

Strawberry-Almond Butter Energy Cups



Ingredients

- 2 (0.8-ounce) packages freeze-dried strawberries
- 1 2/3 cups old-fashioned rolled oats
- 3/4 cup unsweetened, unsalted almond butter
- 1/2 cup unsweetened almond milk
- 1 1/2 tablespoons flaxseed meal
- 1 tablespoon seedless strawberry jam
- 1/4 teaspoon salt
- 1/2 cup dark chocolate chips (53% to 60% cacao)
- 1 tablespoon unrefined coconut oil
- 3/4 teaspoon flaky sea salt

Directions

1. Line a 24-cup mini muffin tin with silicone or paper liners. Place freeze-dried strawberries in a zip-top bag; crush into a powder using a rolling pin or skillet. Reserve 1 teaspoon crushed strawberries in a small bowl.
2. Transfer the remaining crushed strawberries to a large bowl. Add 1 2/3 cups oats, 3/4 cup almond butter, 1/2 cup almond milk, 1 1/2 tablespoons flaxseed meal, 1 tablespoon strawberry jam and 1/4 teaspoon salt; stir until well combined. Divide the mixture among the prepared muffin cups (about 1 heaping tablespoon each); firmly press the mixture into the cup bottoms.
3. Place 1/2 cup chocolate chips and 1 tablespoon coconut oil in a small microwave-safe bowl. Microwave on High until the oil is melted and the chocolate chips have softened, 45 to 60 seconds. Stir until the chocolate chips are completely melted and incorporated into the oil.
4. Spoon a scant teaspoonful of the melted chocolate mixture over the oat mixture into each cup, spreading to cover the entire surface. Refrigerate, uncovered, until the chocolate layer is beginning to set (the surface will begin to lose its shine and become dull), 10 to 15 minutes. Sprinkle with 3/4 teaspoon flaky sea salt and the reserved crushed strawberries. Refrigerate, uncovered, until chilled and the layers are fully set, about 1 hour.

Spaghetti & Spinach with Sun-Dried Tomato Sauce



Ingredients

- 5 ounces baby spinach, coarsely chopped
- 8 ounces whole-wheat spaghetti
- 1 tablespoon oil from sun-dried tomato jar
- 1/2 cup slivered oil-packed sun-dried tomatoes
- 1/2 cup halved and thinly sliced onion
- 3 cloves garlic, minced
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 cup low-sodium vegetable or chicken broth
- 1/2 cup sour cream
- 1/4 cup grated Parmesan cheese
- 1 tablespoon unsalted butter

Directions

1. Place 5 ounces spinach in a large colander in the sink. Bring a large saucepan of water to a boil over high heat. Add 8 ounces spaghetti and cook according to package directions. Drain the pasta over the spinach; toss to wilt the spinach.
2. Meanwhile, heat 1/2 cup sun-dried tomatoes along with 1 tablespoon of the oil in a large skillet over medium heat. Add 1/2 cup onion and sun-dried tomatoes; cook, stirring, until softened, about 3 minutes. Add garlic, 1/4 teaspoon crushed red pepper, 1/4 teaspoon salt and 1/4 teaspoon pepper; cook, stirring, for 1 minute. Increase heat to medium-high and add 1 cup broth; cook, stirring, until reduced by about half, about 2 minutes. Stir in 1/2 cup sour cream, 1/4 cup Parmesan and 1 tablespoon butter. Add the spaghetti and spinach; toss to coat well.