

Mash & Spread

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HEALTHYISH BALANCED RECIPES

By Jasmin Foster

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ABOUT THE AUTHOR

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By day she works as a dietitian in healthcare while blogging in her spare time. Jasmin received her Bachelor's of Science Degree in Dietetics from the University of Kentucky and completed her supervised practice (Dietetic Internship) at The Ohio State University. Jasmin is defining her career with a passion in nutrition, cooking, and blogging, and inspiring others through photography.

Through her website, she seeks to showcase “healthyish” recipes that utilize fresh and sustainable ingredients. All these recipes and more can be found on her website at www.mashandspread.com.



ABOUT THE DESIGNER

Isabella Lenz

is a third-year Scientific and Technical Communications student at Michigan Technological University. In the future, she hopes to work for a professional sports team doing graphic design. Outside of her studies, she likes spending time outside, taking pictures, and staying active.

Isabella took a simplistic approach to this cookbook design by including only key elements, which allowed for the maximization of white space on each page

Each recipe features a full-size image of the finished recipe to allow for one main focal point as well as to align with the minimalistic approach of the book. In addition, the recipes' title font was carefully chosen to create a sumptuous aesthetic and feel.





BREAKFAST





Apple Cinnamon Baked Oatmeal

Yield
9 Servings

Time
43 Minutes

Ingredients

2 cups rolled oats

1 tspn baking powder

1 ½ tspns ground cinnamon

½ tspn ground nutmeg

¼ tspn salt

2 eggs

1 ¾ cup milk

⅓ cup maple syrup

1 tspn vanilla extract

1 cup diced apples

½ cup diced nuts

Instructions

1. Pre-heat an oven to 375°F. Spray an 8×8 baking dish with cooking spray. Set aside.
2. In a large bowl mix together rolled oats, baking powder, ground cinnamon, ground nutmeg, and salt. Add eggs, milk, maple syrup, vanilla extract and whisk together until all combined. Gently fold in the diced apples and nuts.
3. Transfer oatmeal mix to the greased baking dish. Spread to an even layer using a spoon. Cook in the oven for 30-35 minutes, or until golden brown. Let cool for 5 minutes.



Baked French Toast Muffins

Yield	Ingredients	
12 Muffins	5 large eggs	7 cups challah bread (sliced into cubes, lightly packed)
Time	1 ¼ cup milk	¼ cup brown sugar
33 Minutes	1 ½ tspns vanilla extract	1 ½ tspns cinnamon
	1 tspn ground cinnamon	3 tbsps unsalted butter
	½ tspn salt	

Instructions

1. Pre-heat the oven to 350°F. Grease a 12 tin muffin pan with cooking spray.
2. In a large bowl combine. milk, eggs, vanilla, cinnamon, and salt. Pour egg mixture ovetop chopped bread pieces. Use hands to toss and make sure bread slices are evenly coated. Evenly divide bread between 12 muffin tins. (about ⅓ cup in each cavity)
3. Bake in the oven for 25-30 minutes or until tops are golden brown. Serve with syrup and enjoy!



Chocolate Chip Blended Baked Oats

Description

Make delicious Chocolate Chip Blended Baked Oats for breakfast. This simple oatmeal dish is easy to make with your blender using a few baking essentials.

Yield
1 Person

Time
18 Minutes

Ingredients

- | | |
|------------------------|--------------------------|
| 1/2 cup rolled oats | 1/2 tspn vanilla extract |
| 1/4 cup milk | 1 tbsp maple syrup |
| 1 large egg | pinch of salt |
| 1/2 ripe banana | 2 tbsps chocolate chips |
| 1/2 tspn baking powder | |

Instructions

1. Pre-heat oven to 375°F. Spray ramekin with cooking spray. Set aside.
2. Place all ingredients except for the chocolate chips in a blender.
3. Blend until well combined (about 30 seconds). Pour the blended oatmeal batter into the ramekin. Gently fold in chocolate chips.
4. Cook in the oven for 25-30 minutes. Serve immediately.



Classic Brioche French Toast

Description

Thick luscious slices of Classic Brioche French Toast are a simple and easy breakfast or brunch recipe.

Yield
4 People

Time
17 Minutes

Ingredients

- | | |
|---------------------------------|-----------------------------|
| 4 large eggs | 2 tbsps brown sugar |
| $\frac{3}{4}$ cup milk | butter |
| 1 tsp vanilla extract | strawberries (stem removed) |
| $\frac{1}{4}$ tsp ground nutmeg | blueberries |
| 1 tsp ground cinnamon | |

Instructions

1. Cut brioche bread into 8 slices and set aside. In a medium-sized bowl whisk together eggs, milk, vanilla extract, nutmeg, and ground cinnamon until well smooth. Transfer mixture to a shallow container.
2. Place slices of brioche bread into the shallow container with French toast mix. Allow to sit for 2 minutes and flip. Continue to let sit for 2 minutes. Remove bread from the mixture.
3. Pre-heat a large cooking pan/skillet over medium o medium-low heat. Add butter to coat the bottom of the pan. Gently transfer brioche bread to a heated pan in a single even layer. Cook for 3 minutes or until French toast turns golden brown. Flip the bread over and continue to cook for another 3 minutes or until golden brown. Remove from pan.
4. Repeat steps of soaking bread in French toast mix as needed and work in batches. Once finished, add your favorite toppings like fresh berries and drizzle syrup.



Double Chocolate Pancakes

Description

Rich and gooey chocolate pancakes with added chocolate chips make the most delicious breakfast topped with powdered sugar and strawberries.

Yield
12 Pancakes

Time
20 Minutes

Ingredients

- | | |
|---------------------------|---|
| 1 ½ cup all-purpose flour | 2 eggs |
| ¼ cup cocoa powder | ¼ cup butter or coconut oil (melted and cooled) |
| 2 tsp baking powder | 1 tsp vanilla extract |
| ½ tsp salt | 1 cup semi-sweet chocolate chips crushed |
| ¼ cup sugar | |
| 1 ¼ cup milk | |

Instructions

1. In a large bowl sift together flour, cocoa powder, baking powder, salt, and sugar.
2. In a medium bowl whisk together milk, eggs, butter (or oil), and vanilla extract.
3. Form a well in the middle of the flour mixture. Pour wet ingredients into the well of the flour mixture. Stir until just combined (do not over-mix). Lastly, add crushed semi-sweet chocolate chips and gently fold them into pancake mix. Let pancake mix sit for 5 minutes.
4. Heat a large griddle or skillet over medium heat. Pour pancake batter onto a heated griddle or skillet. Cook for 1-2 minutes or until small bubbles start to appear. Flip pancakes over using a spatula and continue to cook until done (another 1-2 minutes). Remove from heat. Sprinkle powdered sugar and diced strawberries on top.



French Toast Waffles

Description

These French Toast Waffles are the best of both worlds. Thick slices of challah bread in an egg custard mixture with a sweet cinnamon coating.

Yield
6 Slices

Time
25 Minutes

Ingredients

4 eggs	1 tspn vanilla extract
1 cup milk	8 slices challah bread
1 tspn ground cinnamon	

Instructions

1. Turn on a waffle maker to heat. In a medium bowl add eggs, milk, ground cinnamon, and vanilla extract. Whisk until completely combined.
2. Dip a slice of challah bread on both sides for about 5 seconds each.
3. Place the slice of challah bread on a heated waffle maker. Cook according to waffle maker instructions.
4. Repeat by taking another slice of bread and dipping in the egg custard mixture and cooking on a waffle maker until all slices are used.
5. Sprinkle with powdered sugar and add slices of banana. Serve immediately. Enjoy with syrup.



Hash Brown Avocado Toast

Description

The viral Tik Tok Hashbrown Avocado Toast is a spin on the classic avocado toast topped with scrambled eggs and a sweet and spicy drizzle.

Yield
2 People

Time
15 Minutes

Ingredients

2 hash brown patties	2 tspns chili pepper crisp
1 medium sized ripe avocado	2 tspns honey
2 tspns lime juice	seasonings (salt, pepper, garlic powder)
4 large eggs	

Instructions

1. Cook hashbrowns in an air fryer at 380°F for 10 minutes or until hashbrowns are golden brown and crispy. Set aside.
2. While hashbrowns are cooking crack eggs into a bowl. Season with salt, pepper, and garlic powder. Whisk together the eggs using a fork. Cook eggs by scrambling the eggs using a spatula on a nonstick skillet over medium heat.
3. Slice the avocado in half and remove the seed. Scoop avocado out using a spoon and place in a bowl. Add lime juice, and seasonings per taste (salt, pepper, etc). Use the same spoon to mash avocado and thoroughly mix together.
4. Place hash brown on a plate and top with mashed avocado, then scrambled egg, chili pepper crisp, and honey.



Homemade Chocolate Granola

Description

Rich and chocolatey Homemade Chocolate Granola is a great addition to yogurt or with milk as a breakfast cereal.

Yield
3 Cups

Time
30 Minutes

Ingredients

- | | |
|----------------------------|------------------------|
| ½ cup coconut oil (melted) | 3 cups rolled oats |
| ½ cup maple syrup | 1 cup sliced almonds |
| ⅓ cup cocoa powder | ¾ cup chocolate chunks |
| 1 tspn vanilla extract | |

Instructions

1. Pre-heat oven to 350°F. In a large bowl stir together melted coconut oil, maple syrup, cocoa, and vanilla extract. Fold in rolled oats, almonds, and chocolate chunks.
2. Transfer the mixture onto a baking sheet in an even layer. Bake in the oven for 17-20 minutes (string to re-arrange granola halfway through cooking time).
3. Remove from oven and allow to cool for 10 minutes. Break apart granola into small chunks and serve.



Mango Smoothie Bowl

Description

Deliciously creamy Mango Smoothie Bowl made with mangoes, pineapples, and bananas.

Yield
2 People

Time
11 Minutes

Ingredients

1 cup frozen bananas
2 cups frozen mango
1 cup frozen pineapple

½ cup milk
¼ cup yogurt

Instructions

1. Add all of the ingredients to a high-powered food processor and blend for 1-2 minutes. Stop, scrape down the sides, and rearrange with a spoon. Continue mixing until smooth consistency.



Peanut Butter Oatmeal Smoothie

Description

Enjoy this thick and creamy classic Oatmeal Peanut Butter Smoothie. It only takes 10 minutes with a few simple ingredients like frozen banana, oatmeal, and peanut butter.

Yield
1 Person

Time
10 Minutes

Ingredients

- | | |
|------------------------|----------------------|
| 1 frozen banana | ½ tspn cinnamon |
| ¼ cup rolled oats | 1 tbsp peanut butter |
| 1 tbsp chia seeds | 1 cup milk |
| 1 tspn vanilla extract | few ice cubes |
| 1 tbsp maple syrup | |

Instructions

1. Add all of the ingredients to a high-powered blender.
2. Mix until well combined (up to one minute). Add more ice cubes to adjust consistency.
3. Serve immediately.



Strawberry Mango Smoothie

Yield	Ingredients	
2 People	$\frac{3}{4}$ cup milk	$\frac{1}{3}$ cup plain Greek yogurt
Time	2 cups frozen strawberries	$\frac{1}{3}$ cup rolled oats
10 Minutes	1 cup frozen mango	1 tbps honey
	$\frac{1}{4}$ cup carrots	

Instructions

1. Combine all ingredients and add to a blender. Blend until smooth.
2. Add milk to adjust consistency and more honey to sweeten per taste.



SIDE DISHES



Brussels Sprouts With Balsamic Glaze

Yield
4 People

Time
20 Minutes

Ingredients

3 cups Brussels sprouts
2 tbsps Olive oil
Salt and pepper to taste

1 cup Balsamic vinaigrette
1-2 tbsps Honey or maple
syrup

Instructions

1. Pre heat oven to 400°F.
2. Cut Brussels sprouts in half. Add to roasting pan. Drizzle olive oil, salt, and pepper to Brussels sprouts. Toss to mix evenly.
3. Roast in oven for 25-30 minutes (shaking pan occasionally to help cook evenly) or until Brussel sprouts start browning.
4. While Brussels sprouts are roasting, heat a small sauce space and add balsamic vinaigrette and honey/ maple syrup. Heat to a boil and then simmer for 10-15 minutes or until balsamic vinaigrette starts thicken and reduce in size.
5. Once Brussels sprouts are done. Remove from oven. Drizzle balsamic glaze over top and enjoy.



Crispy Roasted Potato Wedges

Description

Who doesn't enjoy well-seasoned super crispy roasted potato wedges. This recipe uses only a few ingredients and is the perfect appetizer or side dish. Make delicious, styled potato wedges at home.

Yield
3 People

Time
55 Minutes

Ingredients

- | | |
|-------------------------|--------------------------|
| 3 large russet potatoes | ½ tsp salt |
| 3 tbsps olive oil | 1 tbsp parsley (chopped) |
| 1 tsp onion powder | |
| 1 tsp garlic powder | |
| 1 tsp paprika | |

Instructions

1. Rinse and scrub potatoes. Cut potatoes lengthwise into wedges. Soak for 15 minutes in water. Remove and pat dry with towel to remove as much moisture from potato. Season with olive oil, onion powder, garlic powder, paprika, salt. Line wedges in one layer on baking sheet (use 2 baking sheets if needed). Cook for 30-35 minutes at 400°F. Flip wedged over and continue to cook for an additional 20 minutes or until golden brown and crispy when pierced with a fork. Remove from oven. Sprinkle fresh chopped parsley. Enjoy!



Roasted Parmesan Broccoli

Description

This oven roasted parmesan broccoli has a sprinkle of panko breadcrumbs and hint of broccoli. Packed with flavor, slightly crisp broccoli perfect as a side dish.

Yield
4 People

Time
19 Minutes

Ingredients

- | | |
|-------------------------|-------------------------|
| 6-7 cups broccoli | ½ cup panko breadcrumbs |
| 3-4 tbsps olive oil | Salt & pepper |
| juice of ½ lemon | |
| 2 cloves garlic, minced | |
| ¼ cup grated parmesan | |

Instructions

1. Pre heat oven to 425°F.
2. In a large bowl or plastic bag add broccoli, olive oil, and lemon juice. Mix to thoroughly combine. Next add garlic, grated parmesan, panko breadcrumbs, salt & pepper. Mix until thoroughly combined.
3. Transfer broccoli to a large baking sheet. Arrange in single layer. Cook in oven for 12-15 minutes.



Roasted Vegetables

Yield
5 Servings

Time
50 Minutes

Ingredients

- | | |
|---|---|
| 1 ¼ lb baby potatoes, halved | 1 tbsp minced fresh rosemary |
| 1 lb medium carrots, scrubbed clean, cut into 2-inch pieces | Salt and freshly ground black pepper |
| 3 tbsps olive oil, divided | 12 oz. zucchini, trimmed and cut into 1-inch pieces |
| 1 tbsp minced fresh thyme | 4 cloves garlic, minced |

Instructions

1. Pre-heat your oven to 400°F and set a rack to the middle. In a large bowl, toss together potatoes carrots with 2 ½ tablespoons olive oil, thyme, rosemary and season with salt and pepper to taste. Spread onto a rimmed baking sheet—roast in the pre-heated oven for 20 minutes.
2. Toss zucchini in a bowl with the remaining ½ tbsp olive oil and season lightly with salt. Add to the baking sheet with other potatoes and carrots. Add minced garlic and toss everything and spread into an even layer. Return to oven and roast until all of the veggies are tender and slightly browned, about 20 minutes longer. Serve the Garlic Herb Roasted Potatoes Carrots and Zucchini warm.

Notes

- Cut each separate vegetable about the same size as each other so they all roast evenly.
- Feel free to experiment with different herbs: sage, in particular, would go really well here, too!
- Use tri-colored carrots if you can find some, they will add a splash of color to the roasted vegetables.
- Add other root vegetables like parsnips, sweet potatoes, butternut squash, or beets to the mix.
- As long as you wash carrots, potatoes, and zucchini well, you do not need to peel them before roasting. In fact, unpeeled vegetables are delicious because the outer layer browns when baked and gives a deeper flavor.



Smashed Potatoes With Chipotle Ranch

Yield
4 People

Time
1 Hour

Ingredients

- | | |
|---|----------------------|
| 2 pounds mini gold potatoes | ½ tsp garlic powder |
| 2 tbsps olive oil | fine sea salt |
| Drew’s Organics Chipotle Ranch Dressing | cracked black pepper |
| ½ tsp onion powder | |

Instructions

1. Pre heat oven to 450°F. Wash potatoes. Bring a large pot of water to a boil and add potatoes. Cook for 20-30 minutes or until potatoes are soft. Remove potatoes from water. Allow potatoes to cool for at least 5 minutes.
2. Lightly brush a baking pan with olive oil. Transfer mini potatoes to the pan. Using a for or potato masher, gently smash potatoes to where they’re still intact.
3. Drizzle each potato with olive oil and season with salt, pepper, onion powder, garlic powder. Place roasting pan with potatoes on oven and cook for 18-25 minutes. Broil for 1-2 minutes for nice browning on top (optional).
4. Remove from oven. Top with chopped parsley. Drizzle Drew’s Organics Chipotle Ranch on top of smashed potatoes or dip potatoes in dressing. Enjoy!





MAIN DISHES





10 Ingredient Sweet Corn Salad

Description

10 Ingredient Sweet Corn Salad is an easy light salad made with fresh ingredients like corn, cucumber, avocado, red onion, and cilantro.

Yield
4 People

Time
19 Minutes

Ingredients

- | | |
|----------------------|----------------------|
| 4 ears sweet corn | ½ cup fresh cilantro |
| 1 large cucumber | 3 tbsps lime juice |
| 1 cup grape tomatoes | 3 tbsps olive oil |
| ¼ cup red onion | ½ tsp garlic powder |
| 1 whole avocado | ¼-½ tsp salt |

Instructions

1. Heat a large pot of water until boiling. Add sweet corn. Cook corn for 3 minutes. Remove corn and submerge in cold ice water. Let corn sit in ice water until it cools. Remove corn and then shuck with a knife or shucking utensil. Place corn in a large bowl. Set aside.
2. Chop cucumber into quarter inch pieces, cut red grape tomatoes in half, julienne red onion, slice the avocado, and chop cilantro. Add cucumber, grape, onion, avocado, and cilantro to large bowl with corn. Add to bowl with corn. Lastly add garlic powder, salt, and drizzle lime juice and olive oil. Mix with spoon until well combined.



Baked Feta Pasta With Cherry Tomatoes

Description

Beloved feta cheese melted to perfection to make a creamy Baked Feta Pasta with Cherry Tomatoes. This trendy pasta dish is everything a feta cheese lover needs in carb form. Enjoy a dreamy dinner with this easy recipe.

Yield
6 People

Time
43 Minutes

Ingredients

- | | |
|-------------------------|---|
| 2 pints cherry tomatoes | 1/3 cup fresh basil leaves,
chopped (+ more for serving) |
| 8 oz block feta cheese | salt and pepper |
| 3 cloves garlic | 2 tsp oregano |
| 1/2 cup olive oil | |

Instructions

1. Pre heat oven to 400°F. Place cherry tomatoes into a oven safe baking dish. Drizzle with half of the olive oil. Season with salt, pepper, and oregano. Toss to evenly combine.
2. Create a space for the block of feta cheese in the middle and place feta in the baking dish. Pour the remaining olive oil on top of the feta cheese and add more seasoning to taste. Add cloves of garlic to the tomatoes by placing on the tomatoes.
3. Bake in oven for 30-35 minutes or until the feta cheese is completely melted and the tomatoes burst. While baking in the oven, cook pasta according to instructions. Set aside.
4. Once feta is done, remove from fridge. Sprinkle chopped basil on top of feta cheese. Use a spoon to mash feta cheese and tomatoes and mix together to form pasta sauce. Pour cooked noodles in baking dish and use spoon to toss to coat noodles evenly. Use additional basil to top as garnish when served.

Balsamic Glazed Salmon With Peach Salsa

Description

Tender balsamic glazed salmon topped with a light and delicious peach salsa full of color.

Yield
3 People

Time
60 Minutes

Ingredients

3 4-6 ounce salmon fillets	¼ cup red onion (diced)
3 tbsps olive oil	¾ cup sweet corn
6 tbsps balsamic vinegar	½ green bell pepper (diced)
5 cloves garlic (minced)	¼ cup cilantro (chopped)
1 tbsp honey	juice from 1 lime
salt + pepper (to taste)	2 tbsp honey
2 ripe peaches (diced)	3 tbsps olive oil
1 jalapeño (seeded and diced)	salt (to taste)

Instructions

1. Whisk together olive oil, balsamic vinegar, garlic, honey, salt and pepper.
2. Add salmon to a zipped plastic bag and then add balsamic mixture over top of the salmon. Close the zipped bag (removing most of the air). Allow salmon to marinate for a least 30 minutes in the fridge.
3. Pre-heat oven to 400°F.
4. In a large bowl add ingredients for peach salsa (peaches, jalapeño, red onion, sweet corn, green bell pepper, cilantro, lime juice, honey, and olive oil). Mix until well combined and set aside to let marinate.
5. Add salmon to a baking dish or roasting pan. Cook salmon in the oven for 12-15 minutes or until internal temperature reaches 165°F
6. While salmon is cooking place the remaining balsamic mix and heat in a small pot fo 5-10 minutes or until sauce is reduced or thickened.

7. Remove salmon from the oven. Plate salmon and add peach salsa on top. Pair with aa side like rice. Enjoy.





Broccoli Pesto Pasta

Description

This Broccoli Pesto Pasta recipe gives a refreshing take on traditional pesto. It’s packed with veggies with the same hint of savory basil and nutty pine nuts.

Yield	Ingredients	
5 Servings	1 pound Rigatoni pasta	2 cloves of garlic
	3 cups broccoli florets	½ cup grated parmesan cheese
Time	2 cups fresh basil	½ cup olive oil
25 Minutes	½ cup pine nuts + more for serving	Salt and pepper to taste
	2 tbsp fresh lemon juice	

Instructions

1. Cook pasta according to instructions. While pasta is cooking, blanch the broccoli florets by placing broccoli in a large pot of boiling water for 2-3 minutes (broccoli should turn bright green).
2. Drain broccoli and place in a bowl of ice water. In a food processor, add broccoli florets, basil, pine nuts, lemon juice, garlic, parmesan cheese, olive oil, salt, and mix until smooth.
3. Add water (1 tbsp. increments) until desired consistency. In a large bowl add drained, cooked pasta and broccoli pesto and toss together until pasta is well coated.

Chicken Chimichangas

Description

Chicken Chimichangas are stuffed with flavorful shredded chicken and Monterey jack cheese. You can make these two ways; baked or fried!

Yield
8 servings

Time
40 Minutes

Ingredients	
1 to 2 cups vegetable oil, divided	1 tspn salt
½ cup diced white onion	½ tspn pepper
2 tspns minced garlic	1 can (4 ounces) diced green chilies
½ Tbsp chili powder	8 (burrito-size) flour tortillas, warmed
¼ tspn oregano	2 cups shredded Monterey Jack cheese
½ tspn ground cumin	salsa, sour cream, guacamole, Pico, lettuce, etc.
4 cups cooked, shredded chicken (a rotisserie chicken works perfect for this)	

Instructions

1. In a large, cast iron OR heavy-bottom skillet, pour in enough vegetable oil to fill it 2 inches full of oil. Heat oil over low heat. (This will be the oil you fry the chimichangas in. The oil needs to slowly reach about 375°F.)
2. Pre-heat oven to 375°F. Grease a large baking sheet with nonstick spray. Set aside.
3. In a separate large skillet, heat 2 tbsps of vegetable oil over medium-high heat. Add the diced onion and cook until slightly softened. Add in garlic, chili powder, oregano and cumin. Stir and cook until fragrant, about 1 minute. Add the shredded, cooked chicken. Season with salt and pepper. Stir in the green chilies and continue to stir and cook mixture for another 5 minutes, or until thoroughly heated. Set aside.
4. Warm tortillas in the microwave. On each tortilla, add about ½ cup of the chicken mixture into the center. Top with 3 tbsps of the shredded Monterey jack cheese. Fold sides over the mixture, then fold bottom over the sides and roll up. Place folded chimichangas, seam side down on a large plate/platter, and repeat with remaining tortillas.

5. Using tongs, lower one chimichanga at a time, into the hot oil, seam side down. (It is helpful to hold them with the tongs while they are in the oil to prevent them from opening.) Carefully fry chimichanga until golden brown on both sides; about 1 to 2 minutes. Transfer the fried chimichangas onto a paper towel lined plate to soak up grease.
6. Place the wrapped chimichangas onto a lightly greased baking sheet. Spray the tops with non-stick spray. Bake in Pre-heated oven for 20 to 30 minutes, or until golden brown.
7. Serve chimichangas warm with your favorite toppings. Enjoy!





Chicken Lettuce Wraps

Yield
4 Servings

Time
20 Minutes

- Ingredients**
- | | |
|-----------------------------|-----------------------------------|
| 1 tbsp olive oil | 1 tbsp brown sugar |
| 1 lb ground chicken | 1 tbsp rice wine vinegar |
| 1 small white onion diced | 1 tbsp sriracha |
| 2 cloves of garlic (minced) | 1 8 oz can water chestnuts, diced |
| 1 tbsp ginger (grated) | ½ cup green onion (diced) |
| 1 tbsp sesame oil | 1 head butter lettuce |
| ¼ cup hoisin sauce | |
| 2 tbsp soy sauce | |

- Instructions**
1. Heat olive oil in a large skillet over medium heat. Add ground chicken and cook for 3-5 minutes, breaking it up into smaller pieces, until browned.
 2. Add onion, garlic, ginger and mix together.
 3. Next add sesame oil, hoisin sauce, soy sauce, brown sugar, rice wine vinegar, and sriracha and mix together. Continue to cook for 2-3 minutes.
 4. Add water chestnuts, and green onion and mix to evenly combine.
 5. Scoop chicken mix into lettuce.



Chicken Tacos With Cilantro Lime Kale Slaw

Yield
5 People

Time
40 Minutes

Ingredients		
1 cup Nature's Green Kale Greens	2 tsp chili powder	
2 limes-juice freshly squeezed	2 tsp cumin	
1 ½ tbsp olive oil	1 tsp paprika	
¼ tsp fine sea salt	½ tsp oregano	
¼ cup fresh cilantro leaves	½ tsp garlic powder	
½ cup shredded purple cabbage	salt and pepper	
½ cup shredded carrots	1 avocado	
4 green onion	½ cup Greek yogurt	
1 ½ pounds boneless skinless chicken breast	2 tbsp freshly squeezed lime juice	
	½ tsp salt	
	2 cloves of garlic	

- Instructions**
1. Wash and chop Nature's Greens Kale (removing any stems) into small bite sized pieces. Add lime juice, olive oil, fine sea salt, cilantro leaves, shredded purple cabbage, shredded carrots, and green onion. Mix until evenly combined. Set in fridge for about 15 to 20 minutes.
 2. In a small bowl combine chili powder, cumin, paprika, oregano, garlic powder, salt, and pepper. Season chicken and set aside.
 3. Heat large skillet over medium heat. Pour olive oil to slightly coat the bottom of the pan. Cook chicken in a single layer in pan until golden brown, about 4-5 minutes on each side. One cooked through, remove chicken and cut strips of chicken with knife.
 4. Add avocado, Greek yogurt, lime juice, salt, and garlic to a blender. Blend until smooth.
 5. Add cilantro lime kale slaw, chicken, and avocado crema to a tortilla. Top with additional avocado or cilantro (optional)



Crockpot BBQ Pulled Pork Sandwiches

Yield

8 People

Time

8 Hours

Ingredients

2 tbsp smoked paprika

1/2 tsp ground garlic

1 1/2 tsp ground mustard

1/2 tsp cayenne powder

1/4 cup brown sugar

1 tbsp kosher salt

2 tsp chili powder

3-4 pound pork shoulder

1 yellow onion (peeled and quartered)

1/4 cup apple cider vinegar

3/4 cup water

1 1/4 cup BBQ sauce (+ extra for serving)

coleslaw

brioche burger buns

Instructions

1.

Add smoked paprika, ground garlic, ground mustard, cayenne powder, brown sugar, kosher salt, chili powder. Rub spices all around the pork and completely cover.

2.

In a medium sized bowl add BBQ sauce, water, and apple cider vinegar and mix until well combined.

3.

Add yellow onion to the crockpot. Then place pork on top of the yellow onion. Pour BBQ mixture into crockpot. Place crockpot lid on top and cook for 8 hours on low.

4.

Shred cooked pork using 2 forks. Scoop juices from crockpot onto shredded pork to moisten. Drizzle additional BBQ sauce for more flavor and mix.

5.

Serve the pulled pork with toasted brioche buns and coleslaw to make sandwiches.



Crock Pot Stuffed Bell Peppers

Yield 5 Bell Peppers	Ingredients	
Time 4-7 Hours	5 bell peppers	2 cups cooked Mexican rice
	1 lb lean ground beef	1 ½ cups shredded Colby-jack cheese (divided)
	1 tspn chili powder	salt and pepper (to taste)
	½ tspn ground cumin	sour cream
	½ tspn garlic powder	salsa
	1 can (10 ounces) red enchilada sauce	guacamole
	½ cup diced yellow onion	
Instructions		
1. Cut the tops off of each bell pepper. Remove the seeds and ribs from the inside. Dice the tops of each bell pepper. Set aside.		
2. In a large bowl, combine the raw ground beef, chili powder, cumin, garlic powder, enchilada sauce, onion, rice, diced bell peppers and ½ cup of the cheese. Season mixture with salt and pepper. Stir to combine with a spatula. Stuff each pepper with the ground beef mixture.		
3. Fill crock pot with a half inch of water. Place bell peppers inside. Cover with lid and cook on Low heat for 6 hours OR on High heat 3 hours. Top each stuffed pepper with the remaining shredded cheese. Cover with lid until cheese has melted.		
4. Serve warm and with your favorite toppings. Enjoy!		



Easy Peanut Noodles

Description

Have 20 minutes? Makes these Easy Peanut Noodles

Yield
4 People

Time
15 Minutes

Ingredients

- | | |
|-----------------------------|-----------------------------|
| 8 ounces brown rice noodles | ½ cup chicken broth |
| 2 cloves garlic | 2 tsp sesame oil |
| 2 tbsp olive oil | 1 tbsp sriracha |
| ⅔ cup creamy peanut butter | 1 tbsp maple syrup or honey |
| 3 Tbsp low sodium soy sauce | |

Instructions

1. Cook brown rice noodles according to package instructions. Mince garlic and add to pan, sautee with 1 tbsp oil (olive oil). Sautee minced garlic on low heat for 2-3 minutes or until garlic starts to brown. Add peanut butter, low sodium soy sauce, water or broth, rice vinegar, toasted sesame oil, sriracha, maple syrup to the saucepan.
2. Drain noodles, mix peanut sauce and noodles. Toss to evenly combine. Top with chopped peanuts, green onions, and sesame seeds.



Kale Pesto Pizza

Description

Savory pesto but made with Nature’s Green’s Kale and in pizza form. Need I say more. This pizza is topped with mozzarella cheese and sliced Roma tomato for the yummiest pizza.

Yield
6 People

Time
25 Minutes

Ingredients

- | | |
|--|---|
| 3 cups Nature’s Greens kale greens (stems removed) | 1 frozen pizza dough or 1 premade pizza dough |
| ½ cup fresh basil | 2 cups mozzarella cheese |
| ½ cup olive oil | 2-3 Roma tomatoes (sliced quarter inch thick) |
| 2 cloves garlic | 2 tbsp olive oil |
| 3 tbsp lemon juice | 1 tsp red pepper flakes |
| ½ cup walnuts | |
| ½ tsp sea salt | |

Instructions

1. If using frozen dough, thaw in refrigerator before starting.
2. Pre heat oven to 500°F. In a food processor add Nature’s Greens Kale Greens, basil, garlic, lemon juice, walnuts, salt, . Blend while adding olive oil. Continue to blend until desired consistency. Set aside.
3. Take your thawed dough. Sprinkle a dusting of flour on dough and on a clean flat surface. Roll dough with rolling pin into circular pizza shape. Transfer rolled pizza to pizza pan.
4. Evenly spread kale pesto on top of dough. Then evenly sprinkle mozzarella cheese then roma tomatoes. Add additional toppings like red pepper flakes to turn up the hotness.
5. Bake in oven for 8-12 mins or according to directions on dough. Remove from oven, slice and enjoy!



Mediterranean Chickpea Salad

Yield

4 People

Time

11 Minutes

Ingredients

15 oz (1 can) chickpeas (drained and rinsed)

1 cup cherry tomatoes

½ cup red onion

1 cup English cucumber

⅓ cup parsley

¼ cup feta crumbles

4 tbsp olive oil

1 tbsp red wine vinegar

2 tbsp honey

1 tbsp lemon (juice extracted)

1 tsp Dijon mustard

1 clove garlic

1 tsp dried oregano

Instructions

1. Place chickpeas, cherry tomatoes, red onion, English cucumber, feta and chopped parsley in a large bowl.

2. In a small box add the olive oil, red wine vinegar, honey, lemon, Dijon mustard, dried oregano.

3. Pour the dressing over top of the chickpea mixture. Toss to evenly combine.



One Pot Lemon Ricotta Pasta

Description

Deliciously creamy One Pot Lemon Ricotta Pasta ready in under 30 minutes.

Yield
6 People

Time
20 Minutes

Ingredients

16 oz Mezzi Rigatoni pasta	juice of one lemon
1 cup whole-milk ricotta	1 ½ tbsp lemon zest
1 cup grated parmesan (plus more for serving)	salt & pepper to taste
	chili flakes (optional)

Instructions

1. Cook pasta in a large pot according to instructions. Reserve 1 cup of pasta water. Drain pasta and set cooked pasta aside.
2. In the same pot add ricotta cheese, parmesan cheese, lemon zest, lemon juice, salt, and pepper. Stir. Pour reserved pasta water while stirring until smooth consistency. Add cooked pasta and continue mixing. Serve with red pepper flakes and more parmesan cheese.

Roasted Vegetable Quinoa Bowls

Description

These easy roasted vegetable quinoa bowls are great for lunch or dinner! They are gluten-free, vegan, and great for meal planning. Make on Sunday and eat all week!

Yield
2 Bowls

Time
1 Hour

Ingredients

- | | |
|---|----------------------------|
| 1 large sweet potato (chopped into ½-inch pieces) | 3 cups chopped kale |
| 2 cups broccoli florets | 1 cup quinoa (rinsed) |
| 2 cups cauliflower florets | 2 cups water |
| 2 cups Brussels sprouts (cut in half) | Pinch of salt |
| ½ red onion (sliced) | ⅓ cup tahini |
| 1-2 tbsps olive oil | 1 clove garlic |
| Salt and black pepper (to taste) | 4 tbsps lemon juice |
| | ⅓ cup warm water |
| | Salt and pepper (to taste) |

Instructions

1. Pre-heat oven to 400°F. Place the vegetables on two baking sheets, making sure they are in an even layer and spread out a little. Drizzle with olive oil and toss until the vegetables are coated. Season with salt and black pepper. Place in the oven and roast for 20 minutes. Remove from the oven and toss the vegetables. Place the pans back in the oven and roast for 15-20 more minutes or until vegetables are tender and slightly crisp. I prefer my vegetables crispy and a little black on the edges, so I let them roast for about 40 minutes total.
2. While the vegetables are roasting make the quinoa. In a medium saucepan, combine water, rinsed quinoa, and salt. Bring to a boil. Reduce heat to low and cover with a lid. Cook for 15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove the lid and fluff the quinoa with a fork.
3. To make the lemon tahini dressing, whisk together the tahini, garlic, lemon juice, and, water in a small bowl or jar. Season with salt and pepper, to taste. If the dressing is too thick, add a little more water and whisk again.

4. To assemble the bowls, add quinoa, an assortment of the roasted vegetables, and chopped kale. Drizzle with lemon tahini dressing.

Notes

- If you are meal prepping, you can place the dressing in a separate container and wait to dress the bowls. You can heat up the roasted vegetables and quinoa in the microwave and add the kale and dressing when you are ready to eat. Feel free to roast whatever vegetables you like!



Rosemary Balsamic Oven Roasted Chicken

Description

Juicy and tender Rosemary Balsamic Oven Roasted Chicken marinated in balsamic vinegar and flavored with aromatic herbs. This easy recipe is perfect for dinner paired with your favorite side dishes.

Yield
6 People

Time
2 Hours 45 Minutes

Ingredients

3 boneless skinless chicken breast	2 cloves garlic (minced)
½ cup balsamic vinegar	2 tbsp rosemary
2 tbsp honey	salt & pepper to taste
1 tbsp Dijon mustard	½ cup balsamic vinegar
	¼ cup honey

Instructions

1. Pound chicken breasts using meat pounder or rolling pin until half an inch thick.
2. Mix balsamic vinegar, honey, Dijon mustard, garlic, and rosemary.
3. Add to plastic zipped bag and then add pounded chicken breasts.
4. Seal bag (removing as much air as possible) and marinate in the fridge for 2 hours (preferably overnight for 6-8 hours).
5. Pre heat oven to 425°F. Remove chicken from bag and place on parchment line roasting pan. Season chicken with salt and pepper on both sides to taste.
6. Cook chicken in the oven for 20-25 minutes.
7. Pre-heat oven to 425°F. Remove the chicken from the bag and place on parchment-lined roasting pan. Season chicken with salt and pepper on both sides to taste.
8. Take the leftover marinade and remove the rosemary by using a strainer. Add the leftover rosemary overtop the chicken.

9. Cook chicken in the oven for 20-25 minutes.
10. While chicken cooks add leftover marinade to a small saucepan. Add an additional ½ cup of balsamic vinegar and ¼ cup of honey. Cook until it reduces to a thin glaze (should reach a temperature of 165°F to kill bacteria). Remove from heat. The glaze may continue to thicken.
11. During the last five minutes remove the chicken from the oven. Brush the balsamic glaze over top of the chicken. Return to the oven and continue to cook for up 5 more minutes or until the chicken reaches an internal temperature of 165°F. Remove from oven allow to cook for a few minutes.





Shrimp Banh Mi Bowl

Yield	Ingredients	
3 People	2 Carrots	Salt and pepper to taste
	1 White Daikon Radish	1 cup Jasmin or Basmati Rice
Time	1 cup rice wine vinegar	1 cup Cilantro
55 Minutes	⅓ cup Sugar	½ cup Cucumber
	½ tsp Salt	¼ cup Jalapeno
	½ cup Water	¼ cup Drew's Organics
	1 lb Shrimp (peeled and de- vined)	Chipotle Ranch
		1 tbsp Sriracha (optional)

Instructions

1. Chop the carrots and daikon into small matchsticks. A julienne slicer is great for saving time with cutting. In a small bowl add rice vinegar, sugar, water, salt and mix until well combined. Another vinegar that works as well is white vinegar. Add carrots and daikon to a clean jar and fill the jar with the vinegar mixture until carrots and daikon are completely submerged. Cover the jar and let sit for at least 30 minutes (better is left to sit overnight). Note that the longer that the jar sits the better and more potent the smell.
2. Next prepare rice according to package instructions. Season shrimp with salt and pepper. Heat a skillet or grill pan over medium heat. Add olive oil to pan then add shrimp (lay shrimp flat in one layer for even cooking). Cook for 1-3 minutes and flip over. Continue to cook for an addition couple of minutes or until shrimp is cooked through. Remove shrimp from heat.
3. Start with a base of rice layered with your cooked shrimp, then add the pickled carrots and daikon, followed by cucumbers, jalapeños, and fresh cilantro. Drizzle Drew's Organics Chipotle Ranch Dressing and Marinade over top.



Turmeric Ginger Salmon

Description

Turmeric Ginger Salmon together to flavor and give color to soft and flaky oven roasted salmon. Pair this with your next grain bowl, salad, or meal prep!

Yield
4 People

Time
25 Minutes

Ingredients

4 salmon fillets	1 tsp ground ginger
2 tbsp olive oil	1 tsp garlic powder
1 ½ tsp ground turmeric	salt and pepper

Instructions

1. Pre heat oven to 450°F. Line a baking sheet with foil or parchment paper. Set aside.
2. In a small bowl combine turmeric, ginger, garlic powder.
3. Use a brush to coat salmon with turmeric mixture. Season with salt and pepper.
4. Transfer salmon to baking sheet.
5. Cook in oven for 15-25 minutes. Cooking time depends on the thickness of the salmon. Thicker pieces of salmon will take longer to cook.
6. Remove from oven. Pair with a salad, bowl, or next meal prep.



Winter Farro Salad

Yield	Ingredients	
3 People	2 medium sized sweet potatoes	salt/pepper
	3 tbsp olive oil	1 cup farro
Time	½ tsp chili powder	3 cups water or vegetable stock
1 Hour 5 Minutes	½ tsp paprika	3 cups Nature’s Green Kale Greens
	½ tsp cumin	
	½ tsp garlic powder	

Instructions

1. Pre heat oven to 400°F. Roast sweet potato cubes for 25-30 mins. In a small pot or pan. Warm olive oil and add garlic. Cook for 30 seconds. Add faro and toast for about 30 seconds and until it starts to get fragrant. Add broth. Bring to a boil for 25-35 mins or until most liquid is absorbed. While faro is cooking prepare kale by chopping into small strips. Drizzle with olive oil and massage/toss to loosen kale. One faro is done remove from heat. Add kale and sweet potato. Toss in feta cheese.
2. Cut sweet potato into small cubes. Season your sweet potato with a drizzle of olive oil followed by the salt, pepper, chili powder, paprika, and cumin, and garlic powder.
3. Toss to coat sweet potatoes evenly and roast in oven for 20-30 minutes (while tossing every 10 minutes to help roasting evenly) or until tender.
4. Using a medium saucepan heat 1 tbsp of olive oil. Add dry farro. Toast for about 1 minutes or until farro becomes fragrant.
5. Add the 3 cups of water or broth to the pan. Boil and the simmer of about 30 minutes and liquids significantly absorbed.
6. Chop the shredded Nature’s Green’s Kale into small bite sized pieces. In a large bowl combined the sweet potato, faro, kale, and add the feta cheese crumbles. Toss to combined evenly. Enjoy!

Notes

- Toasting farro before cooking is optional.
- Cook with broth to add more flavor.
- Farro absorbs a lot of liquid as it cooks.
- 1 cup of dried farro yields about 2 ½ to 3 cups when cooked.



DESSERT



Air Fryer Apple Crisp

Description

This delicious Air Fryer Apple Crisp with diced apples seasoned with warm spices and topped with a crumbly oat and flour mixture and finished off with a scoop of ice cream. Make this easy recipe with an air fryer in less than 20 minutes.

Yield
2 People

Time
17 Minutes

Ingredients

- | | |
|---|----------------------------|
| ½ tbsp butter | 3 tbsps old fashioned oats |
| 2 cups apples (about 2 apples, cored and diced) | 2 tbsps all-purpose flour |
| 1 tspn lemon juice | 2 tbsps brown sugar |
| 2 tbsps brown sugar | Pinch of salt |
| 1 tspn cinnamon | 2 tbsps cold butter |
| Pinch of nutmeg | ice cream |

Instructions

1. Grease ramekins with ½ tbsp butter. In a large bowl mix together apples, lemon juice, brown sugar, cinnamon, and nutmeg. Divide mixture evenly into two and transfer to the greased ramekins.
2. In a medium sized bowl add old fashion oats, flour, brown sugar, and salt. Fold in butter with a fork to form large crumbles. Do not overmix. Add topping over diced apples in the ramekins. Cook in air fryer at 360°F for 10-12 minutes or until top begins to brown.
3. Remove from air fryer and top with a scoop of ice cream.



Chocolate Fudge Brownies

Description

The best homemade Chocolate Fudge Brownies made with double chocolate for a sweet treat. This one-bowl dessert made with only 8 ingredients is a no-fail recipe. These brownies make the perfect welcoming gift.

Yield	¾ cup unsalted butter, melted	3 eggs (room temperature)
16 Brownies	4 oz semi-sweet chocolate bar, chopped into small pieces	1 tsp pure vanilla extract
Time	1 ½ cup granulated sugar	¾ cup cocoa powder
30 Minutes	½ cup brown sugar	1 cup all-purpose flour
Ingredients	¼ tsp salt	

Instructions

1. Pre-heat oven to 350°F. Line an 8×8 baking pan with parchment paper (leaving an overhang on the side to grab and remove brownies when done. Add butter and half of the semi-sweet chocolate bar large a bowl. Melt until completely smooth. Whisk in sugar and mix until smooth. Then add eggs and vanilla and mix.
2. Next add cocoa powder, flour, and the last half of the chopped chocolate bar with the cocoa powder. Use a spatula or wooden spoon to mix or fold all of the ingredients together. Transfer mix to the lined baking pan in an even layer.
3. Bake for 25 minutes or until the center is set. Remove from oven and let cool completely before slicing.



Cinnamon Swirl Quick Bread

Yield

1 Loaf

Time

1 Hour

Ingredients

2 cups all-purpose flour

1 cup sugar

1 tspn baking soda

½ tspn salt

1 large egg

⅓ cup vegetable oil

1 cup buttermilk

1 tspn vanilla extract

½ cup white sugar

1 tbsp ground cinnamon

½ cup powdered sugar

1-2 tbsp milk

Instructions

1.

Pre-heat the oven to 350°F. In a small bowl add ½ cup granulated white sugar and cinnamon and mix. Set aside.

2.

Add flour, 1 cup sugar, baking soda, and salt to a large bowl. In a separate bowl combine egg, buttermilk, vegetable oil, and vanilla extract. Pour wet ingredients into the bowl with dry ingredients and mix until just combined. Do not over-stir.

3.

Line a loaf pan with parchment paper. Pour half of the batter into the loaf pan. Sprinkle a thick layer of cinnamon swirl onto the batter leaving 2-3 tbsps of cinnamon swirl mix.

4.

Pour the remaining batter into the pan in an even single layer. You may need to use the back of the spoon to gently spread the batter evenly. Add remaining cinnamon swirl on top. Use a butter knife to gently swirl the cinnamon sugar to create a marble-like effect.

5.

Bake in oven for 50-55 minutes or until a toothpick comes out clean when inserted into the middle.

6.

Remove from oven and allow to cool completely,

7.

In a small bowl combine powdered sugar and milk to make a glaze.

8.

Drizzle glaze overtop bread. Enjoy.



Crumbl Molten Lava Cookies

Description

These molten lava cookies are the ultimate guilty pleasure with a rich and thick chocolatey cookie filled with a smooth bittersweet chocolate sauce. It will surely be a party in your mouth!

Yield	3 tbsp chocolate fudge sauce	1 ¼ cup flour
6 Cookies	(the thick kind* Read the notes.)	½ cup Dutch processed cocoa powder
Time	½ cup butter (softened, salted or unsalted)	½ tsp baking soda
31 Minutes	¾ cup brown sugar	¼ tsp salt
	2 tbsp granulated sugar	powdered sugar (for dusting)
Ingredients	1 large egg	
	2 tsp vanilla extract	

Instructions

1. Freeze 6 dollops of chocolate fudge sauce on a parchment-lined baking sheet or plate. Each dollop will be about ½ tbsp.
2. Start by Pre-heating the oven to 350°F then line a baking sheet with parchment paper then set aside.
3. Cream the butter, brown sugar, and granulated sugar together until creamy.
4. Mix in the egg, and vanilla extract until combined, then add in the flour, baking soda, cocoa powder, and salt and mix just until combined.
5. Scoop out 6 equally sized cookie dough balls, flatten each one in between the palm of your hands, place a frozen dollop of chocolate fudge, fold the cookie dough over it, place on a baking sheet, and gently pat the top, leaving the cookie at about 1-1 ½ inch in thickness.
6. Bake the cookies in the Pre-heated oven for 10-11 minutes then let cool on the baking sheet for another 20 minutes then transfer to a cooling rack. Dust with powdered sugar and enjoy!

Notes

- If your fudge sauce is too runny keep it in the fridge until you're ready to scoop it out to freeze it. Some hot fudge sauces don't freeze, in that case, you can flatten the cookie in between the palm of your hand, and gently press your fingers (of the hand you're holding the cookie dough with) upwards to make a well in the center. Fill that with the hot fudge sauce and gently fold in the edges over it sealing it well.
- These Crumbl cookies can be stored in an air-tight container at room temperature for up to 4 days.
- I like to store them in the fridge for up to 7 days because they keep longer that way. Once I'm ready to enjoy you can pop your cookies in the microwave for a few seconds before enjoying them. This way they will be ooey-goey again.



Easy Air Fryer Churros

Description

Air Fryer Churros are golden tasty pastry treats, where every bite has a tender inside with a crispy outside that’s tossed in cinnamon and sugar.

Yield	Ingredients	
4 Servings	1 cup (250mL) water	1 cup (120g) all-purpose flour
	¼ tspn salt	4 eggs
Time	1 Tbsp sugar	Sifted powdered sugar and
1 Hour	½ cup (113g) butter	cinnamon or cinnamon sugar

Instructions

1. Mix the first 4 ingredients in a pan, bring to a boil, stirring constantly.
2. Add flour and continue to mix thoroughly. Remove from heat and continue to mix until smooth and the dough comes away from the side of the pan.
3. Add eggs one at a time, mix until smooth. Set aside to cool.
4. Pre-heat air fryer to 400°F.
5. Fill a cake decorator bag with dough and add a ½ inch star tip.
6. Create sticks that are 3-4 inches in length by pushing the dough out of the bag onto a parchment paper. You can then transfer straight to the air fryer if you’re ready for them. If the dough is difficult to handle, place in the fridge for 30 minutes to firm up.
7. Spray air fryer basket or tray with coconut oil or cooking spray.
8. Add about 8-10 churros in air fryer basket or tray. Spritz with oil.
9. Cook on 400°F for 5 minutes.
10. Once done and while still warm, roll in cinnamon sugar mixture.

Notes

- Use disposable cake decorator bags with tips that can be cut to any dimension to make these exactly how you want them.
- Don’t have cake decorator bags? Use a Ziplock bag and cut the corner off.
- Place dough in the fridge for up to 30 mins before frying to help firm up the dough and make them easier to handle. Any longer than 30 minutes and the dough will start to dry out.
- If you have an Air Fryer with a rack, you can cook 2 batches at once.
- Leave room in between churros in the Air Fryer so they have room to expand while frying.
- If having trouble getting the batter to stop coming out of the piping bag, use scissors or a knife to cut off the batter sticks.
- Don’t forget to spray them with cooking spray or coconut oil before frying to help get them to crisp up nicely.



Olive Oil Chocolate Chip Cookies

Description

Soft and chewy Olive Oil Chocolate Chip Cookies are the perfect treat for dessert. This recipe will sure win over anyone looking to satisfy a sweet tooth.

Yield
28 Cookies

Time
20 Minutes

Ingredients

- | | |
|--------------------------|-------------------------------------|
| 2 cups all-purpose flour | ¼ cup granulated sugar |
| ½ tsp baking powder | 1 tsp vanilla extract |
| ¾ tsp baking soda | 4 tsp butter (softened) |
| ½ tsp salt | 1 egg |
| ½ cup olive oil | 6 ounces chocolate chips or morsels |
| ¾ cup light brown sugar | |

Instructions

1. Pre-heat oven to 350°F.
2. In a large bowl add melted butter, olive oil, egg, brown sugar, granulated sugar, and vanilla extract. Mix until well combined. In a separate bowl add flour, baking powder, baking soda, and salt. Fold the dry ingredients (flour mixture) into the wet ingredients. Then add chocolate chips and fold.
3. Use a cookie scoop to form cookies. Place on lined baking sheet about 1 inch apart. Bake for 12 minutes or until cookies are nice golden brown. Remove from oven. Let cookies cool down. Sprinkle with sea salt.



