

Recipes of the Month

Fluffy Summer Vegetable Pancakes (Daily Garnish)

Ingredients (serves 4)

- 2 cups flour (I used all-purpose, but feel free to sub)
- 2 tablespoons organic cane sugar
- 4 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 2 large eggs
- 1.5 cups unsweetened original almond milk (or other milk)
- 2 tablespoons unsweetened applesauce
- 1/4 cup sunflower seed oil (or sub other oil)
- 1 teaspoon vanilla extract
- 1 large zucchini, grated
- 1 cup shredded carrot
- 1/3 cup raisins

Instructions

In a large bowl, combine all dry ingredients. In a smaller bowl, combine all wet ingredients and whisk together. Using a box grater, grate a large zucchini into strands. Put zucchini in a shallow bowl and press with paper towels to try to remove as much excess water as possible. Even though you'd be adding it to wet ingredients, you don't want extra water cooking out when heated. I used the bagged shredded carrot for this recipe, since it's a bit heartier and it tends to have less water than freshly grated carrot. If you grate your own, you might want to use a bit less since it will be a bit finer. Once batter is mixed, add the veggies and raisins and fold in until well distributed. Then let the batter sit for at least ten minutes before cooking. This helps the baking powder take action and makes the final product much fluffier!

Heat a large non-stick pan or skillet over medium high heat, and

wait to start until pan is nice and hot. Drop batter into individual pancakes, sized depending on how big you want yours to be! The batter will be thick, but it will spread and cook through as it heats. Once you see bubbles forming on the top surface, it's time to flip! Flip and cook another minute or so until all batter is cooked through and both sides are evenly browned. Serve immediately or freeze for later.

Very Greek Grilled Chicken (Kalyn's Kitchen)

(Makes 6-8 servings, recipe created by Kalyn with memories of Greece in mind.)

6-8 boneless, skinless chicken breasts

Marinade:

1/2 cup extra virgin olive oil

1/3 cup fresh-squeezed lemon juice

1 tsp. fresh lemon zest or 1/4 tsp. dried lemon zest (or use a little more lemon juice if you don't have lemon zest)

1 tsp. Greek seasoning

1 tsp. poultry seasoning

1 tsp. dried oregano

black pepper to taste

Trim all visible fat and membranes from chicken breasts, I like to make small crosswise slits about 1/2 inch apart down the length of each chicken breast to help the marinade penetrate the meat. Put chicken in single layer in Ziploc bag.

Combine marinade ingredients and pour over chicken. Marinate in refrigerator 6-8 hours or all day if desired. (If you don't have that long to marinate I recommend increasing the lemon juice a little.)

Preheat grill to medium-hot and grill chicken 20-25 minutes, or until well browned and firm but not hard to the touch. (I've been cooking this slightly less than 20 minutes the last few times I've

made it. Actual cooking time will depend on the heat of your grill and the temperature outside, so don't overcook.)

This chicken could also be cooked in a stove-top grill pan with ridges or a George Foreman Grill with good results.

Even if you're only cooking for a few people I recommend making the whole recipe. The leftover chicken is great to cut up on top of a salad, or mixed into some stir-fried veggies for a quick lunch.

Springtime Broccoli Slaw (Self.com)

INGREDIENTS (for slaw):

- 1 (12-ounce) bag broccoli slaw
- 1/2 cup roasted pumpkin seeds
- 1/2 cup dried cranberries
- 2 tbsp sesame seeds that have been toasted in a dry skillet until fragrant
- 1/4 cup chopped green onions

INGREDIENTS (for vinaigrette):

- 3 tbsp canola oil
- 1 tbsp sesame oil
- 3 tbsp rice wine vinegar
- 2 tbsp lower sodium soy sauce
- 1 tbsp honey
- 1 tbsp fresh lemon juice
- Salt and pepper to taste

INSTRUCTIONS:

In a large bowl, combine the broccoli slaw, pumpkin seeds, dried cranberries, sesame seeds and green onions. Toss to combine and set aside. In a medium bowl, combine all vinaigrette ingredients and whisky until well mixed. Pour vinaigrette over slaw mixture and toss until it is evenly coated. Serve immediately. Makes 6 servings.

Heathy Dessert Pizza (Undressed skeleton on tumbler)

Fruit Pizza Ingredients

- One Box Back to Nature Honey Graham Sticks (or one box square graham crackers)
- One Medium Banana
 - One Tbsp Honey
- Six Ounces Vanilla Greek Yogurt
 - Two Cups TruWhip (or light whip)
 - Two Tbsp Unsweetened Shredded Coconut
- Diced Strawberries
- Blueberries

Place grahams in a large bowl. Crush the grahams with a cup. You could use a blender or food processor, but don't crush into a dirt consistency. You want the grahams to have a couple crunchy pieces left. It makes the crust so much crunchier and gives it a cookie texture. -When the banana and graham crackers are combined, add the ball of dough to a greased baking sheet. Preheat oven to 350 degrees. Flatten out the dough with your hands. Roll it out from center going outward. You can use your finger tips or a roller.

-Fold the outer edges in and pinch the sides to form a crust. Drizzle the honey over the crust and spread it around with a spoon. This will give the crust a nice crispy texture on the outside, but keeps a chewy texture on the inside. Just like a sugar cookie!

-Place the crust in the oven. It will bake approximately 20 minutes, but every oven is different. Keep your eye on it. Don't let the edges burn. They will be lightly brown and crispy. The center will be a lot softer, but it will harden as the crust cools off. Let it cool down on the baking sheet. If you try to move it before it cools, it will break in half like a chocolate chip cookie right out of the

oven. -While the cookie cools down, prepare the toppings! Combine the TruWhip and Greek yogurt together, and place it in the fridge to thicken. (20 minutes)

I chose strawberries and blueberries for my fruit toppings because this weekend we are celebrating Memorial Day. You can choose any toppings you'd like. Some other toppings that would be delicious : bananas, kiwi, grapes, raspberries, almonds, pecans, raisins, apples, pineapple etc.

-Once the crust has cooled, add the whipped topping to the center of the crust and spread evenly. -You can decorate the pizza however you'd like. If you make these with kids, make mini ones. Each child could decorate their own.