



HEALTHY AUSSIE BITES

Y SERVES: 16 ⌚ TIME: 30 MINS

INGREDIENTS

1 c Oat Flour
 1/3 c Rolled Oats
 1/4 c Ground Flaxseed
 1 tbsp Sunflower Seeds
 2 tbsp Shredded Coconut
 1 tsp Chia Seeds
 1 tsp Raw Quinoa
 1/4 tsp Baking Soda
 1 pinch Sea Salt
 1/2 c Minced Dried Fruit (Like Apricots And Raisins)
 1/4 c Softened Butter
 1/4 c Honey
 2 tsp Vanilla Extract
 1 Egg White

DIRECTIONS

1. Preheat oven to 350°. Prepare a mini muffin pan with nonstick spray or liners.
2. Combine the first 9 ingredients (oat flour through salt) in a medium bowl. Add dried fruit, butter, honey, vanilla, and egg white. Mix everything together thoroughly—using your hands helps! Your mixture should resemble oatmeal cookie dough.
3. Fill about 16 muffin molds with the dough, pressing them down and filling them to the top. Bake for about 10 minutes or until sides are golden brown. Let them sit for 10–15 minutes before trying to remove them from the pan.



Karen Johnson

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DASH OF SWEET



HOT CHOCOLATE COOKIES

Y SERVES: 30 ⌚ TIME: 25 MINS

INGREDIENTS

1 c unsalted butter, softened
 1 c white sugar
 2/3 c light brown sugar, packed
 2 eggs
 1 tsp vanilla
 3-1/4 cups all-purpose flour
 4 (1-oz packages) hot chocolate mix (not sugar-free; about 1 c of hot chocolate mix)
 1-1/4 tsp salt
 1-1/4 tsp baking soda
 1 c milk chocolate chips
 1 c semi-sweet chocolate chips
 1 1/2 c mini marshmallows, frozen

DIRECTIONS

1. Cream butter and sugars until smooth. Beat in eggs and vanilla until combined.
2. In a separate bowl, whisk together the flour, hot chocolate mix, salt and baking soda. Add the flour mixture to the wet ingredients slowly until incorporated. The dough will be thick.
3. Fold in the chocolate chips and semi-sweet chips. Chill the dough an hour.
4. Preheat oven to 350°.
5. Make balls of dough, around 1 1/2 tablespoons each, and place onto baking sheets lined with parchment paper. Hand place the marshmallows inside the dough balls.
6. Bake for 10-12 minutes (they will still be soft) and cool for 5 minutes before serving.



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DASH OF SWEET



dash of sweet

- Healthy Aussie Bites
- Red Velvet Kiss Cookies
- All-Fruit Mango Sorbet
- No Bake Power Bites
- Frozen Yogurt Bark
- Brown Sugar Baked Peaches
- Watermelon Granita
- Lemon Bars
- Apple Snickerdoodle Dump Cake
- Harvest Pumpkin Dip
- Cranberry Pumpkin Muffins
- Hot Chocolate Cookies

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FROZEN YOGURT BARK

Y SERVES: 12 ⌚ TIME: 3 hrs 10 mins

INGREDIENTS

2 c whole milk vanilla yogurt
 1/2 c diced strawberries
 1/4 c blueberries
 1/4 c granola

DIRECTIONS

1. Line a rimmed baking quarter sheet with wax or parchment paper.
2. Pour the yogurt into the baking dish and spread evenly on the prepared baking sheet so that it fills the shape. Top with the strawberries, blueberries and granola.
3. Place in the freezer until the yogurt is firm, about 3 hours. Enjoy Cold!
4. Store leftovers in the freezer.



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