

# HEALTHY SOMERSET RECIPES

## Cantaloupe Salad Glazed Maple & Cinnamon

### Ingredients:

- 1 cantaloupe, cubed (about 4 cups)
- 2 1/2 c. red seedless grapes
- 3 T. pure maple syrup
- 1/2 T. fresh lemon juice
- 1/4 tsp. ground cinnamon



### Directions:

1. In a bowl, whisk together maple syrup, lemon juice, and cinnamon.
2. Add cubed cantaloupe and grapes; toss gently to coat. (If grapes are large, halve them if you'd like.)
3. Serve immediately or refrigerate for 30 minutes to an hour before serving.

## Garlic Green Beans with Parmesan

### Ingredients:

- 1 pound (500 g) green beans, washed and pat dry
- 2 tablespoons olive oil or canola oil
- 1 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 1 tablespoon finely chopped garlic (6 cloves garlic)
- 2 tablespoons fresh chopped parsley
- 1/4 cup parmesan cheese



### Directions:

1. Preheat the oven to 220°C (425°F). Lightly spray a baking sheet or tray with cooking oil spray.
2. Arrange the green beans in one layer on baking sheet. Drizzle with oil and season with salt, pepper, garlic and parmesan. Toss beans to evenly coat.
3. Roast in the oven for 20-25 minutes, tossing halfway through cooking time, until fork tender.
4. Remove from oven, season with extra salt and pepper to taste. Sprinkle over with parsley and serve.



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## No Bake Pumpkin Pie Bars

### Ingredients:

- 1/2 cup coconut flour
- 1/2 cup vanilla protein powder (Optional)
- 2 cups cashew butter can use any nut or seed butter
- 1/2 cup sticky sweetener of choice I used a monk fruit maple syrup
- 1/2 cup pumpkin puree
- 1 serving chocolate frosting of choice

### Directions:

1. Line a large 8 x 8-inch baking pan with parchment paper and set aside.
2. In a large mixing bowl, add your dry ingredients and mix well.
3. In a microwave safe bowl or stove top, combine your nut butter with sticky sweetener and melt until combined. Pour wet mixture into the dry mixture and mix until thick and crumbly.
4. Add pumpkin puree, starting with half a cup first. If still too crumbly, add up to an extra half-cup. Batter should be thick. Transfer to lined baking pan and refrigerate.
5. Once cool, top with optional chocolate frosting before cutting into bars.



## Peanut Butter Banana Smoothie

### Ingredients (serves 2):

- 2 cups frozen sliced bananas
- 1/2 cup nonfat Greek yogurt
- 1/2 tablespoon ground flax seeds
- 1 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 2 tablespoons all-natural peanut butter

### Directions:

1. Place all ingredients into a blender.
2. Blend on high until smooth. Add more almond milk as needed.
3. Serve immediately.

