

## **Peanut Butter Snails**

*6 Servings*

- 2 medium celery sticks
- ½ cup natural creamy peanut butter
- 3 apple rings, cut in half
- 4 pretzel sticks broken into thirds
- 12 mini semisweet chocolate morsels



1. Cut each celery stick into thirds. Fill centers with half of the peanut butter. Spoon remaining peanut butter into small zip-lock bags. Snip one corner off to make a small hole.
2. Pipe two lines of peanut butter on one side of each apple piece, following shape of apple. Insert apple piece into peanut butter in celery pieces.
3. Place 2 mini morsels next to each other at one end of each piece of celery to resemble eyes. Place pretzel piece over each eye to resemble antennae.

## **Autumn Apple Oat Bars**

*18 Bars*

- 3 cups rolled oats
- ¼ cup cashews, ground
- 2 tbsp flax meal
- 2 tsp ground cinnamon
- 1 cup unsweetened applesauce
- 1/3 cup dried cranberries
- ¼ cup milk
- 1 ¼ tbsp. honey
- 1 tsp vanilla
- 1 small apple, peeled and chopped
- ½ cup dates (about 16), pulsed in food process until no big chunks remain



1. Preheat oven to 350 F.
2. In a medium-sized bowl, stir together the oats, cashews, flax meal, and cinnamon. Set aside.
3. Set aside ¼ cup applesauce. In separate bowl, stir remaining ingredients. Add the wet ingredients to the dry and mix well. You should be able to form one big ball with your hands.
4. Line a 9x13" baking sheet with parchment paper and spray lightly with nonstick cooking spray.
5. Using the back of a spoon, press mixture into pan, leveling until smooth.
6. Spread remaining ¼ cup applesauce evenly on top.
7. Scatter chopped apple pieces. (Optional: sprinkle cinnamon lightly over apples)
8. Bake for 20 minutes. Broil for 3 minutes to brown the apple pieces. Remove, cut into bars, let cool. Store in airtight container in fridge with parchment paper layered between bars.

## **Banana Dog Bites**

*4 Servings*

2 bananas, peeled

¼ cup natural peanut butter, divided

2 whole wheat tortillas

1. Heat tortilla in microwave for 15-20 seconds between 2 pieces of moist paper towels to soften.
2. Place one tortilla on a flat surface and spread 2 tbsp peanut butter to evenly coat.
3. Place one banana near the edge of the tortilla and roll it up.
4. Slice into ½ inch rounds and serve.



## **Hummus Roll Ups**

*16 Servings*

1 cucumber

1 small Granny Smith apple

8 small whole wheat flour tortillas

½ cup hummus



1. Cut cucumber in half lengthwise, slice thinly. Remove apple core and quarter apple. Cut each quarter into 4 slices.
2. Microwave tortillas on high for 12-15 seconds to soften. Spread each tortilla with 1 tbsp hummus. Place cucumber and apple slices down center of tortilla. Gently roll into a cigar shape.
3. Chill in an airtight container for 30 minutes or overnight. Cut each roll up in half to serve.

## **Bell Pepper Pizzas**

*8 Servings*

2 large green bell peppers  
½ cup pizza or spaghetti sauce  
¼ cup grated cheese  
pinch of red pepper flakes  
pinch basil or parsley  
as many toppings as you can fit



1. Preheat oven or toaster oven to 350 F.
2. Slice off each of the four sides of the peppers and lay flat on a baking sheet.
3. Top with sauce, then cheese, followed by any veggie topping.
4. Bake for 10 minutes. Broil for one minute.
5. Add red pepper flakes and basil/parsley if desired.

## **Pizza Zucchini**

*8-10 Servings*

1 zucchini, washed well and ends cut off  
¼ cup spaghetti sauce  
½ cup shredded mozzarella

1. Preheat oven to 350 F.
2. Spray cooking spray on baking sheet.
3. Slice zucchini into ¼" slices and place on baking sheet.
4. Spread sauce on top of slices.
5. Top with mozzarella cheese and other pizza toppings you'd like.
6. Bake until cheese is melted and golden brown. Remove and let cool.



## **Baked Broccoli Tots**

*20 Tots*

2 cups or 12 oz uncooked or frozen broccoli  
1 large egg  
¼ cup diced yellow onion  
1/3 cup cheddar cheese  
1/3 cup each: panko and Italian breadcrumbs  
2 tbsp parsley (or cilantro, rosemary)  
½ tsp salt  
½ tsp pepper



1. Preheat oven to 400 F. Line baking sheet with parchment paper and set aside.
2. Blanch broccoli in boiling water for 1 minute then remove and shock with cold tap water. Drain.
3. Chop broccoli finely and mix thoroughly with the egg, onions, cheddar, breadcrumbs, and seasoning. Scoop out about 1.5 tbsp of mix and gently press into firm ball, then shape into tater-tot shape. Place on prepared baking sheet.
4. Bake until golden brown and crispy, 18-24 minutes, turning half way. Remove from oven and enjoy hot with ketchup, sriracha, ranch dressing, or other sauces.

## **Spinach Nuggets**

*15 Nuggets*

¼ cup almonds  
2 large handfuls fresh baby spinach  
1 ½ cups whole wheat breadcrumbs, divided  
2 eggs  
¼ cup flaxseed meal  
1 tsp each: dried basil, dried oregano  
¼ cup shredded cheese



1. Preheat oven to 350 F. Lightly grease cookie sheet.
2. Put almonds in a food processor and process until they are a fine crumb. Add spinach and pulse until spinach is finely chopped and you have a green crumb-like mixture. Set aside.
3. Whisk eggs in a medium bowl. Add spinach-almond mixture, ½ cup of breadcrumbs, flaxseed, basil, oregano, cheese, and mix well.
4. Place remaining cup of breadcrumbs in small bowl. Using your hands, form a small portion of spinach mixture into a ball and roll it in the breadcrumbs until fully covered. Press into a flat nugget shape and place on baking sheet. Repeat until all of the mixture is used.
5. Bake for 18-25 minutes, turning the nuggets over halfway through. Allow to cool. Serve.

## **Sweet Potato Banana Bites**

*14 Servings*

½ cup cooked, mashed sweet potato (approx. 1 medium)

½ cup mashed banana (approx. 1 medium)

¼ cup nut butter

2 eggs

cinnamon, to taste

splash vanilla extract

Optional: Chia seeds, rolled oats, fruit, dark chocolate chips, etc.

1. Preheat oven to 375 F.
2. Mash the sweet potato and banana together in a bowl
3. Add the peanut butter, eggs, and cinnamon. Mix well.
4. Stir in additional mix-ins and spoon into greased mini-muffin tins
5. Bake for 18 min.



## **Butternut Squash Fritters**

*18-20 Fritters*

5 cups shredded butternut squash, lightly packed

2/3 cup all-purpose flour

2 large eggs, lightly beaten

1 ½ tbsp. minced fresh sage or dried

¼ tsp salt

1/8 tsp pepper

Vegetable oil

1. Preheat oven to 400 F. Grease 18-20 mini muffin tin spaces.
2. In a large bowl, combine shredded butternut squash, flour, eggs, sage, salt, and pepper. Stir until combined.
3. Fill each mini muffin section with squash mixture.
4. Cook for 15 minutes. Remove from oven and let cool for 10 minutes.



## Zucchini Carrot Apple Muffins

*12 Servings*

¾ cup shredded zucchini (excess water removed)  
½ cup shredded apple (excess water removed)  
½ cup shredded carrot (excess water removed)  
4 tbsp butter, melted  
¼ cup unsweetened applesauce  
½ cup sugar  
2 eggs  
1 tsp vanilla  
1 ½ cup white whole wheat flour  
½ tsp baking soda  
½ tsp baking powder  
1 tsp cinnamon  
½ tsp ginger

1. Preheat oven to 350 F. Grease 12 muffin tin spaces.
2. Mix first 8 ingredients in a large bowl and stir until well combined.
3. Add remaining ingredients and stir until just mixed.
4. Scoop into greased muffin tins.
5. Bake for 20-25 minutes or until toothpick inserted into center comes out clean.

