



Pumpkin



CABARRUS
HEALTH
ALLIANCE

Pumpkin Cake Doughnuts

Cooking Directions:

1. Preheat oven to 350 degrees. Lightly grease 2 standard donut pans.
2. Beat 1/2 cup vegetable oil, 3 large eggs, 1 1/2 cup sugar, 1 1/2 (full 15-ounce can) pumpkin puree, 1 1/2 teaspoon salt, 1 1/2 teaspoon baking powder, 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg, and 1/4 teaspoon ginger until smooth.
3. Add 1 3/4 cup + 2 tablespoons of all-purpose flour. Beat until smooth.
4. Fill the wells of the donut pan about 3/4 full.
5. Bake 15-18 minutes.
6. While the donuts are still warm, but not fragile, gently shake them in a bag with cinnamon and sugar.



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Avocado



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Chocolate Peanut Butter Avocado Mousse

Cooking Directions:

1. Place the following ingredients into a food processor and blend until smooth: 1 1/2 ripe avocados, 1 large ripe banana, 1/2 cup unsweetened cocoa powder, 1/2 cup natural peanut butter (salted if preferred), 1/2 cup of sweetener of choice (maple syrup, honey, or agave), and 1/4 cup milk (almond if preferred).
2. Serve chilled and with a whipped cream or salted peanut butter drizzle.



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Mango



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Spicy Fruit Salad with Fruit Dip

Cooking Directions:

1. Chop 2 ripe mangos, 4 kiwi, 1 cup strawberries, and 1 cup blueberries (or other fruit of preference) and add to large bowl.
2. Add the juice from 1 lime and 1 Tablespoon of maple syrup. Add 1/4 teaspoon of chili powder (more if desired).
3. In a separate bowl, combine 8 ounces of vanilla Greek yogurt, juice from 1 lemon, 1 teaspoon honey, and 1/2 teaspoon of vanilla extract and mix well.
4. Serve chilled.



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Black Beans CABARRUS HEALTH ALLIANCE

Vegan Black Bean Peppermint Brownies

Cooking Directions:

1. Preheat oven to 350 degrees. Lightly grease a 8x8" pan or regular sized cupcake tins.
2. Combine 2 Tablespoons flaxseed and 5 Tablespoons of water and let sit for 1 minute.
3. Combine 1 15-ounce can of rinsed and drained black beans, 3 Tablespoons coconut oil, 3/4 cup cocoa powder, 1 1/2 teaspoon baking powder, 1/2 teaspoon salt, 1 teaspoon vanilla, 1/2 cup sugar, and 1/2 teaspoon peppermint extract in a food processor and blend until smooth. (If batter is too thick, add 1-2 Tablespoons of water).
4. Stir in 1/4 cup chocolate chips and add more peppermint extract if needed.
5. Evenly distribute batter and cook for 25 minutes. The middle will be fudgy, but the edges should pull away from the sides.



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