

# Healthy and Delicious Recipes

## Parmesan Spaghetti Squash with Bacon and Spinach

1 medium spaghetti squash	8 strips of bacon, cooked and crumbled
1 tablespoon olive oil	1 cup Parmesan cheese
Minced garlic, to taste	salt and pepper, to taste
8oz. fresh Spinach	

Cut squash in 2 halves. Scrape out seeds and fiber. Brush cut sides with olive oil and place cut side down on a baking sheet. Bake at 425 degrees for 30-40 minutes, or until cooked through and soft. Allow to cool. Scrape out flesh into long strands with a fork and set aside. Heat 1 T. of olive oil in a large skillet over medium heat. Add minced garlic and spinach and saute until spinach wilts, approximately 2 minutes. Season with salt. Turn heat to low. Add spaghetti squash and bacon to skillet and mix gently to combine. Add Parmesan cheese and stir until melted.

## Cauliflower Chowder

1 head of cauliflower, roughly chopped	2 garlic cloves, minced
1 onion, diced	1 cup sliced carrots
2 celery stalks, chopped	4 cups chicken broth
1 cup coconut milk	1 teaspoon cumin
½ teaspoon turmeric	dill, fresh or dried, to taste
4 (or more!) slices of bacon, cooked and crumbled	

Melt some cooking fat in large saucepan over medium heat. Add garlic, onions, carrots and celery. Cook until tender. Add cauliflower, chicken broth, coconut milk and spices. Bring to a boil; then reduce heat and simmer until vegetables are tender. Season to taste with salt, pepper and bacon.

## Pumpkin Seed Trail Mix

2 cups raw pumpkin seeds	1 cup raw sunflower seeds
1 cup almonds	5-6 tablespoons maple syrup

Mix together and sprinkle well with salt. Spread onto a baking sheet lined with parchment paper. Bake at 300 degrees for 18-20 minutes. After it is cool, break apart.

## Smoothies

3-4 bananas

2 cups frozen strawberries, slightly thawed

OR

3-4 bananas

2 cups frozen peaches, slightly thawed

Blend fruit with orange juice. Be creative with what kinds of fruit you add. Never let bananas go bad on your countertop! Peel, wrap in saran wrap and throw in your freezer.

## Cherry Vanilla Muffins

1 ¼ cups almond flour

¼ cup ground chia seeds

½ cup finely chopped pistachios

1/3 cup coconut sugar

1 teaspoon baking powder

¼ teaspoon salt

3 eggs, at room temperature

¼ cup almond milk

2 teaspoons vanilla extract

½ cup dried cherries

Mix first 6 ingredients together in bowl and stir to combine. In separate bowl, beat eggs for approximately 2 minutes until light and frothy. Turn speed to low; add almond milk and vanilla. Using a spatula, fold dry ingredients into the mixture. Fold in cherries. Spoon into muffin tins, filling each about halfway. Bake at 375 degrees for 15-20 minutes until toothpick inserted comes out clean.

## Sweet Potato Pizza Crust

2 cups roasted, mashed sweet potatoes

1 egg

1 cup almond flour

¼ cup arrowroot flour/starch

1 tablespoon olive oil

1 tablespoon vinegar

1 teaspoon Italian seasoning

¼ teaspoon salt

Whip sweet potatoes. Add rest of ingredients and mix well. Preheat oven to 425 degrees. Line baking sheet with parchment paper. Scoop dough into ½ cup mounds. Using wet fingers, lightly press down on each mound. Cover with parchment paper and gently roll. Bake crusts for 30 minutes. (Check after 20-25 minutes!) Top with toppings and return to oven for 12-20 minutes depending on how many toppings you use. \*This is delicious with pizza sauce and sautéed onions, peppers and summer squash!

## No Bake Energy Bites

1 cup rolled oats

2/3 cup coconut flakes

½ cup peanut butter

½ cup ground flax seeds

½ cup semi-sweet chocolate chips

1/3 cup honey

1 tablespoon chia seeds

1 teaspoon vanilla

Stir all ingredients together until thoroughly mixed. Cover and let chill in refrigerator for 30 minutes. Once chilled, roll into balls of whatever size you want. Store in airtight container in refrigerator for 1 week. \* Little M&M's or Reese's Pieces can be added!

There are many great varieties online. Lemon Blueberry, Cranberry Pistachio, Coffee Date are all delicious! Look them up!