

# Ambrosia Salad

## Instructions:

1. In a large bowl, combine the mandarin oranges, pineapple tidbits, marshmallows and coconut.
2. Add the sour cream and mix.
3. Cover and chill in the refrigerator for several hours.

*\*You can use any canned fruit instead of mandarin oranges and pineapple.*

## Ingredients:

- 1 can mandarin oranges, drained
- 1 can pineapple tidbits, drained
- 1 cup mini marshmallows
- 1 cup sweetened shredded coconut
- 1 cup sour cream



# No-Bake Peanut Butter Cookies

## Instructions:

1. Before you begin, gather and measure ingredients. Line two to three large baking sheets with parchment paper and set aside.
2. Place butter, sugar and milk in a saucepan and heat over medium heat. Stir often until the butter is melted and ingredients are well combined. Bring mixture to a rolling boil (quickly bubbling). Let boil for 60 seconds without stirring.
3. Remove saucepan from heat and stir in peanut butter and vanilla extract until fully combined. Stir in oats and mix until oats are covered with the mixture and ingredients are well combined.
4. Drop spoonfuls of mixture onto the lined baking sheets. You can flatten the drops with the back of the spoon so they make a cookie shape.
5. Allow to cool for 45 minutes to an hour, or until the cookies have firmed. The cookies will firm up the longer they are allowed to cool.

## Ingredients:

- ½ cup unsalted butter, cut into pieces
- 1¼ cups granulated sugar
- ½ cup milk
- ¾ cup creamy peanut butter
- 1 teaspoon pure vanilla extract (optional)
- ¾ cups quick-cooking oats



# Lemon–Blueberry Poke Cake

## Instructions:

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Beat 3/4 cup sugar, oil, yogurt, lemon zest and vanilla in a large bowl with an electric mixer on medium speed until combined. Add eggs and beat until well combined.
3. Whisk pastry flour (or white whole-wheat flour), all-purpose flour, baking powder, baking soda and salt in a medium bowl. Add the flour mixture and blueberries to the wet mixture and fold until combined. Transfer to the prepared pan.
4. Bake for about 1 hour, or until golden and a wooden pick or fork inserted in the center comes out clean.
5. Let cool for 5 minutes in the pan, then run a knife around the edges to loosen the cake.
6. Whisk lemon juice with the remaining 1/2 cup sugar in a small bowl until smooth. Using a metal or wooden skewer, poke 1 1/2-inch-deep holes all over the cake. Spoon the glaze all over the surface of the cake, letting it seep down the edges and into the holes. Let stand for 15 minutes then move the cake to the cooling rack. Cool completely before slicing.

## Ingredients:

- 1 ¼ cups sugar, divided
- 1/2 cup olive oil
- 1/3 cup low-fat plain yogurt
- 2 tablespoons lemon zest (from a lemon)
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 cup whole-wheat pastry flour  
OR white whole-wheat flour
- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 ½ cups fresh blueberries
- 5 tablespoons lemon juice



# Oatmeal Cookie Fruit Pizza

## Instructions:

1. Preheat oven to 375 degrees. Line a large baking sheet with parchment paper.
2. To prepare crust: Combine oats, flour, cinnamon, baking soda, baking powder and salt in a medium bowl. Combine egg, brown sugar, oil and 1/2 teaspoon vanilla in another medium bowl. Add the wet ingredients to the dry ingredients and stir to combine (the mixture will be dry). Turn the dough out onto the prepared baking sheet and press into a 10-inch circle.
3. Bake for about 20 minutes, or until the crust is golden around the edges. Let cool on the baking sheet to room temperature.
4. To prepare topping: Beat cream cheese, yogurt, confectioners' sugar and vanilla in a medium bowl with an electric mixer until smooth. Spread the mixture evenly over the cooled crust. Decoratively top with strawberries, kiwi, blueberries and any other fruit you would like.

## Ingredients:

### Crust

- 1 ½ cups old-fashioned rolled oats
- 1 cup white whole-wheat flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 large egg
- 2/3 cup packed light brown sugar
- 1/3 cup canola oil
- 1/2 teaspoon vanilla extract

### Topping

- 8 ounces reduced-fat cream cheese, room temperature
- 1/2 cup low-fat plain Greek yogurt
- 3 tablespoons sifted confectioners' sugar
- 1 teaspoon vanilla extract
- 3/4 cup sliced strawberries
- 1 kiwi, peeled, halved and sliced
- 1/4 cup blueberries

# Cherry–Pineapple Dump Cake

## Instructions:

1. Preheat oven to 350°F. Lightly coat a 9-by-13-inch baking dish with cooking spray.
2. Combine cherries, pineapple and vanilla in the prepared baking dish, stirring gently. Top evenly with cake mix. Pour melted butter over the cake mix, making sure to completely cover the cherry mixture.
3. Bake for 40 to 45 minutes, or until the top is golden brown, and the filling is bubbly.
4. Let stand at room temperature for about 15 minutes to slightly cool.

## Ingredients:

- 2 - 16 ounce packages frozen pitted dark cherries, thawed
- 1 - 20 ounce can crushed pineapple in juice, drained
- 2 teaspoons vanilla extract
- 1 - 15.87 ounce package vanilla cake mix, any brand
- 1 ½ sticks unsalted butter, melted

# Flaky Apple Pie Bars

## Instructions:

1. Preheat oven to 400°F.
2. Unfold puff pastry and place on a large, rimmed baking sheet. With a sharp knife, add small cuts into the pastry about 1/4 inch from the edge to create a border.
3. Combine apples, granulated sugar, 1/2 teaspoon cinnamon and 1 tablespoon flour in a medium bowl. Stir well to coat the apples.
4. Spread the apples evenly over the pastry inside the border.
5. Combine oats, nuts, brown sugar and the remaining 1/4 cup flour and 1/4 teaspoon cinnamon in the medium bowl. Add in butter until the mixture resembles coarse crumbs.
6. Sprinkle the topping evenly over the apples. Bake for 25 to 30 minutes, or until the pastry is browned and the apples are soft.

## Ingredients:

- 1 sheet frozen puff pastry, thawed
- 3 medium apples, peeled if desired and sliced (about 3 cups)
- 3 tablespoons granulated sugar
- 3/4 teaspoon ground cinnamon, divided
- 1 tablespoon all-purpose flour plus 1/4 cup, divided
- 1/2 cup rolled oats
- 1/4 cup nuts, such as sliced almonds or chopped pecans
- 1/2 cup light brown sugar
- 1/4 cup cold unsalted butter, cut into small pieces

# Strawberry–Chocolate Greek Yogurt Bark

## Instructions:

1. Line a large, rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze for at least 3 hours until very firm. To serve, cut or break into 32 pieces.

## Ingredients:

- 3 cups plain, whole-milk Greek yogurt
- 1/4 cup maple syrup OR honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- 1/4 cup mini chocolate chips

# Peppermint–Chocolate Greek Yogurt Bark

## Instructions:

1. Line a rimmed baking sheet with parchment paper.
2. Place chopped chocolate in a double boiler over simmering water; heat, stirring often, until melted. If you do not have a double boiler, bring a medium saucepan with about 1 inch of water to a simmer over medium heat. Put chocolate in a medium, heatproof bowl (like glass or ceramic) and place on saucepan. The bowl should sit just above the water.
3. Pour the melted chocolate onto the parchment-lined pan, spreading it into an even layer about 1/8 inch thick. Refrigerate for about 10 minutes until the chocolate just begins to set.
4. Combine yogurt and vanilla in a small bowl. Drizzle the yogurt mixture over the chocolate and lightly spread it in an even layer. Sprinkle with mini chocolate chips, candy cane pieces and salt. Freeze for about 2 hours until the yogurt is completely set.
5. Break into 20 pieces and serve frozen.

## Ingredients:

- 12 ounces semisweet chocolate, chopped
- 2 cups plain, whole-milk Greek yogurt
- 1/2 teaspoon vanilla extract
- 1/4 cup mini semisweet chocolate chips
- 6 candy canes (about 3 ounces), crushed into small pieces
- 1/2 teaspoon coarse sea salt

