



# *PASSOVER POSSIBILITIES*

*Healthy recipes for Passover*



HOUSTON FAMILY NUTRITION

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Dear Reader,

Thank you for downloading and sharing this cookbook We hope you and your family enjoy using it as much as we enjoyed creating it!

Sincerely,  
Moe Schlachter, MS RD LD CDE  
President  
Houston Family Nutrition



# *Our Inspiration*

## *Infusing Joy and Nutrition Into Your Traditions*

Passover holiday is a celebration of freedom in which we commemorate our ancestor's liberation from ancient Egypt. This is a special time to celebrate freedom from our oppressors but can also be a great time to celebrate food freedom!

What do we mean by food freedom? Food freedom empowers us to make healthy & delicious food choices no matter the stage of life. While there are restrictions in place to honor this holiday, there are countless possibilities to eat nutritious and flavorful food.

At Houston Family Nutrition we want to meet you wherever you are in your life journey and provide practical nutrition guidance. This stems from our belief that one should not just eat to survive but to **thrive**, and that the foundation of nutrition should be whole foods. Passover can be a great time to turn to whole food recipes, that radiate with nutrients, & to bond with family in the kitchen.

Our inspiration for making this healthy & delicious recipe book is you & your family. Passover time is a special spiritual time that requires thoughtfulness in food selection. We have done the guesswork for you & curated a variety of nutrient-dense, delicious, & colorful dishes for every meal.

These Passover-compliant recipes are sure to provide a flavorful and memorable experience for your family while nourishing them. Whether you want to use this book to supplement your grandma's Charoset or start traditions of your own, we are sure these recipes will delight the family for years to come.

Chag Kasher V'sameach,  
Houston Family Nutrition





# *Click n' Buy Equipment List*



Nesting Bowls



Steam Basket



Colander



Muffin Pan



Whisk



Kitchen Shears



Pastry Brush



Mandolin



Food Processor



Spiralizer



Slow Cooker



Blender



Saute Pan



Baking Sheet



Grill Pan



Stock Pot



All-Purpose Knife



Cutting Board



Casserole Dish



Spatula





# *BREAKFASTS*

# Banana Pancakes

## Ingredients

1 c Almond Milk  
3 large Eggs  
1 tsp Cinnamon, ground  
1 medium Banana  
optional: Almond Butter

## Steps

1. In a **medium bowl**, blend together all ingredients until smooth. There should be no lumps left from the bananas.
2. Pour 2 inch pancakes in a **skillet** on medium heat.
3. Can be topped with almond butter.





# Red Pepper Egg Quiches

## Ingredients

3 Tbsp Olive Oil  
2 Red Bell Peppers, sliced  
1 Chili Pepper, chopped,  
seeds removed for less  
heat  
2 Purple Onions, sliced  
2 c Milk  
2 c Gouda Cheese, grated  
1 c Parmesan Cheese,  
grated  
1 tsp Salt, Pink Himalayan  
1/2 c Fresh Basil, chopped  
6 Eggs

## Steps

1. Preheat the oven to 325°F.
2. Heat a **skillet** with olive oil to high heat. Add peppers & onions. Sauté ~5 minutes, mixing periodically.
3. Place in **large bowl** with the rest of the ingredients & mix well.
4. Prepare a **muffin pan** by drizzling with oil.
5. Using a large spoon, put the mixture evenly into cups.
5. Bake ~30-35 minutes.





# Chia Pudding

## Ingredients

3 c Water  
12 Cashews  
3 small Dates  
6 Tbsp Chia Seeds  
1/2 tsp Cinnamon  
pinch of Salt

### Optional Toppings:

Fresh Fruit  
Nuts/Nut Butters (Almonds, Walnuts,  
Pecans)  
Unsweetened Coconut



## Steps

1. Add 1 cup water, cashews & dates to a **blender**. Blend on high speed ~2-3 minutes, until a smooth milk is made.
2. Add 2 more cups water, cinnamon & sea salt, & pulse until combined.
3. Add chia seeds.
4. Refrigerate for ~1 hour. Keeps well in fridge for 3-4 days.
5. Add optional toppings.

# *Chocolate Almond Smoothie*

## *Ingredients*

- 1 c Almond Milk
- 1 Frozen Banana (or add ice)
- 1 c Spinach
- 1 Tbsp Almond Butter
- 1 1/2 Tbsp Unsweetened Cacao or Cocoa Powder
- 1 tsp Cinammon
- 1 tsp Chia Seeds

## *Steps*

1. Place the almond milk, banana, almond butter, cacao powder and chia seeds in the **blender**, in this order.
2. Blend until smooth. Enjoy immediately.



# Egg Casserole

## Ingredients

3 c Mushrooms, sliced  
Olive Oil, as needed  
6 Green Onions, sliced  
3 Roma Tomatoes, diced  
1 Tbsp Basil, chopped  
16 oz Spinach, chopped  
1 1/2 tsp Salt  
10 Eggs

## Steps

1. Preheat oven to 350° F.
2. In a **skillet** over medium heat cook mushrooms ~5 minutes or until soft, stirring occasionally.
3. Add remaining vegetables, herbs, & salt and cook ~2 minutes or until slightly softened and well combined.
4. Pour mixture into a **9x13" pan**.
5. Crack eggs into a **medium bowl & whisk** well. Pour over vegetable mixture.
6. Bake 25-30 minutes or until a knife, inserted in the center, comes out clean.





# *Blueberry Spinach Smoothie*

## *Ingredients*

1 c Fresh or Frozen Blueberries  
1 c Fresh Spinach or Kale  
1 Banana  
1/2 c Plain Greek Yogurt  
1/2 c Almond Milk  
1/2 c Ice



## *Steps*

1. Wash produce.
2. Add blueberries, spinach or kale, banana, yogurt, milk into **blender** & pulse until mixed well.
3. Add ice to mixture, & pulse again until desired consistency is reached.
4. Serve immediately.



# ENTREES



# *Cranberry Chicken Wraps*

## *Ingredients*

2 c Chicken cooked, diced  
1 Honeycrisp Apple, diced  
1/2 c Dried Cranberries  
1/4 c Celery, minced  
1/2 c Toasted Slivered Almonds  
2 Tbsp Parsley, minced  
1 Green Onion, thinly sliced  
1/3 c Mayonnaise  
2 Tbsp Lemon Juice  
1 tsp Apple Cider Vinegar  
1 tsp Curry Powder  
Salt & Pepper to taste  
Romaine or Butter Lettuce Leaves

## *Steps*

1. In a **large bowl**, combine chicken, apple, cranberries, celery, almonds, parsley, & green onion.
2. In a **small bowl**, whisk mayonnaise, vinegar, lemon juice, & curry powder until smooth. Pour dressing over chicken mixture & stir until coated. Season salad with salt & pepper.





# Sweet Potato Beef Sliders

## Ingredients

1 large Sweet Potato  
1 lb ground beef  
2 Garlic Cloves, minced  
1/2 tsp Sea Salt  
1/4 tsp Pepper  
1 Red Bell Pepper, sliced  
1/2 Onion, chopped  
1 Avocado  
1/2 Tbsp Lime Juice  
1 Tbsp Avocado Oil  
1/2 head Romaine Lettuce

## Steps

1. Preheat oven to 400°F.
2. Cut sweet potatoes, 1/2 inch slices.
3. Line **baking sheet** with **parchment paper** & add sweet potato slices.
4. Bake ~20–25 minutes. Flipping sweet potatoes halfway through.
5. Meanwhile, prepare burgers, pepper, onions, & smash avocado.
5. In a **medium bowl**, combine beef, garlic, salt, & pepper. Form 6 patties.
6. In **skillet** heat olive oil to medium heat & add patties. Cook ~5 minutes on each side.
7. Heat olive oil, in **skillet** over medium heat, add peppers & onions.
8. In a **medium bowl** smash together the avocado & lime juice.



# Cauliflower Crust Pizza

## Ingredients

1 small head Cauliflower, chopped  
1 c Grated Parmesan  
1/2 tsp Italian Seasoning  
1 Clove Garlic, minced  
1/2 tsp Salt  
Pepper  
1 Egg  
1 1/2 c Mozzarella  
1/2 c Marinara Sauce  
1/4 c Basil Leaves, torn



## Steps

1. Place a **baking sheet** in the oven, preheat to 475°F.
2. Add cauliflower to **food processor**, pulse until finely ground. Pour cauliflower onto a kitchen towel & squeeze out liquid.
3. In a **large bowl**, combine cauliflower, parmesan, Italian seasoning, garlic, salt, pepper, & egg. Mix until it holds together.
4. On **parchment paper**, brush olive oil & spread cauliflower mix into 12-inch wide circle. Slide onto preheated baking sheet.
5. Bake until slightly golden ~15 minutes.
6. Remove crust from oven, sprinkle with mozzarella & spread marinara over top. Return to oven for ~4 minutes.
7. Remove from oven, sprinkle with basil, slice, & serve.



# *Grilled Fish with Mango Salsa*

## *Ingredients*

4 6-oz Snapper Fillets

1 tsp Garlic Powder

1 tsp Chili Powder

Salt & Pepper to taste

1 Lime, juiced

### **Mango Salsa:**

2-3 Mangoes, diced

1/2 Red Pepper, diced

1/2 Red Onion, diced

1 small Jalapeño, seeded & chopped

1/4 c Cilantro Leaves, chopped

## *Steps*

1. In a **medium bowl**, stir together mangos, red peppers, onions, jalapeños, & cilantro.
2. In a **small bowl**, stir together garlic powder, chili powder, salt, & pepper.
3. Rub mixture into fillets. Grill over medium heat ~6-8 minutes each side.
4. Squeeze fresh lime juice over grilled fish, then top with mango salsa & serve.





# *Turkey Taco Lettuce Wraps*

## *Ingredients*

1 lb Ground Turkey  
1 tsp Garlic Powder  
1 tsp Cumin  
1 tsp Salt  
1 tsp Chili Powder  
1 tsp Paprika  
1/2 tsp Oregano  
1/2 small Onion, minced  
2 Tbsp Bell Pepper,  
minced  
3/4 c Water  
4 oz can Tomato Sauce  
8 large Iceberg Lettuce  
Leaves

## *Steps*

1. Brown turkey in a **skillet** breaking it into smaller pieces as it cooks. When no longer pink. add dry seasoning & mix well.
2. Add the onion, pepper, water & tomato sauce & cover. Simmer on low for ~20 minutes.
3. Wash & dry the lettuce.
4. Divide the meat equally between the 8 leaves & place in the center of each leaf and top with your favorite taco fixings.



# *Garlic Butter Salmon*

## *Ingredients*

1 lb Salmon  
2 Tbsp Lemon Juice  
2 Cloves Garlic, minced  
3 Tbsp Butter, melted  
1/2 tsp Salt  
1/4 tsp Pepper  
1/4 tsp Oregano  
1/4 tsp Crushed Red Pepper  
1 Tbsp Parsley, chopped



## *Steps*

1. Preheat oven to 375°F.
2. Line a **baking sheet** with foil. (foil should be able to fold over & seal fish).
3. In a **small bowl**, add lemon juice, garlic, & melted butter.
4. Place salmon on prepared baking sheet & pour butter mixture over fish. Season with salt, pepper, oregano, & red pepper flakes.
5. Fold sides of the foil over the salmon. Make sure it is well sealed so sauce does not leak.
6. Place in oven & bake until cooked ~12-16 minutes.
7. Open foil & broil fish ~2-3 minutes.

# *Zuppa Toscana*

## *Ingredients*

2 Tbsp Olive Oil  
1 lb Beef  
1 large Onion, chopped  
3 Cloves Garlic, minced  
1 Tbsp Italian Seasoning  
1 tsp Crushed Red Pepper  
6 c Chicken Broth  
7 medium Red Potatoes  
5 oz Kale, chopped.  
13.5 oz. can Coconut Milk  
Salt & Pepper, to taste

## *Steps*

1. In a **large pot**, heat olive oil. Add ground beef & cook on medium-high heat ~5-7 minutes until browned.
2. Add the onion, Italian seasoning & crushed red pepper.
3. Add garlic, chicken broth, & potatoes. Bring to a boil.
4. Reduce heat, cover & simmer 10 minutes.
5. Add kale & coconut milk, simmer ~5 minutes.
6. Add salt & pepper.





# Spaghetti Squash & Meatballs

## Ingredients

1 large Spaghetti Squash  
1 Tbsp Olive Oil  
1 c Yellow Onion, diced  
4 Cloves Garlic, minced  
1 tsp Red Pepper Flakes  
1 tsp Dried Oregano  
1 lb Ground Beef  
1 large Egg  
1/2 c Almond Meal  
1 tsp Sea Salt  
2 c Marinara Sauce  
Chopped Parsley, for garnish

## Steps

1. Preheat oven to 400°F.
2. Cut spaghetti squash in half, & scoop out & discard seeds. Drizzle olive oil on squash & place cut side up on a **baking sheet**. Roast until tender ~50 minutes.
3. Heat olive oil in a **skillet** over low heat. Add onion & sautee until translucent, then heat up to medium. Add garlic, red pepper flakes, & dried oregano; cook for 1-2 minutes, remove from heat & allow to cool.
3. In a **large bowl**, add onion mixture, ground beef, egg, almond meal, & salt. Mix together. Gently form 2-oz meatballs.
4. Place on baking sheet with aluminum foil. Dollop each meatball with marinara. Use a **pastry brush** to cover. Cook ~20-23 minutes.
5. Remove spaghetti squash from oven, & scoop out the flesh into bowls. Top with meatballs, marinara sauce, & parsley.



# *Greek Chicken Ingredients*

1 Tbsp Olive Oil  
2 lbs Chicken  
1/2 tsp Salt  
1/4 tsp Pepper  
12 oz jar Roasted Red Peppers  
1 c Kalamata Olives  
1 medium Red Onion  
3 Tbsp Red Wine Vinegar  
1 Tbsp Garlic, minced  
1 tsp Honey  
1 tsp Dried Oregano  
1 tsp Dried Thyme Leaves  
Basil, chopped



## *Steps*

1. Prepare **slow cooker** by lightly coating with olive oil.
2. In a **skillet** over medium high heat. Add chicken seasoned with salt & pepper, cook 1- 2 minutes on each side.
3. Transfer chicken to slow cooker. Arrange peppers, olives, and onions around chicken (not on top).
4. In a **small bowl**, **whisk** together red wine vinegar, garlic, honey, oregano, & thyme. Pour over chicken & vegetables.
5. Cover & cook 1 1/2- 2 hours on high or 3- 4 hours on low, until the chicken is cooked through.

# Stuffed Peppers

## Ingredients

8 Bell Peppers  
1 lb. Ground Beef  
1 c cooked Quinoa  
1/2 c Onion diced  
1 large Tomato, diced  
1/2 c Mushroom, diced  
2 c Marinara  
1 1/2 tsp Italian Seasoning  
1/2 tsp Oregano  
1/2 tsp Chili Powder  
1/4 tsp Salt  
1/4 tsp Pepper



## Steps

1. Cook quinoa & Pre-heat oven to 375°F.
2. Prep peppers: wash well, cut off tops, clean out seeds & place whole peppers upright in a greased **glass baking dish**.
3. Dice pepper tops & discard stem section.
4. For stuffing: mix together cooked ground beef, quinoa, onions, & all other ingredients in the "peppers" section. Stir in diced pepper tops. Stuff peppers to overflowing.
5. Spoon mixed sauce over stuffed peppers.
6. Bake for 1 hour, covering the last 20 minutes.





# *SIDES*

# *Pesto Zucchini Noodles Ingredients*

2 Zucchini  
1/2 c Olive Oil  
3 Cloves Garlic  
2 c Spinach  
1/4 c Walnuts  
Dash of Salt & Pepper  
2 oz Parmesan Cheese + for topping  
Halved Cherry Tomatoes



## *Steps*

1. For pesto: combine basil, olive oil, garlic, salt, pepper, & walnuts in a **food processor**. Puree until no large pieces remain.
2. Use a **spiralizer** to cut zucchini into ribbons.
3. Salt ribbons & place in a **strainer** for sit ~10 minutes then dry.
4. Prepare a bowl of ice water.
5. Heat water under a **steamer basket**. When boiling, add zucchini ribbons to steamer basket & cover. Cook 2 minutes.
6. Toss zucchini noodles in ice bath for 1 minute. Pour through **strainer** to drain cold water.
7. Toss the zucchini ribbons in pesto & add toppings.

# *Greek Quinoa Salad*

## *Ingredients*

## *Steps*

1/2 Onion, chopped  
1-2 Garlic cloves, chopped  
3 Sprigs Fresh Oregano  
1/2 c Quinoa  
1 c LS Vegetable Stock  
1/4 c Black Olives  
14 oz Artichoke Hearts,  
halved  
1/2 c Cherry Tomatoes,  
halved  
1 Lemon, zested & juiced  
Olive Oil  
Fresh Mint Leaves  
4 oz Feta Cheese  
Salt & Pepper, to taste

1. In a **skillet**, sauté onions until translucent. Add garlic & oregano, cook ~1 minute.  
2. Add quinoa to pan & toast ~1 minute.  
3. Add vegetable broth, season with salt & pepper & stir. Cover pan with lid & bring to boil. Reduce heat to simmer & cook ~40 minutes until liquid has evaporated & quinoa is tender.  
4. Fluff quinoa with fork & cool in fridge ~30-40 minutes.  
5. Mix in other ingredients; olives, artichoke hearts, tomatoes, lemon zest & juice. Drizzle with olive oil. Mix well.  
6. Top with fresh mint & feta.





# *Sweet Potato Fries*

## *Ingredients*

1 lb Sweet Potatoes, peeled

2 Tbsp Olive Oil

2 Tbsp Potato Starch

1/2 tsp Garlic Powder

1/2 tsp Smoked Paprika

1/2 tsp Pepper

Sea Salt, to taste

## *Steps*

1. Slice sweet potatoes into strips ~1/4-inch, uniform size for even cooking. Add fries to bowl of cold water & soak ~30 minutes.
2. Preheat oven to 425°F.
3. Drain fries & blot dry with towel. Add the fries back to bowl, drizzle with olive oil, & toss until evenly coated.
4. In a separate **small bowl**, **whisk** together potato starch, garlic powder, smoked paprika & black pepper. Sprinkle evenly over fries, then toss.
5. Put fries on greased **baking sheet**.
6. Bake ~15 minutes, flip fries & bake ~10-15 minutes. Sprinkle with salt.



# *Cauliflower Rice*

## *Ingredients*

1 head Cauliflower, cut into florets  
1 Tbsp Olive Oil  
1 Clove of Garlic, minced  
1/2 tsp Salt



## *Steps*

1. Rice cauliflower in a **food processor**.
2. Heat oil in **skillet** over medium-high heat; add garlic & stir ~1 minute then add cauliflower & cook, stirring occasionally, until the cauliflower rice is tender & slightly golden brown, ~6-9 minutes.

# *Roasted Garlic Asparagus & Mushrooms*

## *Ingredients*

1 bunch of Asparagus  
5 large, white Mushrooms,  
sliced  
1 Tbsp Olive Oil  
1 Clove of Garlic, minced  
Salt & Pepper, to taste

## *Steps*

1. Preheat oven to 350 F.
2. Wash & prepare vegetables. Cut off ends of asparagus & cut into 2 inch pieces. Add to **baking sheet**.
3. Slice mushrooms & add to pan.
4. Add garlic, salt & pepper. Drizzle olive oil & toss to coat.
5. Roast for 35 minutes.





# Apple-Butternut Squash Soup

## Ingredients

## Steps

2 large Butternut Squash,  
chopped (5-6 lb)  
5 Tbsp Olive Oil  
4 tsp Salt  
2 tsp Pepper  
2 Tbsp Butter  
5 c large Sweet Onion,  
chopped  
4 large, Apples, peeled,  
cored, & chopped  
4 c Vegetable Stock  
1 1/2 c Apple Cider  
2 Tbsp Curry Powder  
1/2 tsp Nutmeg, grated  
1/4 tsp Ground Ginger

1. Preheat oven to 400 degree F.  
2. Cut squash length wise & scrape out seeds. Lay 4 halves cut side up on **baking sheet**. Drizzle with olive oil, sprinkle with salt, & pepper.  
3. Roast ~1 hour or until soft. Remove from oven & allow to cool.  
4. While squash roast, chop onion. Heat butter & olive oil in a **skillet** to medium-high heat. Place onions in pan & toss to coat. Cook 30 minutes, stirring frequently.  
5. Scoop pulp from squash. In a **large pot** with lid, place squash pulp, apples, onion, vegetable stock, cider, curry powder, nutmeg, ginger, 2 tsp salt, & 1 tsp pepper; bring to boil. Simmer 30-40 minutes, stir often.





# *SNACKS & DESSERTS*

# Coconut Cashew Bars

## Ingredients

2 c Pitted Dates  
3/4 c Shredded Coconut,  
unsweetened  
2/3 c Unsalted Cashews

## Steps

1. Add all of ingredients into a **blender** or **food processor**.
2. Process on low ~3-4 minutes.
3. Line a **9x9 pan** with **parchment paper** & press the mixture in, let set for 1-2 hours.
4. Cut into 6 and serve.





# *Kale Chips*

## *Ingredients*

1 head Kale, washed & dried

2 Tbsp Olive Oil

Sea Salt

### **optional topping:**

Parmesan          Chili & Lime Zest

Lemon Garlic

## *Steps*

1. Preheat Oven to 275 degrees F.
2. Remove ribs from kale & cut into 1 inch pieces.
3. Toss with olive oil & salt and lay on **baking sheet**.
4. Bake about 20 minutes, turning leaves halfway through.



# *Ultimate Trail Mix*

## *Ingredients*

1 c Raw Cashews/Almonds  
1 c Raw Walnuts  
1/2 c Raisins  
1/4 c Chocolate Chips/Chunks  
1/4 c Shredded Coconut  
1/4 tsp Salt



## *Steps*

1. Mix all ingredients in a bowl & toss together.
2. Pour into a sealed container & store at room temperature until ready to eat.

# Strawberry Rhubarb Fruit Strips

## Ingredients

2 c Rhubarb, chopped  
2 c Strawberries, chopped  
2 Tbsp Honey

## Steps

1. Preheat oven to 200 F.
  2. In a **glass baking dish with a lid**, place 1/4 c of water, add rhubarb & steam ~4-5 minutes or until it's softer
  3. Puree strawberries & rhubarb using **food processor or blender**.
  4. Add 2 Tbsp honey to the mixture.
  5. Line a **baking sheet** with **parchment paper**.
  6. Spread the puree evenly ~1/4 inch thickness. Place in oven for 3 1/2 hours or in a food dehydrator.
- \*\*When leather peels away from wrap, is still slightly tacky, it is done. You can roll it right up in the plastic & cut into rolls. Can stay in fridge for 1 month.**





# Chocolate Energy Bites

## Ingredients

1 c Dates  
1 c Walnuts  
1/4 c Cocoa Powder  
1 tsp Vanilla  
1/4 tsp Salt

## Steps

1. Let dates soak in a **medium bowl** with warm water ~5 minutes to soften then drain.
2. Add drained dates & remaining ingredients into a **food processor** & pulse until mixture turns into sand consistency.
3. Remove blade from unit. To form balls, press mixture into a small **stainless steel scoop** then roll between your palms to form.
4. Serve at room temperature or chill ~30 minutes before enjoying.



# *Beet Chips & Goat Cheese Dip*

## *Ingredients*

### **Beet Chips:**

2 medium Beets

1 tsp Olive Oil

1 pinch Salt

### **For Dip:**

4 oz Goat Cheese

5.3 oz Plain Greek Yogurt (1 small container)

2 tsp Balsamic Vinegar

1 – 2 tsp Thyme Leaves

1/2 tsp Garlic, minced

1/8 tsp Salt



## *Steps*

1. Preheat oven to 350 F.
2. Using a **mandolin**, cut beets into 1/16 inch slices & place into a **large bowl** with olive oil & salt. Toss to coat then lay on a **baking sheet** in a single layer.
3. Bake ~30-35 minutes until they start to dry out & turn lighter in color.  
Transfer to a wire rack & let cool (they will crisp up as they cool)
4. For the dip, in a **food processor**, add all the dip ingredients.& pulse until dip is smooth & mixed together.
5. Transfer to a **small bowl**.

# *Fruit Pizza*

## *Ingredients*

### **Crust:**

½ c Pecans, finely chopped  
1 c Almond Flour  
2 Tbsp Coconut Flour  
1 Egg  
2 Tbsp Honey  
1 Tbsp Butter, melted  
½ tsp Vanilla Extract  
¼ tsp Sea Salt

### **Topping:**

½ c Plain Greek Yogurt  
2 tsp Honey  
¼ tsp Vanilla Extract  
1 c Berries/Fruit of choice

## *Steps*

1. Pre-heat oven 350 F.
2. In a bowl, combine the crust ingredients & mix. Once combined, press crust into a greased **9 x 9" pan**.
3. Bake crust 16-18 minutes or until golden brown. Remove from oven & let cool.
4. Combine yogurt, honey, & vanilla extract in a **small bowl** stirring to mix.
5. Spread over cooled crust & sprinkle with toppings. Cut into 9 squares.





# *Strawberry Banana Ice Cream*

## *Ingredients*

2 Frozen Bananas, sliced  
3/4 c Frozen Strawberries, sliced  
1/8-1/4 c Almond Milk



## *Steps*

1. Put frozen bananas & strawberries in a **blender or food processor**. Add 1/8 -1/4 cup milk or milk alternative & process until smooth.
2. Serve like soft serve or allow to freeze in freezer before serving.
3. If frozen, thaw ~20 minutes before serving for best consistency.

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