

Chocolate and Avocado Fruit dip

- 2 ripe avocados, pitted and flesh scooped out
- 1/4 cup + 2 T cocoa powder
- 1/3 cup raw agave nectar (liquid sweetener)
- 1/2 t vanilla
- 1 tsp cinnamon
- 1/2 tsp chili powder (optional)
- pinch salt
- 1/4 cup coconut milk
- 1/2 cup dark chocolate chips, melted
- 1 cup yogurt

In a food processor, blend the avocado until smooth and creamy.

Add in the cocoa, agave nectar, vanilla, coconut milk, and salt, and blend until smooth, scraping down the sides when necessary.

Melt the chocolate chips in the microwave at 30-second intervals, stirring in between, and then add to the food processor. Blend until smooth.

Serve right away, or allow to chill for about an hour. Serve with fresh fruit, if desired. Enjoy.

Frozen Yogurt-Covered Strawberries

Prep: 15 minutes

Total: 2 hours 15 minutes (including freezing time)

Ingredients

1 pint very ripe strawberries, preferably local
1 1/2 cup vanilla-flavoured Greek-style yogurt

Instructions

- LIFT the leaves of the strawberries away from the fruit gently, leaving intact but providing something to grasp. Holding the berry by the leaves and 'neck', dip in the yogurt until it's 90 percent submerged. Remove and place inverted (leaf-side down) on a wire rack, placed so that it can freeze tip-side up (this may take some patience, but the berries will rest this way on a wire rack). Repeat with remaining strawberries and yogurt. Freeze for 1 hour.
- REMOVE berries from freezer and repeat, coating berries with a second layer of yogurt. Freeze for another hour, or until ready to serve.

Sweet Potato Bars

Ingredients	120 servings
Brown sugar, maple syrup	1.5 cups, ½ -3/4 cup
Butter or margarine	1 ½ cups
Cooked sweet potatoes, mashed	3 cups
Vanilla extract	2 tbsp
All-purpose flour ,Whole wheat flour	3 cups, 3 cup
Baking soda	1 tbsp
Salt	1 ½ teaspoons
Ground cinnamon	1 teaspoon
Ground cloves	¾ teaspoon
Ground ginger	¾ teaspoon
Ground nutmeg	¾ teaspoon
Raisins or chopped dates	3 cups
Sprinkle with crushed bran flakes, cinnamon and butter mixture (optional)	

Method:

1. In electric mixer bowl, beat together sugar and butter until light and fluffy.
2. Add sweet potatoes and vanilla and beat well to blend
3. In a large bowl, combine flour, baking soda, salt, cinnamon, cloves, and ginger and nutmeg.
4. With a mixer at low speed, gradually add dry ingredients to sweet potato mixture; beat until well blended. Stir in raisins.
5. Spread mixture evenly into three 11x17 inch greased baking pans.
6. Bake at 350 degrees for 15 minutes or until toothpick is inserted near center and comes out clean.
7. Cool pan on wire rack

Bean and Cheese Taquitos

Ingredients

- 1 cup black beans, rinsed
- 1/2 cup grated Cheddar (2 ounces)
- kosher salt
- 8 6-inch corn tortillas, warmed
- 3/4 cup olive oil
- 1/2 cup salsa
- 1/4 cup sour cream

Directions

1. In a medium bowl, gently mash the black beans with the Cheddar and 1/2 teaspoon salt. Dividing evenly, roll up the mixture in the tortillas.
2. Heat the oil in a large skillet over medium-high heat. In batches, fry the rolls, seam-side down, until crisp, 2 to 3 minutes per side. Serve with the salsa and sour cream.

Fudgy Beet Brownies

3/4 cup unsweetened cocoa powder

1/4 cup brown rice flour

1 tsp baking powder

1/2 tsp salt

1/2 tap ground cinnamon

1 medium peeled raw beet coarsely chopped

2/3 cup plain yogurt

2/3 cup unrefined sugar

2 large eggs

1 tap vanilla

Preheat oven to 350 degrees, coat a 24 mini muffin tin

In a large mixing bowl, whisk together the cocoa powder, rice flour, baking powder, salt and cinnamon

Set aside

Put the chopped beets in a food processor and pulse until very fine, add the egg, sugar, vanilla and yogurt, pulse again until incorporated, pour into dry ingredients. Stir until well mixed place in muffin tins bake for 15 min or until pick comes out clean



Ground Up Frog Smoothie

2011 Kids Recipe Challenge winning recipe – 1st place!

Category: After school snacks, grades 1-3

Sofia, in Mississauga, says the flavour of this smoothie is a blend of everything kids love.

This is a smoothie that will appeal to a kids' sense of humour and taste buds. You can't even taste the spinach with the great taste of bananas and berries. It's easy enough to make by themselves to enjoy or as a special breakfast for their parents.

Preparation Time: 10 minutes

Makes: 4 servings

Ingredients

Vanilla soy beverage	375 mL	1 1/2 cups
Lightly packed baby spinach	250 mL	1 cup
1 ripe banana		
Fresh or frozen raspberries	125 mL	1/2 cup
Fresh or frozen blueberries	125 mL	1/2 cup
2 ice cubes		

Directions

1. In a blender, combine soy beverage, spinach, banana, raspberries, blueberries and ice cubes. Cover with lid and puree until smooth.
2. Pour into glasses and serve.

Nutritional Information (1 serving)

Calories: 108 kcal

Protein: 4 g

Fat: 2 g

Carbohydrate: 20 g

Fibre: 2 g

Sodium: 63 mg