 cookies

## Ingredients

- 3 ripe bananas
- 2 cups old-fashioned oats
- 1/4 cup creamy peanut butter
- 1/4 cup unsweetened cocoa powder
- 1/3 cup unsweetened applesauce
- 1 tsp. vanilla extract

## Directions

1. Preheat oven to 350°F. Mash bananas in a large bowl, then stir in remaining ingredients. Let batter stand for approximately 20 minutes, then drop by teaspoonfuls onto ungreased cookie sheet. Bake 10-12 minutes.

Nutritional Info: (1 cookie) Calories 47g, Total Fat 1.6, Carbs 7.5, Fiber 1.3, Protein 1.5g, Sodium 21mg  
Recipe from <http://www.sixsistersstuff.com>

# Pumpkin Bites

Original Recipe 30 cookies

## Ingredients

- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp allspice
- 1/4 cup melted butter
- 1 cup packed brown sugar
- 1 egg
- 1 egg white
- 1 cup canned pure pumpkin
- 1 tsp vanilla

## Directions

1. Preheat oven 350 degrees.
2. In a medium bowl, using a whisk, combine flour, baking powder, baking soda, salt, cinnamon, ginger and allspice.
3. In a large bowl, using an electric mixer, beat butter, sugar, egg and egg white, pumpkin and vanilla. Stir flour mixture into wet ingredients until just combined.
4. **Optional:** Fold in 1/2 cup semisweet chocolate chips and 1/2 cup raisins
5. Drop spoonfuls of dough an inch or so apart on a parchment- or silicone lined cookie sheet. Bake for 12-14 minutes. Remove from cookie sheet to a cooling rack.

Nutrition info per cookie Calories 78, Fat 1.8g, Carbs 14.3g, Fiber 0.4g, Protein 1.3g, Cholesterol 11mg, Sodium 64mg

Nutrition info with chocolate chips and raisins: Calories 107, Total Fat 2.8g, Carbs 18.9g, Fiber 1g, Protein 1.5g, Cholesterol 12mg, Sodium 64mg

## Broccamole

Yield 8 servings

### Ingredients:

- 5 cups broccoli florets, steamed
- 1 avocado
- ½ cup lime juice
- 3 tbsp light sour cream
- 1 tsp salt
- 1/3 cup chopped cilantro
- ½ cup corn kernels
- ¼ cup chopped red onion
- ¼ cup roasted red peppers, chopped

### Directions:

1. In a large food processor, combine steamed broccoli, avocado, lime juice, sour cream, salt and cilantro until a smooth puree is formed.
2. Spoon mixture into a bowl and fold in chopped roasted red peppers, onions and corn.
3. Serve with pita chips or tortilla chips. Will keep in an airtight container in refrigerator for ~2 days

Nutrition Info per Serving: Calories 65, Fat 4g, Carbs 5g, Fiber 1.8g, Protein, 2g, Sodium 255mg

From: *eat8020.com*

# Banana Ice Cream

Original Recipe Yield 4

## Ingredients

- 4 Frozen peeled bananas

## Directions

1. Using peeled bananas place in food processor and process until smooth

*Nutritional Information per Serving: Calories 105, Total Fat 0g, Carbs 27g, Fiber 3g, Protein 1g, Cholesterol 0mg, Sodium 1mg*

*You can add mix-ins or toppings just remember some of these can add up. Some options are:*

- Chocolate syrup 1 tbsp 50 cals, 0g fat
- Sprinkles 0.5 oz 70 cals 2.5g fat
- Whipped Cream 1 tbsp 35 cals 3.5g fat
- Chopped Nuts: 1 tbsp 52 cals 4.8g fat
- Hot Caramel: 1 tbsp 70 cals 2g fat

*Mix-ins can be added to the frozen fruit before blending each mix in is per serving:*

- Nutella 1 tbsp 100 cals 6g fat
- Peanut butter 1 tbsp 95 cals 9g fat
- Peanut butter 1 tbsp and Honey 0.5 tsp 106 cals 9g fat
- Oreo Cookie Crumbs ½ oz 62 cals 2.3g fat



## **Buffalo Chex Mix**

Original Recipe Yield 24 (½ cup servings)

### **Ingredients**

- 4 cups Rice Chex Cereal
- 4 cups Wheat Chex cereal
- 2 cups parmesan-flavored crackers
- 2 cups pretzel twists
- 6 TBSP butter
- 2 ½ TBSP hot sauce
- 1 packet ranch dressing mix
- 2 tsp celery seed

### **Directions**

1. In a large microwavable bowl, mix cereal, crackers and pretzels and set aside. In a small microwavable bowl, microwave butter uncovered on high for 40 seconds or until melted. Stir in hot sauce and seasonings. Pour over cereal mixture and stir until evenly coated
2. Microwave uncovered on High 4-5minutes, stirring every 2 minutes. Spread on paper towel to cool. Store in an air tight container.

Nutrition Info: Calories 160 Total Fat 5g Carbs 25g Fiber 1g Protein 3g Sodium 460mg

*From Chex.com*

## **Chocolate Snack Mix**

Original Recipe Yield 4 servings (3/4 cup each)

### **Ingredients**

- 1 cup Wheat Chex cereal, (2 ounces)
- 1 cup pretzel sticks broken in half, (2 ounces)
- 1/4 cup unsalted almonds, (2 1/2 ounces)
- 3 tablespoons bittersweet chocolate chips, melted

### **Directions**

1. Combine Chex, pretzels and almonds in a medium bowl. Drizzle with melted chocolate; stir to combine. Spread the mixture on a wax paper-lined baking sheet and refrigerate until the chocolate is set, about 30 minutes.

Nutrition Info: Calories 183, Total Fat 6g, Carbs 30g, Fiber 3.1g, Protein 5g, Sodium 332mg

**From Eatingwell.com**