

# Roasted Red Pepper Hummus

## INGREDIENTS

- 15-ounce can chickpeas, rinsed and drained
- ¾ cup chopped roasted red bell pepper
- ¼ cup fresh lemon juice
- ¼ cup tahini
- 1 clove garlic
- 2 tablespoons extra virgin olive oil
- ½ teaspoon dried cumin
- sea salt, to taste
- 2-3 tablespoons water

## DIRECTIONS

1. Using a food processor, blend tahini and lemon juice until smooth and whipped.
2. Add olive oil, garlic, cumin, and ½ tsp salt and blend until smooth.
3. Drain and rinse chickpeas. Add ½ to the food processor and blend until smooth and then repeat with other ½.
4. Add roasted bell peppers and blend until smooth, add a few Tbsp of water if necessary for consistency.

Recipe provided by Bridgette Hamby RDN LDN, Community Nutrition Educator, Tevis Center for Wellness, Carroll Hospital



# No Bake Granola Bars

## INGREDIENTS

- 1 3/4 cup old fashioned or quick cooking oats
- 1 teaspoon cinnamon
- 1/2 teaspoon fine sea salt
- 1 cup walnuts (or other nut)
- 1/2 cup dried cherries or cranberries (unsweetened)
- 1/4 cup dark chocolate
- 1/4 cup unsweetened coconut
- 1 cup creamy almond or peanut butter
- 1/2 cup honey or 100% real maple syrup
- 1 teaspoon vanilla extract

## DIRECTIONS

1. Line a 9-inch square baker with two strips of criss-crossed parchment paper, cut to fit neatly against the base and up the sides. The parchment paper will make it easy for you to slice the bars later.
  2. Place the oats in a large mixing bowl\*\*. Add the cinnamon and salt, and stir to combine. Set aside.
  3. Now we'll blitz the mix-ins briefly in the food processor or blender (or, you can chop them by hand). Add any large nuts (like almonds or pecans) first and blitz for a few seconds. Then add the rest and run the machine for a few more seconds, until the ingredients are all broken up into pieces smaller than your pinky nail. Pour the mix-ins into the bowl of oats.
  4. In a 2-cup liquid measuring cup, measure out the nut butter. Top with 1/2 cup honey and the vanilla extract. Stir until well blended. If you must, you can gently warm the liquid mixture on the stovetop or in the microwave, but make sure it's close to room temperature before you pour it into the dry mixture (this is especially important if using chocolate, since it will melt).
  5. Pour the liquid ingredients into the dry ingredients. Use a big spoon to mix them together until the two are evenly combined and no dry oats remain. This takes some arm muscles, but you can do it! If the mixture was easy to mix together, that's a sign that you need to add some more oats—sprinkle in more oats until you can't incorporate any more.
  6. Transfer the mixture to the prepared square baker. Use your spoon to arrange the mixture fairly evenly in the baker, then use the bottom of a flat, round surface (like a short, sturdy drinking glass) to pack the mixture down as firmly and evenly as possible.
  7. Cover the baker and refrigerate for at least one hour, or preferably overnight. (The oats need time to soak up some of the moisture so they aren't sticky.) When you're ready to slice, lift the bars out of the baker by grabbing both pieces of parchment paper on opposite corners. Use a sharp knife to slice the bars into 4 even columns and 4 even rows.
  8. Wrap individual bars in plastic wrap or parchment paper (if you store them all together, they will stick to one another). Bars keep well for several days at room temperature, a couple of weeks in the fridge, or several months in a freezer-safe bag in the freezer for best flavor.
1. \*\*MIX-IN OPTIONS: Any combination of nuts (almonds, pecans, walnuts, etc.), seeds (pepitas or sunflower seeds), chocolate chips or roughly chopped chocolate, shredded coconut and/or dried cranberries or cherries.

Recipe provided by Bridgette Hamby RDN LDN, Community Nutrition Educator, Tevis Center for Wellness, Carroll Hospital

