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2016

**Healthy
Recipes**

Black Bean Brownies

By: Connie Sapp/CMS

1 can of black beans (drained and rinsed)

1 box of brownie mix

Take the drained and rinsed can of black beans and put them in a blender. Add $\frac{3}{4}$ cup of water. Liquefy the mixture and add to the brownie mix. Stir until brownie mix is dissolved and bake according to the box instructions.

Good source of protein. I divided the brownies into 24 squares and it was 99 calories per brownie.

Kim Sutter

ENERGY BITES

1 cup (dry) oatmeal

¼ cup dried cranberries & ¼ cup slivered almonds or ½ cup chocolate chips

¼ cup peanut butter & ¼ cup almond butter or ½ cup peanut butter

½ cup flaxseed

1/3 cup honey

1 tsp vanilla

Mix ingredients together in a large bowl. Roll into bite size balls. Refrigerate to set. Enjoy!!

Sue Miller

Peanut Butter Snowballs

Ingredients

1 1/2 cup oats

1/2 cup ground flaxseed

1/3 cup chocolate chips

1 cup natural peanut butter

1/4 cup honey

1/4 cup chopped pecans

1/2 tbsp cinnamon

confectioners sugar

- 1) Combine the oats, ground flax, chocolate chips, pecans and cinnamon.
- 2) Add the peanut butter and honey. Mix until all of the ingredients are evenly distributed.
- 3) Roll the mixture into small balls.
- 4) Coat in confectioners sugar.

Peanut Butter Yogurt Honey Dip

1c. Greek yogurt, fat-free

1/2c. natural peanut butter

1 T. honey

Mix all together & serve with fresh fruit.

2 Tbsp - serving size

89 calories

3 g sugar

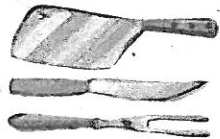
4 g protein

13 mg sodium

4 g carbs

Haven
Schutt

Longaberger®



Recipe For: Peanut Butter Cheerio Bars

From: Emily Baucher

Ingredients:

$\frac{3}{4}$ cup peanut butter

$\frac{1}{2}$ cup Honey

3 cups cheerios

Line 8x8 pan w/ a aluminum foil. Set aside. Cook peanut

butter and honey over medium heat stirring constantly until completely melted + blended.

Remove from heat + stir in cereal. mix until evenly coated. Place mixture in prepared pan + press in place. Refrigerate for 1 hour before cutting into bars. Store any remaining in refrigerator.

Oatmeal Raisin Cookie Lara Bars

Jane Fosnaugh

1 cup raisins

1 cup warm water

$\frac{3}{4}$ cup cashews (raw)

$\frac{3}{4}$ cup quick cooking oatmeal

$\frac{1}{2}$ tsp. cinnamon

$\frac{1}{8}$ tsp. sea salt

Directions:

Soak raisins in warm water.

Chop (fine) raw cashews.

Add oatmeal, cinnamon, and salt.

Blend.

Drain raisins.

Add raisins and blend until like paste.

Press in pan.

Refrigerate 30 min.

Cut and wrap.

*Will keep for 3 days at room temperature or 3 weeks in refrigerator.

Pecan Pie Lara Bars

Jane Fosnaugh

1 ¼ cup packed pitted, soft chopped dates

1 cup warm water

¼ cup raw almonds

¾ cup raw pecans

1/8 tsp. sea salt

Directions:

Soak dates in warm water.

Chop (fine) almonds and pecans.

Add sea salt.

Drain water from dates.

Add dates to nuts and mix until like paste.

Press in pan and refrigerate.

Cut and wrap.

*Will keep for 3 days at room temperature or 3 weeks in refrigerator.

Baked Garbanzos/Chick Peas

Ingredients:

1 can of garbanzos/chickpeas

Ranch powder

Olive oil

Directions:

- 1. Rinse and drain a can of garbanzos/chick peas.**
- 2. Allow them to dry on a paper towel for 30 minutes or longer.**
- 3. Bake at 400 degrees for 60 minutes or until crunchy.**
- 4. Remove from oven and lightly coat with olive oil. Sprinkle with Ranch powder to desired taste.**

Prep Time:

30 minutes

Total Time:

40 minutes

Servings:

4

Chicken, Tomato and Avocado Salad

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This recipe for a delicious Grilled Chicken, Tomato and Avocado Salad from Simple Truth® and Simple Truth Organic® is sure to be pleasing to the eye as well as the taste buds.



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JODY WOEHRMAYER

Ingredients

1 package [Simple Truth Organic® Thinly Sliced Chicken Breasts](#)

1/4 cup [Simple Truth Organic® Italian Extra Virgin Olive Oil](#)

Juice of 1 lemon

[Simple Truth Organic® Baby Spring Mix](#)

Avocado

[Simple Truth® Organic Grape Tomatoes](#)

Directions

1. Place the chicken breasts in a plastic bag. Add the olive oil and lemon juice to the chicken and shake so all of the chicken is marinating. Let marinate 30 minutes.
2. While the chicken is marinating, prep the rest of your ingredients: Cut the tomatoes in half and slice the avocados.
3. After 30 minutes, place the chicken on a preheated grill pan. Season the chicken with salt and pepper.
4. Cook for 2 minutes and rotate the chicken 45 degrees to create grill marks. Let cook another 1 to 2 minutes.
5. Flip the chicken; season with salt and pepper. Cook on the second side another 2 minutes, then rotate 45 degrees again to finish cooking (cook to an internal temperature of 165° F).
6. Assemble the salads: Place the spring mix in the bottom of a bowl and top with a chicken breast. Garnish with sliced avocados and tomatoes.
7. Serve with your family's favorite salad dressing.

Chicken Salad

Pam Carr

2 13 oz. cans of chicken breast

1 cup lite mayo

2 T sweet relish

2 stalks celery chopped

Mix together, and serve with crackers.