

HEALTHY HAPPY HOUR: DIPS & MOCKTAILS

PEA HUMMUS WITH KOMBUCHA MULE

GOOD SOURCE OF FIBER, PROTEIN AND IRON PAIRED WITH A LOW-SUGAR MOCKTAIL

NUTRITIONAL INFORMATION

PEA HUMMUS: Per 2 tablespoon serving: Calories 69; Fat 5g; Carbs 4g; Fiber 1g; Protein 2g; Sodium 78mg; Calcium 23mg

KOMBUCHA MULE: Calories 18; Fat 0g; Carbs 4g; Fiber 0g; Protein 0g; Sodium 0mg

YOGURT RANCH DIP WITH NOJITO

LOWFAT DIP OPTION PAIRED WITH A LOW-CALORIE COCKTAIL ALTERNATIVE

NUTRITIONAL INFORMATION

YOGURT RANCH DIP: Per 2 tablespoon serving: Calories 20; Fat 0g; Carbs 1g; Fiber 0g; Protein 3g; Sodium 71mg; Calcium 36 mg

NOJITIO: Calories 124; Fat 0g; Carbs 34g; Protein 0g; Sodium 6mg; Calcium 41mg; Potassium 140mg

CANNOLI DIP WITH SPARKLING STRAWBERRY ROSÉ

GOOD SOURCE OF PROTEIN AND CALCIUM PAIRED WITH VITAMIN C RICH SPARKLING MOCKTAIL

NUTRITIONAL INFORMATION:

CANNOLI DIP Calories 103; Fat 4g; Carbs 12g; Fiber 1g; Protein 5g; Sodium 52mg; Calcium 110mg

SPARKLING STRAWBERRY ROSÉ Calories 52; Fat 0g; Carbs 12g; Fiber 1g; Protein 0g; Sodium 0mg; Vitamin C 21mg



PEA HUMMUS – SERVES 8

INGREDIENTS:

1 cup frozen peas, thawed
2 tablespoons tahini
3 garlic cloves
2 tablespoons lemon juice
1 teaspoon red pepper flakes
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
2 tablespoons extra virgin olive oil

PREPARATION:

1. In a food processor or blender, combine the peas, tahini, garlic, lemon juice, red pepper flakes, salt and pepper. Pulse to combine, occasionally scrapping down the sides.
2. While the processor is running, add the olive oil, one tablespoon at a time. Process until desired consistency is reached.
3. When ready to serve, drizzle with additional olive oil, red pepper flakes, salt and pepper. Serve with raw vegetables, whole grain crackers or crostini.

KOMBUCHA MULE – SERVES 1

INGREDIENTS:

Crushed ice
½ ounce freshly squeezed lime juice
4 ounces ginger-flavored Kombucha (recommend: Health-Ade)
Lime wedge and mint for garnish

PREPARATION:

1. Fill a copper mule mug or Collins glass with crushed ice. Add the lime juice, then top with the kombucha and stir. Garnish with a lime wedge and mint.

YOGURT RANCH DIP – SERVES 8

INGREDIENTS:

1 cup plain non-fat Greek yogurt
¾ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dried dill
¼ teaspoon kosher salt
⅛ teaspoon cayenne pepper (or ground black pepper)
Fresh chopped chives, for garnish

PREPARATION:

1. In a small mixing bowl, whisk together the yogurt with the garlic powder, onion powder, dried dill, kosher salt, and cayenne.
2. Garnish with fresh chives and serve with raw vegetables, whole grain crackers, or pretzels. This dip can also be used as a spread on sandwiches and wraps.

TIP! For added tanginess to your dip, add 1 tablespoon dry buttermilk powder (found in the baking aisle of the grocery store).



NOJITO – SERVES 4

INGREDIENTS:

- 4 limes, cut into wedges
- ¾ cup simple syrup (see Note)
- ½ cup packed fresh mint leaves (See Note)
- 4 cups ice cubes
- 2 cups sparkling water

PREPARATION:

1. Combine the lime wedges and simple syrup in a pitcher. Add the mint leaves to the pitcher. Using a muddler or a long wooden spoon, gently crush the limes and mint (about 4-5 times). Add the ice cubes and sparkling water. Stir to mix well. Divide among glasses and garnish with lime slices and mint.

TIPS!

Prepare simple syrup in advance with equal parts water and sugar (or sweetener such as honey). Bring 1 cup of water to a boil, then stir in 1 cup of sugar, stirring continuously until the sugar is dissolved. Remove from heat and allow the mixture to cool for at least 30 minutes, then refrigerate until cold, at least 1 hour. Store covered in the refrigerator up to 6 months.

Before adding mint leaves to a drink, place the leaves in one hand and give a quick slap with the other hand to release the oils.

CANNOLI DIP – SERVES 6

INGREDIENTS:

- 1 ½ cups part-skim ricotta cheese
- 2 tablespoons confectioners' sugar
- 2 tablespoons vanilla Greek yogurt
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 teaspoon fresh orange zest (optional)
- 2-3 tablespoons mini semi-sweet chocolate chips

PREPARATION:

1. In a medium bowl, whisk together the ricotta cheese, confectioners' sugar, and Greek yogurt (for a fluffier texture, use an electric whisk or mixer)
2. Mix in the vanilla, cinnamon and zest (if using) until well combined. Stir in the mini chocolate chips.
3. Serve immediately or cover and refrigerate until ready to serve.



SPARKLING STRAWBERRY ROSÉ – SERVES 2

INGREDIENTS:

- ½ cup fresh strawberries, hulled
- 3 oz simple syrup
- Seltzer or Club Soda
- Pomegranate seeds and fresh strawberry slices, for garnish

PREPARATION:

1. Muddle the strawberries in a shaker. Add the simple syrup and ½ cup ice. Shake vigorously for 15 seconds. Strain the liquid into champagne flutes and slowly pour in the seltzer to top. Garnish with pomegranate seeds and a fresh strawberry.

EQUIPMENT NEEDED

- Food processor or blender
- Small and medium mixing bowls
- Whisk
- Copper mule mugs or Collins glasses
- Pitcher
- Muddler or long wooden spoon
- Small saucepan
- Cocktail shaker with strainer (or mason jar and a small strainer)
- Champagne flutes

INGREDIENTS

Produce

- 3 garlic cloves
- 1 lemon (for lemon juice)
- 6 limes
- 1 orange (for zest, optional)
- ½ cup fresh strawberries
- 1 bunch fresh chives
- 1 bunch fresh mint leaves

Baking, Canned, and Non-perishables

- 2 tablespoons tahini
- 1 teaspoon red pepper flakes
- 2 tablespoons extra virgin olive oil
- ¾ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried dill
- ⅛ teaspoon cayenne pepper
- 2 TB confectioners' sugar
- ½ tsp vanilla extract
- ¼ tsp ground cinnamon
- 2-3 tablespoons mini semi-sweet chocolate chips
- 1-2 cups sugar (for simple syrup)
- Salt
- Pepper

Frozen

- 1 cup frozen peas

Dairy

- 1 cup plain non-fat Greek yogurt
- 2 tablespoons vanilla Greek yogurt
- 1½ cups part-skim ricotta (approx. one 15-ounce container)

Other

- Ice cubes
- Water
- Sparkling water or club soda
- Ginger-flavored kombucha

Optional Items for Garnishes

- Lime wheels
- Pomegranate arils
- Strawberries
- Citrus twist
- Rosemary sprigs
- Fresh Ginger
- Fresh Mint



MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.
PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe*

PEA HUMMUS: Thaw the frozen peas and peel the garlic cloves.

KOMBUCHA MULE: n/a

YOGURT RANCH DIP: n/a

NOJITO: Prepare the simple syrup according to the directions in the recipe at least 1 hour in advance.

CANNOLI DIP: Zest the orange (if using).

SPARKLING STRAWBERRY ROSÉ: Hull the strawberries using a paring knife to remove the stems and prepare simple syrup.

FOR ALL DIPS: Raw fruits and vegetables for serving. We will discuss ways to cut for dipping during the demo. Recommended carrots, celery, and cucumber or zucchini for vegetables and strawberries for fruit.

FOR ALL MOCKTAILS: Have garnishes available. We will discuss garnish options and prep during the demo.

