



# Healthy Holiday Desserts

## Ingredients:

### Cranberry Oat Balls

- 1 cup oats
- 1/3 cup nut butter
- 1/4 cup maple syrup (or honey)
- 1/4 cup dried cranberries
- 1 tsp ground ginger (optional)

### Dark Chocolate Peppermint Bark

- 1 bar dark chocolate (75% or higher)
- 1 tsp peppermint extract
- crushed peppermint candy canes (optional)

## Directions:

1. Measure ingredients for cranberry oat balls; Melt dark chocolate in the microwave in 30 second intervals until completely melted
2. Add all cranberry oat ball ingredients to a bowl; Spread dark chocolate on a baking sheet lined with parchment paper
3. Mix ingredients until well combined; Add peppermint extract and/or crushed candy canes to dark chocolate bark
4. Form into small balls and place on parchment paper lined baking sheet; Refrigerate for 1 hour; Place peppermint bark in the freezer until set
5. Enjoy!

## Cookware needed:

- Large bowl
- Small bowl
- Large spoon
- 2 Baking sheets
- Parchment paper

Cost: \$

Ease:



**Health Benefit:** Oats are a great source of whole grains and fiber, which helps keep you full and supports bowel health. Dried cranberries and dark chocolate are rich in antioxidants which fight damage in the body and promote overall wellness. Nut butter is an excellent source of healthy fats which provides brain fuel.