



## **Peach Black Bean Salsa**

### Ingredients:

- 4 to 5 peaches
- 1 can of black beans
- 1 to 2 green onions
- 1/4 teaspoon red pepper flakes
- 1/3 teaspoon salt
- 3 to 4 tablespoons lemon or lime juice

### Directions:

1. Dice peaches and place into a bowl.
2. Add in black beans and mix.
3. Chop green onions and mix in as well.
4. Add in red pepper flakes, salt, and lemon/lime juice and mix.
5. Blend into a chunky salsa with an immersion blender or a blender.
6. Season additionally to taste.



### **Basic crepes**

1 cup flour  
2 eggs  
1/2 cup each, milk and water  
pinch salt  
2 Tbs. butter, melted

Whisk together eggs, milk and water. Gradually add the dry ingredients, then stir in the melted butter. Pour half a cup of batter into a small, heated non-stick sauce pan and rotate until a circle is formed. Cook about 2 minutes per side or until the edges begin to curl slightly and the crepe is lightly brown. Prepare while warm.

### Toppings

**First option:** Cream cheese spread, berry sauce with powdered sugar

1 block of cream cheese  
1/4 cup powdered sugar  
1 tsp vanilla  
1/4 tsp lemon juice

16 ounces fresh local blueberries/peaches  
1 1/4 cup sugar  
2-4 Tbs corn starch  
1 tsp lemon juice

Beat together first four ingredients to make a smooth paste. For berry sauce, simmer berries, sugar and lemon juice in a sauce pan until the berries become tender and juicy. Mix corn starch with a little water and stir slowly into the berry mixture. Bring to a boil to reach the desired consistency.

Spread on the warm crepe, then top with berry sauce and sprinkle with powdered sugar.

**Second option:** Whipped cream with fresh berries/peaches

1 cup heavy cream  
2 Tbs sugar  
1 tsp vanilla

Beat these ingredients in a mixer until stiff peaks form. Fold in fresh berries and spread generously on a slightly cooled crepe. Top with fresh berries and a light dusting of

powdered sugar.



## **BLUEBERRY YOGURT AND PEACH LIME POPSICLES**

### **Blueberry Yogurt**

Blueberry vanilla yogurt  
-2 cups local blueberries  
-1 tablespoon honey  
-2 cups vanilla yogurt

In a blender, combine all ingredients. Freeze in Popsicle molds. Serves 6-8.

### **Peach lime**

-5 cups local peaches chopped  
-2 tablespoons honey  
-2 teaspoons lime juice

In a blender, combine all ingredients. Freeze in Popsicle molds . Serves 6-8.



## **NO BAKE SWEET POTATO ENERGY BITES**

### **INGREDIENTS:**

1 cup mashed sweet potato  
½ cup dark chocolate chips  
1 cup old-fashioned oats  
2 Tbsp toasted coconut flakes  
1 teaspoon ground flax seed  
¼ cup honey  
1 teaspoon vanilla extract

### **DIRECTIONS:**

1. Bake sweet potato, mash and set aside. (I usually steam them in a crock pot for 3 hours on high)
2. Stir all other ingredients together in a medium bowl until thoroughly mixed. Scoop mixture and roll into small balls.
3. Store in an airtight container and keep refrigerated for up to 1 week.



### Yummy Pizza Popcorn

#### Ingredients:

- 1/4 teaspoon garlic powder
- 1 cup of popcorn
- 1/4 teaspoon Italian seasoning
- 1/4 teaspoon sweet paprika
- 1 Tbsp /parmesan or nutritional yeast

#### Instructions:

1. Make popcorn.
2. Put in bowl or paper bag.
3. Sprinkle on Italian seasoning, garlic powder, and paprika.
4. Add parmesan or nutritional yeast, sprinkling it all over the popcorn.
5. Shake bag and enjoy.