

Virtual Cooking Demo Ingredients List

Overnight Oats

- ½ cup old fashioned rolled oats
- ½ cup fruit (chopped if needed)
- 1 teaspoon of honey or maple syrup
- 2 Tbsp chopped nuts
- Favorite spices (cinnamon, cardamom, nutmeg)
- ¾ cup milk or non-dairy alternative

Roasted Red Pepper Hummus with Veggies for One:

- 1-2 well-drained jarred roasted red or yellow peppers
- 1 can (15 oz.) chickpeas, rinsed and drained
- 1 handful grated carrots
- ½ cup chopped scallions (green part)
- ¼ fresh cilantro or parsley (optional)
- 2 Tbsp sesame paste (tahini)
- 1-2 Tbsp lemon juice
- ½ tsp ground cumin (optional)
- Salt and freshly ground black pepper, to taste
- Chopped tomatoes (try cherry or grape tomatoes)
- Whole grain pita (toasted if desired)

Almond and Olive Oil Oatmeal Raisin Cookies

Yield: 18-22 Cookies

Liquid Ingredients:

- ½ cup extra virgin olive oil
- ½ cup dark brown sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1 tablespoon molasses

Dry Ingredients:

- 1½ cups old fashioned rolled oats
- ¾ cup finely ground almond flour
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup raisins

