

Black Bean Empanadas:

INGREDIENTS

1/4 cup canned sweet corn
1 jalapeno pepper, seeded and diced (optional)
1/2 cup black beans, rinsed
1/4 cup salsa (any variety)
1 tsp cumin, salt & pepper to taste
1/2 lime, juiced
1/4 cup cilantro
1 pkg (14.1oz) refrigerated pie pastry
1/2 cup Monterey Jack cheese, shredded
Optional: Egg white

DIRECTIONS

1. Preheat oven to 450 degrees.
2. In large bowl, mix corn, black beans, salsa, cumin, lime juice and cilantro. Set aside.
3. Unroll pie pastry on floured counter top or cutting board. Use a 4 inch wide cup or round cookie cutter to cut circles from the dough.
4. Roll out scrap pieces of dough for more circles (I was able to make 20 total).
5. Place bean mixture and a pinch of cheese on each circle. Fold over and use a fork to press down and seal edges.
6. Optional Step: Mix one egg white. I brushed this on before baking to achieve a bright gold color.
7. Lay each empanada on a parchment paper lined baking sheet and bake in a 450 degree oven for about 12 minutes, until browned.

Apple Slice Cookies:

INGREDIENTS:

Apples- cut into slices

Nut Butter or Cream Cheese

Toppings: raisins, chocolate chips, nuts, oats, cinnamon, honey, coconut flakes, graham crackers, sprinkles, dried fruit, etc.

DIRECTIONS:

1. Core and slice apples.
2. Spread with nut butter or cream cheese.
3. Top with desired toppings per slice.

Mini Pancake Muffins:

INGREDIENTS:

Your favorite pancake batter a mix makes these even easier to make

Toppings e.g. cut up fruit, nuts, sprinkles, chocolate chips, etc

Mini muffin pan

Non-stick spray

DIRECTIONS:

1. Preheat the oven to 350 degrees. Spray a mini muffin pan with nonstick spray and set aside.
2. Prepare your pancake batter and fill each muffin tin a little over half full. Here's the fun part. Get the kids involved in adding their favorite toppings. Use whatever you have on hand in the pantry or fridge. We used strawberries, blueberries, sprinkles, chocolate, and bananas.
3. Bake in a preheated 350 degree oven until the tops spring back, about 15-20 minutes.