



Recipes – September 2023

Cucumber Hummus Bites

1 cucumber sliced
½ cup hummus (you can use the original flavor or your favorite flavor)
9 cherry tomatoes cut in half
¼ cup feta cheese crumbled
fresh parsley
salt and pepper to taste
olive oil to taste

Wash and dry the cucumber and tomatoes. Slice the cucumber in slices, about ¼ inch, and cut the tomato in half. Spread about 1 tsp of hummus on the cucumber slices, sprinkle with crumbled feta. Add one-half of tomatoes on top of each slice. Sprinkle fresh parsley. Add salt and pepper to taste and drizzle with olive oil.

Hash Brown and Bacon Omelet Cups

cooking spray
3 cups frozen shredded hash brown potatoes, thawed
⅛ tsp. salt
⅛ tsp. freshly ground black pepper
2 cups shredded Mexican-style four-cheese blend
6 large eggs, lightly beaten
1 cup chopped red bell pepper
2 to 3 green onions, chopped
¼ tsp. crushed red pepper (optional)
6 slices bacon, crisp-cooked
3 to 4 Tbsp. bacon fat
chopped fresh chives, for garnish

Preheat the oven to 425°F. Grease 12 (2 1/2-inch) muffin cups with cooking spray. Wrap hash browns in a clean kitchen towel and squeeze to remove as much moisture as possible. Stir together hash browns, bacon fat (or 2 Tbsp. butter), salt and black pepper in a large bowl. Press about ¼ cup of the hash brown mixture into bottom and up the sides of each prepared muffin cup. Bake in the preheated oven until lightly browned, 18 to 20 minutes. Meanwhile, stir together cheese, eggs, bell pepper, and crushed red pepper in a bowl. Add the reserved bacon and fold carefully. Remove muffin tin from the oven. Reduce oven temperature to 400°F. Top with egg mixture and bake until a knife inserted into centers comes out clean, 13 to 15 minutes. Garnish with chives.

Chocolate Peanut Butter Banana Smoothie

1 large frozen ripe banana
1 to 2 Tbsp. cacao powder (or use unsweetened cocoa powder)
2 Tbsp. creamy peanut butter
1 tsp. vanilla extract
1 cup milk of choice, plus more to thin as necessary
optional: spinach, kale or other fruits to taste

In a large high-powered blender, add in all ingredients and blend on HIGH for 1 to 2 minutes or until all ingredients are well combined. Start with 1 tablespoon of cacao powder, but feel free to add another if you like it extra chocolatey. If necessary, add in more milk to thin the smoothie. Makes 1 large smoothie or 2 small ones. Feel free to double the recipe to serve 2.