

Cornucopia Cool Chef Recipes



Week 4 – Better Baking

Cinnamon Harvest Muffins

Yummy enough as a treat – healthy enough for breakfast! Plus, a perfect use for the late summer zucchini bounty.
SERVINGS: 15 large or 48 mini muffins

Ingredients:

	DRY
¾ C	Whole wheat flour
¾ C	Old fashioned oats
½ C	Flax seed meal
¼ C	Brown sugar
1 tsp	Cinnamon
½ tsp	Nutmeg
½ tsp	Ground cloves
¼ tsp	Salt
½ tsp	Baking soda
1 tsp	Baking powder
	WET
1 C	Zucchini, grated with skin on
½ C	Carrot, peeled and grated
2	Eggs
6oz	Plain Greek yogurt, 0%
2 Tbs	Canola oil
½ C	Applesauce
1 tsp	Vanilla

*Source: www.thelemonbowl.com

Directions:

1. Preheat oven to 400 and line muffin tins with non-stick spray.
2. In a large bowl, whisk together all dry ingredients.
3. In a medium bowl, whisk together all wet ingredients.
4. Pour wet ingredients into the dry and combine well.
5. Fill each muffin tin $\frac{3}{4}$ of the way.
6. Bake for 10-18 minutes, pending muffin size, until inserted toothpick comes out clean.
7. Remove from oven to cool, then enjoy.

Better Brownies

A real chocolate fix, featuring less fat and a little whole grain goodness. SERVINGS: 16

Ingredients:

¾ C	Semisweet chocolate chips
4 Tbs	Unsalted butter
¼ C	Nonfat sour cream
¾ C	Light brown sugar, firmly packed
1 tsp	Vanilla
2	Eggs
¼ C	All purpose flour
¼ C	Whole wheat flour
1 Tbs	Unsweetened cocoa powder
¼ tsp	Baking powder
¼ tsp	Salt

*Source: Canyon Ranch Nourish Cookbook

Directions:

1. Preheat oven to 325. Lightly coat an 8" square baking pan with non-stick spray.
2. Melt butter, chocolate chips and sour cream in medium saucepan over low heat. Remove from heat.
3. Stir in brown sugar and vanilla, followed by one egg at a time. Then stir in all remaining ingredients one by one.
4. Pour batter into the pan and bake 20-25 minutes, until inserted toothpick comes out clean.
5. Cool completely on wire rack and cut into servings.

No Bake Peanut Butter Bites

Great for lunch boxes and energy-boosting snacks. SERVINGS: 15- 20

Ingredients:

1 C	Old fashioned oats
2/3 C	Shredded coconut, toasted (unsweetened is best)
½ C	Peanut butter (or soynut or almond)
½ C	Mini chocolate chips
1/3 C	Honey
1 T	Chia seeds, ground flax seed or wheat germ
1 tsp	Vanilla

*Adapted from www.getcreativejuice.com

Directions:

1. Combine all ingredients in a large bowl.
2. Roll and compress the mixture into 1 inch round balls and place on parchment paper.
3. Refrigerate until firm (10-15 minutes). Remove and enjoy!

Surprise! Brownies

Shhh, make your friends/guests guess the secret ingredient. They'll never know the source of the added protein and fiber (oh yeah, and less fat too!) SERVINGS: 1 dozen

Ingredients:

1 15oz can	Low sodium black beans, drained and rinsed
½ c	Semisweet chocolate chips, divided
3 Tbs	Canola oil
3	Eggs
2/3 C	Brown sugar
½ C	Unsweetened cocoa powder
1 tsp	Vanilla
½ tsp	Baking powder
1/8 tsp	Salt

*Source: www.tasteofhome.com

Directions:

1. Preheat oven to 350 and coat a 9" square baking pan with cooking spray.
 2. Place beans, ¼ C chocolate chips and oil in food processor or blender. Cover and process until blended.
 3. Add all remaining ingredients and process until smooth.
 4. Transfer to pan and sprinkle remaining chocolate chips on top.
 5. Bake for 20-25 minutes until toothpick inserted in the center comes out clean.
 6. Cool on wire rack, then cut into bars.
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