



Chicken Artichoke Cheese Dip

Amy Larson

- 1 (5 oz) can chunk chicken – drained & flaked
- 1 (14 oz) can artichoke hearts – drained & chopped
- 1 (.7 oz) package dry Italian salad dressing mix
- 1 (8 oz) container sour cream
- 1 cup Havarti cheese
- ¼ cup finely shredded Parmesan cheese
- ¼ cup sliced almonds
- ¼ cup mayonnaise



- 1) Preheat oven to 350° F
- 2) In a medium bowl, blend chicken, artichoke, Italian dressing mix, sour cream, ½ cup Havarti & Parmesan. Transfer to a small baking dish. Top with remaining Havarti & almonds. (Or, if you want, just mix all ingredients together, instead of saving some for the top.)
- 3) Bake 25 minutes or until bubbly and lightly browned.

Make Ahead Fruit Salad

Bonnie Jones

Mix A

Dice:

- 1 Pint strawberries
- 1 Large Banana
- 1 Red Delicious Apple
- 1 Can Pineapple Tidbits
- 1 Kiwi

Mix B

- ½ C. Fresh Lemon Juice
- ½ C. sugar
- ¼ t. Ground Nutmeg
- ¾ t. Cinnamon



Combine Mix A & B and Refrigerate.

*Note: You can change any of the fruits to suit your tastes. It is the juice mixture that makes a delicious and unique taste.

Fruit Crisp

Cindy Tolman

Crumble Mix:

- 5 C. Quick Oats
- 5 C. Packed Brown Sugar
- 5 C. Flour
- 2 t. Cinnamon
- 1 ½ t. Baking Powder
- 1 ½ t. Baking Soda
- ½ t. Salt



Combine ingredients. Store in an air-tight container.

To use: Place 1 can pie filling in 8 inch pan. Combine ¼ cup butter and 1 cup mix till crumbly. Sprinkle on top of filling. Bake at 350° for 30 to 40 minutes. Makes 6-8 servings per batch.

Fruit & Vegetable Smoothie

Rebecca Harris

- 2 C. Ice
- 1 C. Water
- 1 C. Milk
- 1 Handful of Spinach
- 8 Baby Carrots
- ½ Banana
- 1 to 1 ½ C. frozen fruit (I used ¾ C. Frozen berries & ¾ C. Frozen peaches)
- ¾ C. Strawberry Yogurt
- 1 pkg Emergen-C (Vit. C fizzy drink pack - I used Acai flavor)
- 1 Scoop vanilla whey protein

Blend until smooth. Serve immediately



Many of the snacks didn't come with recipes, and some weren't healthy so recipes weren't provided, but here are a few of healthy snacks that were brought:

