Butternut Squash Soup - Inspired from SoDelicious by Sharon Waldrop

ingredients
1 medium squash

1 Tbsp. olive oil

2½ cups So Delicious Dairy Free Unsweetened Coconutmilk

1 cups vegetable broth (kitchn basics organic vegetable)

1 ½ Tsp. garlic powder

1 Tsp. onion powder

1 Tbsp. maple syrup

1 tsp. sea salt

1 tsp. ground black pepper

directions
Preheat oven to 425 degrees. Cut squash in half, length-wise, remove seeds and lightly cover with olive oil sea salt and pepper.
Place cut side down on parchment paper and bake for 50 minutes.
Once squash is done, add coconutmilk, vegetable broth, onion powder, garlic powder to a deep pan and cook on high until boil.
Add butternut squash, maple syrup and sea salt, then turn heat down to a simmer.
Using an immersion blender, blend all ingredients until smooth.
Add ground black pepper and serve!.

12/3/20 - Very good. My squash was small. Maybe try 2 or at least one larger



BUTTERNUT SQUASH SOUP

Raw Peppermint Brownies (adapted from "Unprocessed," by ChefAJ - Shared by Lou-Anne Thomas

Servings: Makes about 24 brownie bites
2 cups walnuts
2 cups pitted dates
½ cup raw cacao powder (or carob powder)
Peppermint flavor (the oil, not the extract)
Process the walnuts until they are almost a powder (not butter) in an "S" blade food processor. Add the
cacao (or carob) and process to blend. Next add the dates and process until a ball forms. Add the
vanilla extract and peppermint flavor, then process briefly. Place into silicone brownie bite molds or an
8" x 8" square pan and freeze until firm.

EASIEST PIZZA DOUGH Debra Blackwell

1 1/2 cups SELF-RISING Flour
1 cup Greek Yogurt plain
Mix and knead until smooth. Add toppings. Bake 425 degrees for 15 minutes or until done to your liking.
Makes one pizza dough.
Note: I double this and make a pan pizza in a 9x13 pan.
You can also add EVERYTHING bagel spice and make bread sticks!

BAKED PINEAPPLE STUFFING - Chellyn Lowran

1/2 cup (1 stick) butter or margarine softened
1 cup sugar
4 eggs lightly beaten
1 lg. can crushed (in juice) pineapple, drained well
5 slices white bread, cubed
Preheat oven to 350 degrees. Cream together butter and sugar. Add eggs. Stir in pineapple. Fold in bread cubes.
Turn into greased 1 and 1/2 quart casserole. Bake uncovered 60 to 65 minutes.

Cottage Cheese & Fruit Salad - Angela Moore

1 Large container of Cottage Cheese (24 oz.)
1 Large container of Sour Cream (16 oz)
1 Large container of Cool Whip (8oz) - often I use 1 1/2 containers. It just makes more and is still good.

A Large box of Jello flavoring of your choice
Fruit of choice that would match with Jello

Tip: I use Fat Free, Sugar Free or "Light" ingredients and it tastes the same (honest 😊).
Ideas/Combinations: Orange Jello with Mandarin Oranges, Raspberry Jello with Raspberries, Lime Jello with Pineapple, Any Jello & Fruit Cocktail

Layered Greek Dip - Shared by Holly Ringelberg

https://www.garnishwithlemon.com/layered-greek-dip/

Almond Cookies- Kathy Seidler

1 cup almond meal (flour)
1/8-1/4 cup xylitol or stevia
1/2 tsp baking soda
1 tsp vanilla extract
1 egg
1/2 tsp grated lemon peel
Preheat oven to 350 and grease cookie sheet or use parchment paper
Stir together dey ingredients in medium bowl
Add beaten egg and vanilla Mix well
Shape dough into balls 1 inch apart on cookie sheet
Bake until puffed and golden, about 10 minutes.
Can drizzle melted chocolate chips on top.
Yum