



APRICOT-CHERRY-CHIA ENERGY BARS

A quick and easy energy bar made with protein-packed nuts and chia seeds along with sweet dried fruit and coconut.

GF

V

Recipe by Lindsey Johnson via Hello Glow

Total: 10 minutes

Ingredients

- 1 cup pitted dates
- 1 cup cashews (or another nut)
- 1/2 cup dried apricot halves
- 1/2 cup dried cherries
- 1/2 cup unsweetened shredded coconut
- 2 Tablespoons chia seeds

Directions

Place all of the ingredients into the bowl of a food processor fitted with the chopping blade. Pulse until finely chopped. The mixture should hold together nicely.

Turn out onto a piece of parchment or plastic wrap and form into an 8- by 8-inch square.

Chill in the refrigerator until firm enough to cut into bars.

Notes

The nuts, seeds, and dried fruit can be substituted with any variety. If the mixture is too dry and won't stick together, add a little coconut oil or a few extra dates, or a few teaspoons of nut butter.



MAKE YOUR OWN GRANOLA BARS

Avoid individually-wrapped granola bars with this easy, delicious and healthy recipe! To truly make it a plastic-free treat, buy your dry ingredients in bulk!

Recipe by Alton Brown via Food Network

Total: 1 hr Prep: 20 min Cook: 40 min

Yield: 16 (2-inch) squares

Ingredients

2 cups old-fashioned rolled oats
 ½ cup raw sunflower seeds
 1 cup sliced almonds
 ½ cup wheat germ
 ½ cup honey
 ¼ cup dark brown sugar
 2 tbs. unsalted butter, plus extra for pan
 2 teaspoons vanilla extract
 1/2 teaspoon kosher salt
 1 cup chopped dried fruit, any combination of apricots, cherries or blueberries

Directions

Butter a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350 degrees F.

Spread the oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.

Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees F. Immediately add the oat mixture to the liquid mixture, add the dried fruit, and stir to combine.

Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes.

Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.



NO KNEAD BREAD

This easy, 5-ingredient bread recipe will make plastic-wrapped bread a thing of the past. No bread maker necessary!

.....

Recipe by Kate Nelson

Total: 30 minutes (plus time for dough to rise, approximately 13-22 hours)

Yield: 1 loaf

Ingredients

- 2 cups white flour
- 1 cup wheat flour
- ¼ tsp instant yeast
- 1 tsp salt
- 1 5/8 cup water

Directions

In a large bowl, combine flours, yeast, and salt. Add the water and stir until blended. The dough will be sticky and shaggy. Cover the bowl (I use a silicon lid) and let it sit for 12-20 hours.

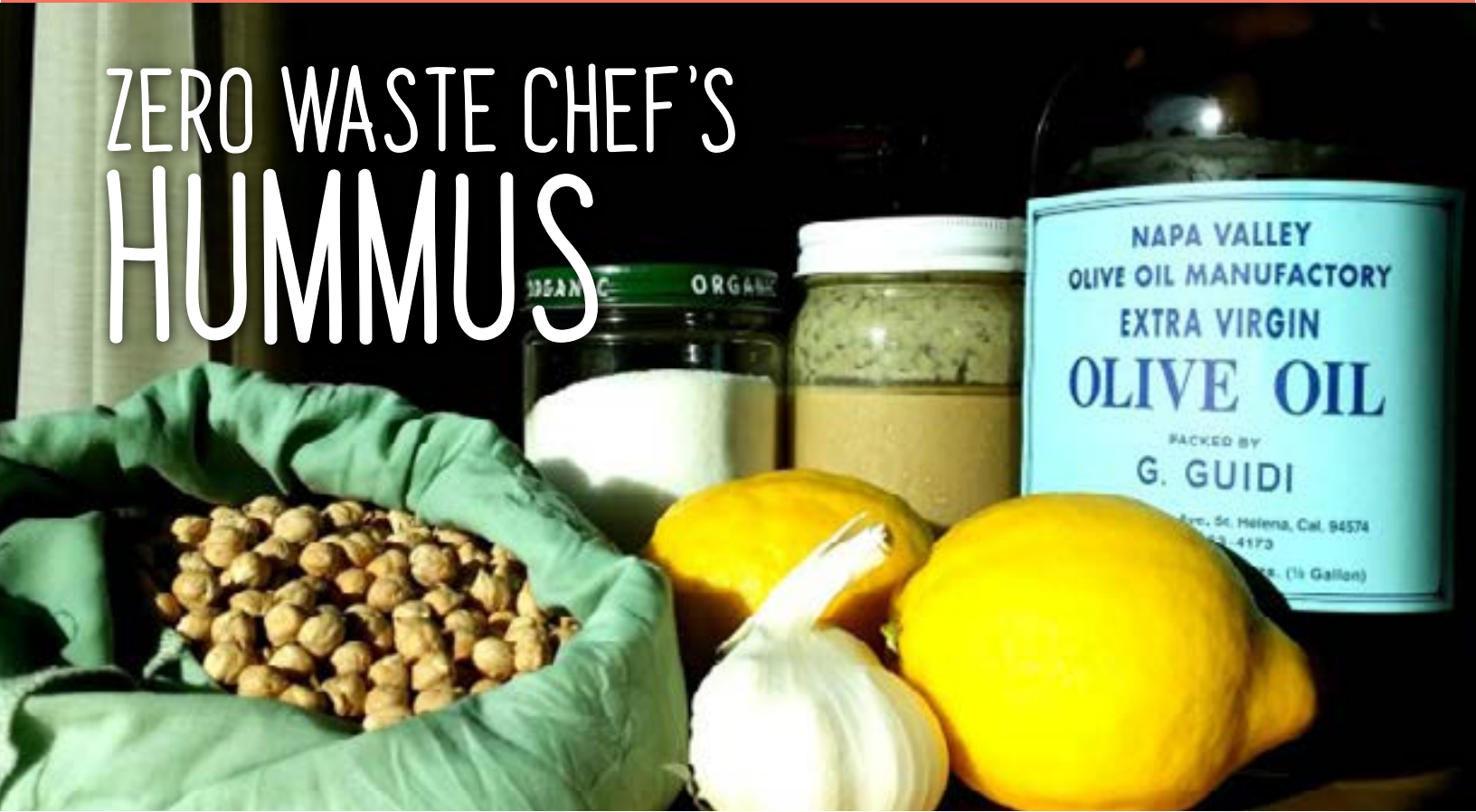
Sprinkle the dough with a little flour and knead it a couple times. Shape it into a ball with the seam-side down. Cover again and let it sit for 30 minutes to 2 hours.

Preheat the oven to 415 degrees. Put a 6 to 8-quart heavy pot, like an enamel Dutch oven, into the oven while it preheats. When the oven is ready, pull out the pot and spray with oil or drop in a bit of butter.

Plop the ball of dough into the pot and put slits in the top if desired. Cover with the lid and bake for 30 minutes, then remove the lid and bake another 15 to 20 minutes.

If you have an instant-read thermometer, you can test the inside temperature. The bread is done when it reaches about 195 degrees.

ZERO WASTE CHEF'S HUMMUS



Protein-rich hummus seems to only come in plastic tubs. Fortunately, you can whip up a batch of your own with this recipe from one of our favorite chefs!



Ingredients

- 1/2 cup dried chickpeas, soaked and cooked
- 2 tablespoons tahini ([here's a recipe for homemade](#))
- 1 tablespoon lemon juice
- 1/4 teaspoon sea salt
- 1 clove peeled garlic
- 1/4 cup olive oil

Recipe by Zero Waste Chef

Total: 10 minutes
Yield: 1 1/2 cups

Directions

Add the chickpeas, tahini, lemon juice, salt and garlic to a food processor. Process until smooth.

While the food processor is running, slowly pour in the olive oil. Process until all the oil is completely mixed in.

Makes about 1 1/2 cups.