

Apples and Honey Breakfast Cookie Pops

Yields 12 cookie pops

INGREDIENTS:

2 cups quick oats	1 teaspoon cinnamon
1 ripe banana	¼ cup raisins
1 cup almond or sunflower butter	¾ cup dried apples, diced
¼ cup apple butter	½ cup shelled roasted pumpkin seeds
¼ cup honey	¼ cup ground flaxseed
½ teaspoon salt	1 teaspoon vanilla extract

Optional glaze:

1 ounce cream cheese, softened
½ teaspoon vanilla extract
3 ½ tablespoons powdered sugar
2 ½ teaspoons lemon juice

INSTRUCTIONS:

- Preheat oven to 325 degrees.
- In a large bowl, combine all cookie ingredients using a mixer until well-blended.
- On a parchment paper-lined baking sheet, place golf ball-sized scoops. Use hands to flatten.
- Push a stick into each cookie from the bottom until it nearly reaches the top.
- Bake for 15 minutes, or until edges are slightly browned.
- Let cool on baking sheet.
- To make glaze, mix together cream cheese, vanilla, and powdered sugar.
- Add lemon juice ½ teaspoon at a time, until glaze is liquid but not runny.
- Drizzle glaze over completely cooled cookies.

* *Note: if using wooden sticks, soak them in water for at least 30 minutes before baking. No sticks? You've got bars!*

Caramelized Onion and Butternut Squash Dip

Yields about 2 ½ cups

INGREDIENTS:

- 3 tablespoons olive oil
- 2 medium sweet onions, diced
- 1½ cups diced and peeled butternut squash
- 3 cloves of garlic, finely minced
- 1½ teaspoons kosher salt, divided
- ¼ teaspoon ground pepper
- 1½ cups sour cream
- ¾ cup mayonnaise
- 2 tablespoons Italian parsley, chopped
- Shelled and roasted pumpkin seeds for garnish (optional)

INSTRUCTIONS:

- In a large sauté pan, add olive oil, onions, squash, and garlic.
- Stir to combine. Cook over medium heat until lightly browned and softened, about 20 minutes.
- Add 1 teaspoon salt and the pepper.
- Set aside to cool.
- Once mixture is cooled, mash butternut squash with the back of a wooden spoon.
- In a large bowl, combine the mixture with the rest of the ingredients.
- Cover with plastic wrap. Refrigerate until ready to serve.
- Serve in a hollowed-out pumpkin or other squash. Top with pumpkin seeds. Goes well with fresh vegetables, chips, or pita.

Harvest Veggie Roll Up

Yields about 2 cups of spread

INGREDIENTS:

Spread:

1 small red onion	8 ounces mushrooms
2 medium zucchini	5 cloves minced garlic
1 red bell pepper	3 tablespoons olive oil
1 small eggplant	1 ½ teaspoons kosher salt
1 ½ cups peeled butternut squash	½ teaspoon ground pepper
	1 ½ teaspoons Italian seasoning

Roll:

Tortillas
Romaine lettuce
Deli turkey (optional)
Sliced tomatoes

INSTRUCTIONS:

- Preheat oven to 400 degrees.
- Dice all veggies to equal-size pieces.
- On a foiled and greased sheet pan, combine all spread ingredients. Toss to coat vegetables with oil.
- Roast in oven for 40–50 minutes, stirring vegetables halfway through to lift any pieces that stick to the pan.
- Once vegetables are cooked through and slightly brown, remove from oven.
- When vegetables are cool, spoon into a food processor and grind until a paste forms.
- To assemble the rolls, spread about 2 tablespoons of paste on a tortilla. Layer the turkey (optional), lettuce, and tomatoes. Roll as tightly as possible. Secure with toothpicks along the seam.
- Slice the roll between each toothpick to serve.

Sticky Honey Drumsticks

INGREDIENTS:

- ½ cup honey
- 1 tablespoon finely minced garlic
- 1 large navel orange, zested and juiced
- 3 tablespoons olive oil
- 1 tablespoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 2 pounds chicken legs

INSTRUCTIONS:

- In medium bowl, combine all of the ingredients except the chicken.
- Whisk until combined. Pour half the mixture into a gallon-sized plastic zip bag, reserving the rest for later use.
- Add chicken legs to the plastic bag, seal, and massage the marinade into the chicken.
- Refrigerate at least 30 minutes (longer is better).
- Preheat oven to 400 degrees.
- Place chicken legs on a foiled and greased sheet pan with plenty of space between pieces. Throw away the bag and any remaining liquid from the bag.
- Bake chicken 25 minutes. Brush both sides with reserved sauce and flip. Continue cooking 20 minutes.