

SNOWTROOPER TOAST

INGREDIENTS

- 4 slices egg bread
- 2 tablespoons strawberry jam
- 1 egg
- ¼ cup (60 millilitres) low-fat milk
- ¼ teaspoon vanilla extract
- 2 fresh strawberries, hulled and sliced
- 2 teaspoons confectioners' sugar

1. Preheat the oven to 200°F (95°C).
2. If using a sandwich cutter, cut out a shape from 2 of the bread slices. Repeat with the other 2 slices, using the same cutter or the other sandwich cutter. (You will have 4 shaped bread slices in all, with 2 pairs of the same shape.) Set aside 1 of the shaped slices from each pair. On the remaining 2 slices, spread the jam. Top each sandwich with its matching top piece. Chop the bread scraps into 1-inch (2.5-centimetre) pieces. Otherwise, skip to the next step.
3. Heat a 12-inch (30.5-centimetre) skillet over medium heat and spray it with vegetable-oil cooking spray.
4. In a shallow bowl, use a fork to beat the egg with the milk and vanilla until well blended. Dip the filled sandwiches in the egg mixture, turning to soak both sides. If you used the sandwich cutter, toss the bread scraps with the remaining egg mixture. Add the sandwiches to the skillet and cook for about 3 minutes total (1½ minutes per side) until golden. Remove the sandwiches from the pan and place them in the warm oven until ready to serve.
5. If you used the sandwich cutter, spray the pan with more vegetable-oil cooking spray and return it to medium heat. Add the bread scraps and cook them for 3 to 4 minutes, stirring once or twice, until golden and cooked through.
6. Evenly divide the sandwiches and cooked bread pieces (if applicable) between 2 plates. Top with strawberries and sift the confectioners' sugar over everything before serving.

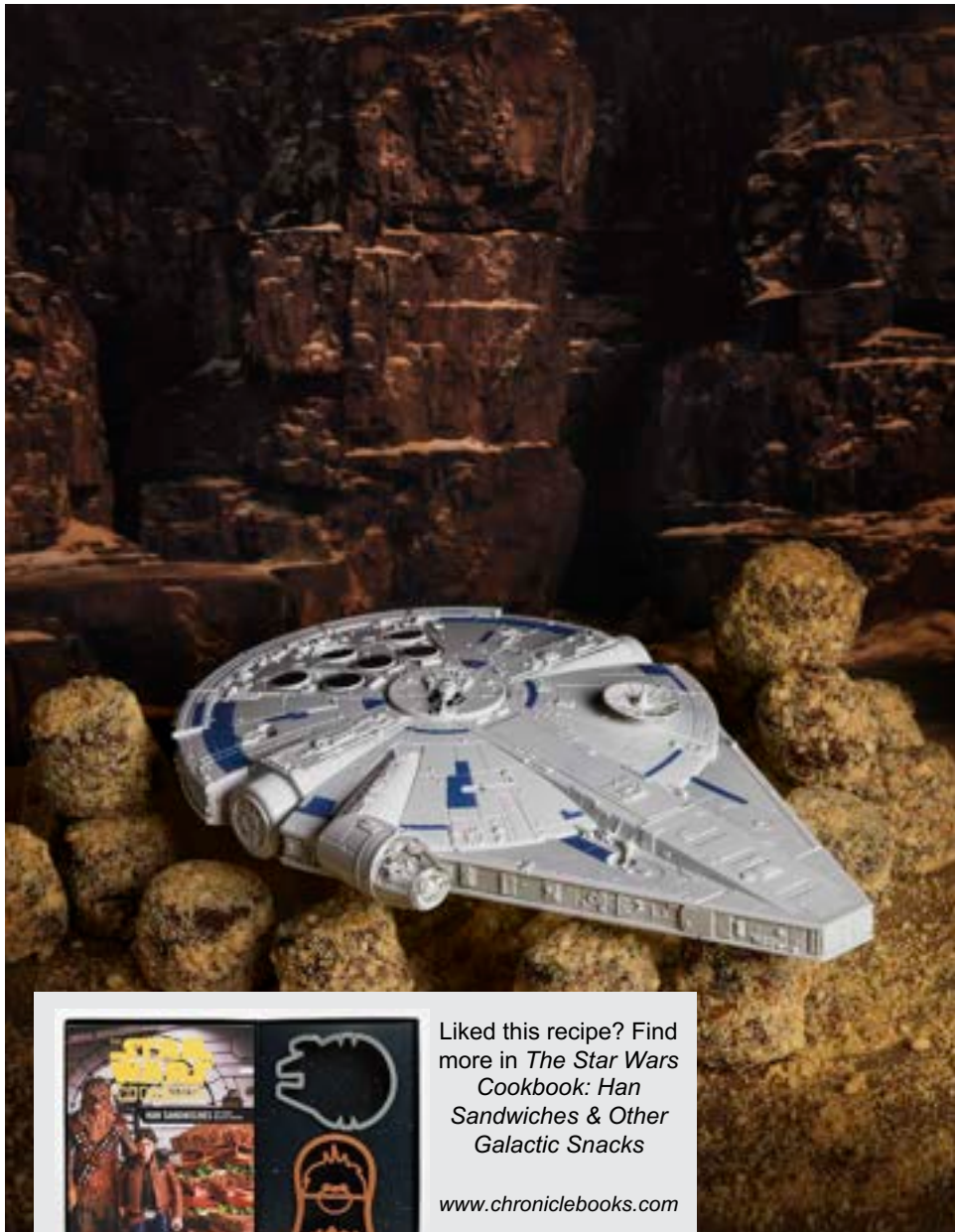
Makes 2 servings.



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MILLENNI-YUMS

INGREDIENTS

- ¼ cup (65 grams) peanut butter**
- 1 large ripe banana, cut into ½-inch (12-millimetre) rounds, about 20 to 24 rounds**
- 1 cup (80 grams) crushed vanilla wafers, approximately 22 cookies**
- 2 cups (360 grams) chopped milk chocolate or dark chocolate**
- 2 tablespoons coconut oil**

1. Line a baking sheet with parchment paper or a silicone baking mat.
2. Spread 1 teaspoon of peanut butter onto the tops of half of the banana slices. Top with the remaining banana slices to create a sandwich. Place the filled bananas on the prepared sheet and freeze for 1 hour, or cover with plastic wrap and freeze overnight.
3. Place the crushed wafers in a shallow plate or bowl and set aside.
4. Place the chocolate and coconut oil in a glass or ceramic bowl. Microwave on high for 1 minute. Stir, and microwave again for 30 seconds. Continue heating and stirring until the chocolate mixture is smooth.
5. Dip a filled banana “sandwich” completely into the chocolate mixture. Lift it out with a fork and lightly tap the sandwich on the side of the bowl to remove any excess chocolate. Place the coated banana in the crushed cookies and use a spoon to cover completely. Place the coated banana back on the baking sheet. Repeat with the remaining bananas. Return the coated bananas to the freezer.
6. Freeze the sandwiches in an airtight container for up to 1 month.

Makes 10 to 12 treats.



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PILOT PIES

You can pilot a spaceship (or bike) with one hand and eat these sweet pies with the other.

INGREDIENTS

All-purpose flour for dusting the work surface

1 package store-bought rolled piecrusts (2 crusts), thawed and unrolled

$\frac{1}{2}$ cup (140 grams) hazelnut-cocoa spread

$\frac{1}{2}$ cup (60 grams) fresh raspberries

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or a silicone baking mat. Set aside.
2. Lightly flour a cutting board and lay out the piecrusts.
3. Spread half the hazelnut-cocoa spread over each crust.
4. Top 1 crust with the raspberries. Place the second crust over the top of the raspberries, hazelnut spread-side down. Press down lightly.
5. Cut out shapes using the sandwich cutters (you should have about 5 shapes). Place the shapes on the prepared sheet.
6. Bake for 10 to 12 minutes until golden.
7. Cool for 5 minutes on the sheet, and transfer to a rack to cool completely.
8. Serve when cool, or wrap in plastic wrap and store in an airtight container for up to 3 days, or freeze for up to 1 month.

Makes 5 pies.



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QUESOGREEDOS

INGREDIENTS

$\frac{1}{2}$ cup (85 grams) refried black beans

Two 8-inch (20-centimetre) flour tortillas

2 tablespoons shredded low-fat Cheddar cheese

$\frac{1}{2}$ teaspoon butter, at room temperature

$\frac{1}{3}$ cup (25 grams) shredded low-fat Parmesan cheese

1. Spread the refried beans over 1 tortilla.
2. Evenly sprinkle the Cheddar cheese over the beans and top with the second tortilla.
3. If using a sandwich cutter, cut out two shapes.
4. Lightly butter the top and bottom of the quesadillas. Set aside.
5. Place the Parmesan cheese on a plate. Press the buttered quesadillas into the cheese to coat. Repeat on the other side.
6. Spray a 12-inch (30.5-centimetre) skillet with vegetable-oil cooking spray and place it over medium heat. Add the quesadillas and cook for 3 to 4 minutes until the bottom is golden. Carefully flip the quesadillas with a spatula and cook the other side for 3 to 4 minutes until golden.
7. Cool slightly and serve warm.

Makes 1 serving.



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BB-8 ENERGY BALLS

Sometimes the answer you seek lies within. These energy balls will fuel all of your day's adventures!

INGREDIENTS

- 1 cup (100 grams) old-fashioned rolled oats**
- ½ cup (130 grams) peanut butter, smooth or crunchy**
- 1 cup (65 grams) chopped dates**
- 2 teaspoons grated orange zest**
- 2 tablespoons fresh orange juice**
- ½ cup (115 grams) honey**
- 1 cup (80 grams) unsweetened shredded coconut**

1. Put the oats, peanut butter, dates, orange zest, orange juice, and honey in the bowl of a food processor or blender. Pulse on medium speed until the ingredients are well combined and form a sticky paste.
2. Scoop out the mixture and place it on a lightly floured surface. Roll the mixture into 1-inch (2.5-centimetre) balls.
3. Put the shredded coconut on a plate or in a shallow bowl. Roll each of the balls in the coconut to cover completely.
4. Serve immediately or store covered in the refrigerator for up to 1 week.

Variation: Roll the balls in ¾ cup (60 grams) unsweetened cocoa powder, or 1 cup (120 grams) finely chopped nuts.

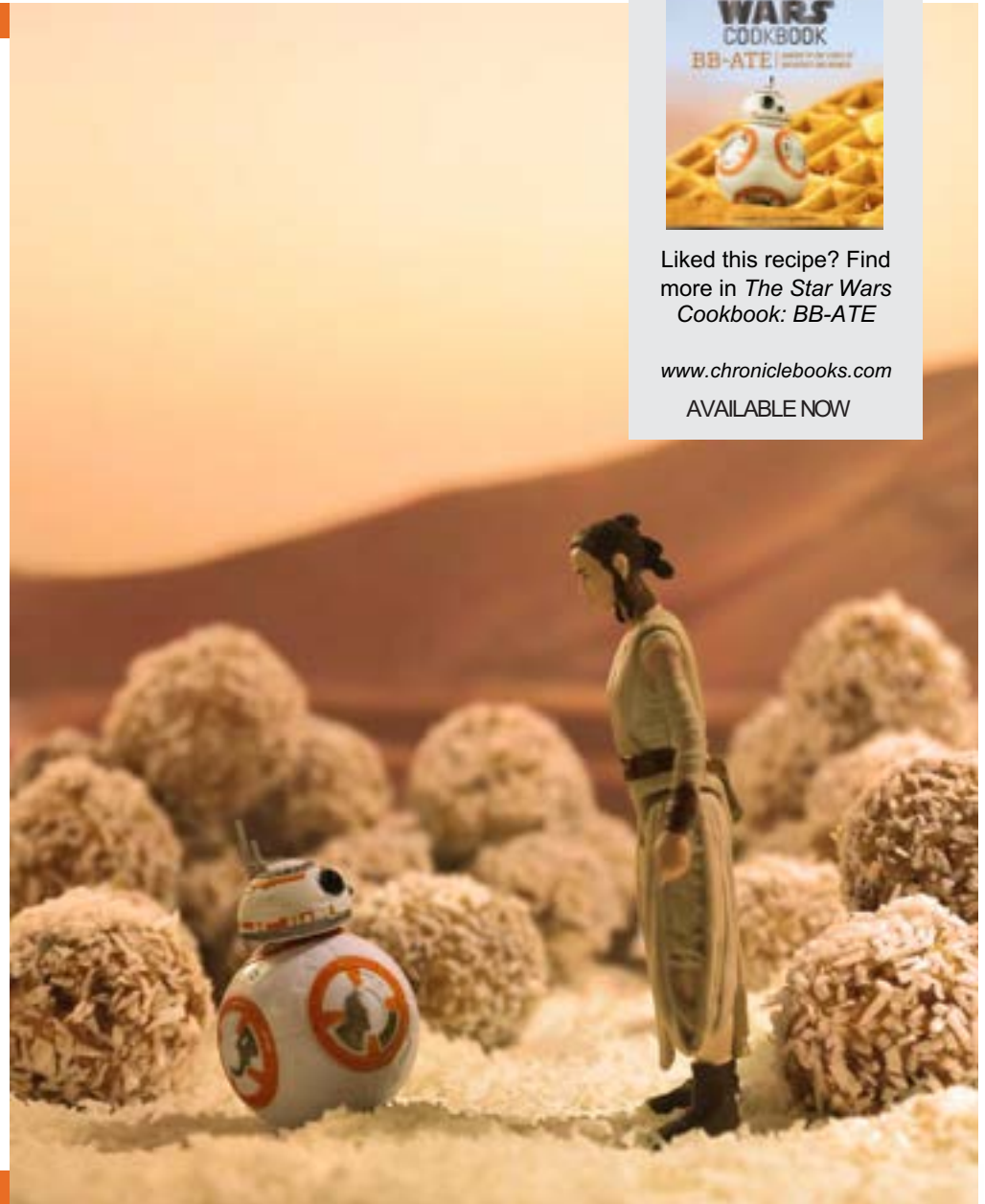
Makes about 25 balls.



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REBEL PEPPER EGG CUPS

Bright red bell peppers, like the red insignia of the Resistance, are a delicious and edible “bowl” for a savory filling of eggs, bacon, and ripe red tomatoes.

INGREDIENTS

3 large red bell peppers, halved lengthwise, seeded, and deribbed

Salt and pepper for seasoning

6 eggs

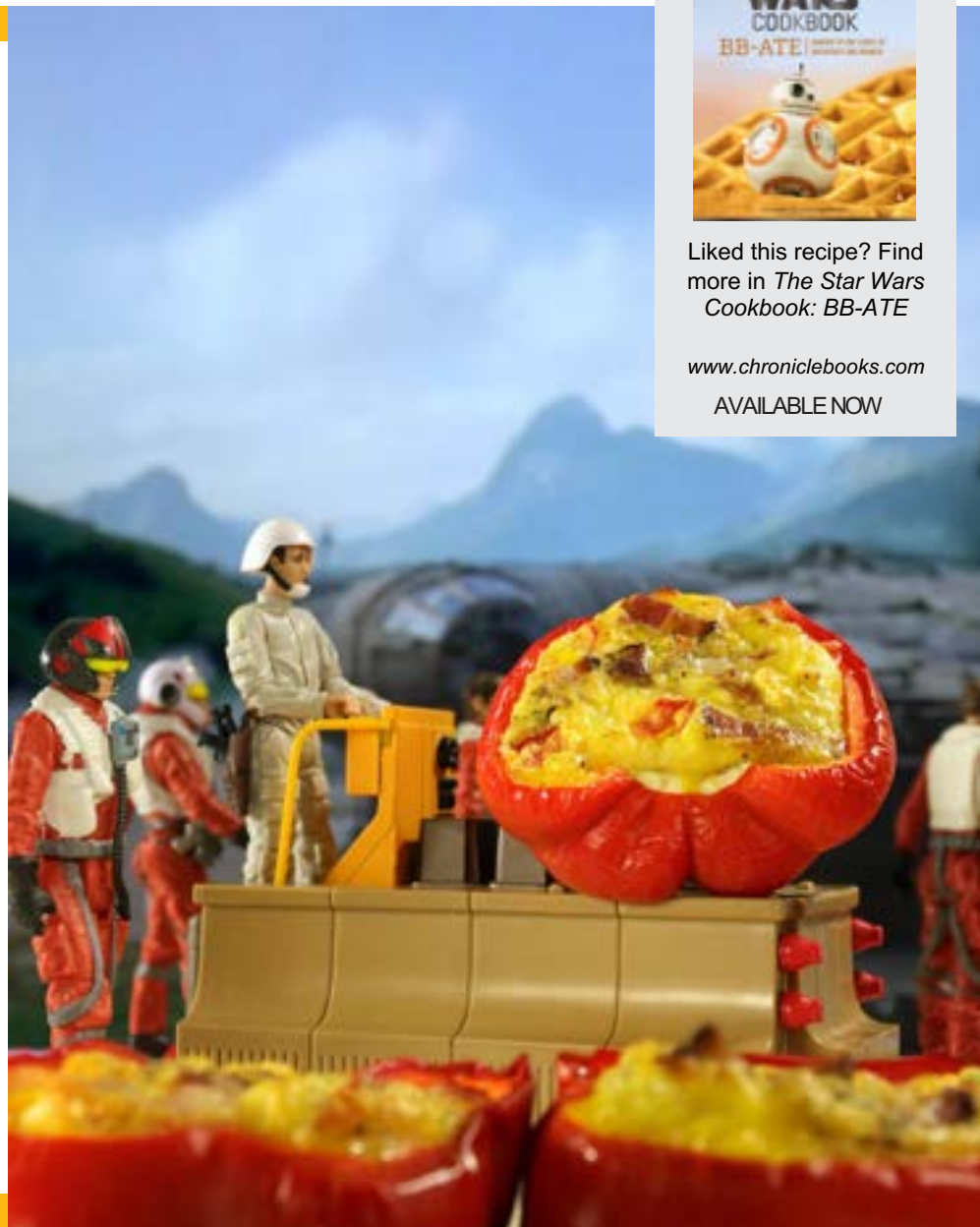
1 large tomato, diced

1 cup (80 grams) shredded low-fat Monterey Jack cheese

6 bacon slices, cooked and chopped

1. Preheat the oven to 350°F (180°C).
2. Place the red bell pepper halves on an ungreased baking sheet. Sprinkle with salt and pepper. Bake until soft, 15 to 20 minutes.
3. Meanwhile, whisk the eggs in a large bowl. Add the tomato, cheese, and bacon and stir to combine.
4. Using a ladle or large spoon, distribute the egg mixture evenly into the half-baked peppers. Sprinkle with salt and pepper. Bake for 15 to 20 minutes more, until the eggs are set.
5. Let cool for 10 minutes before serving. Serve warm.

Makes 6 servings.



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VITAMIN C-3PO

This fruity smoothie will revive you as your day begins!

INGREDIENTS

- 1 cup (240 grams) low-fat vanilla Greek yogurt
- 1 cup (240 millilitres) apple juice
- 1 cup (240 millilitres) low-fat milk
- 2 tablespoons honey
- 1 large banana, sliced
- 12 large strawberries, sliced, plus 2 whole strawberries

1. Put the yogurt, apple juice, milk, honey, banana, and sliced strawberries into a blender and process on medium speed until well combined. Pour into two tall glasses.
2. Using a knife, cut a slit in each of the whole strawberries, from the bottom halfway up toward the stem. Position a strawberry on the rim of each glass as a garnish. Serve immediately.

Makes 2 servings.



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