

EXTRA EATS!

Black Bean Brownies

Ingredients:

- 1 can black beans (drained and rinsed)
- 2 tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- 1/3 cup maple syrup
- 1 tbsp sugar (or increase maple syrup to ½ cup)
- ¼ cup olive oil
- 2 tsp vanilla extract
- ½ cup to 2/3 cups chocolate chips



Directions:

1. Mix all ingredients except chocolate chips in a food processor and blend.
2. Mix in chocolate chips
3. Bake in an oil coated 8x8 pan for about 20 minutes
4. Cool in freezer or refrigerator to firm them up more
5. Eat and enjoy!

Tip: Agave or other liquid sweetener can be used in place of maple syrup.

EXTRA EATS!

Chocolate Chip Chickpea Cookie Dough

Ingredients:

- 1 15.5 oz can chickpeas
- 1/3 cup creamy peanut butter or cashew butter
- 1/4 cup pure maple syrup (Agave or another liquid sweetener can be used)
- 1 tbsp coconut oil (can substitute or omit if not available)
- 1 tsp vanilla
- 1 tsp salt
- 1/2 cup chocolate chips



Directions:

1. Drain and rinse chickpeas.
2. Remove the outer skin as much as possible.
3. Add all ingredients to a food processor and blend until smooth.
4. Fold in Chocolate chips.
5. Store in an airtight container in the fridge for 3-5 days

Tip: Use a paper towel to run chickpeas dry. It helps remove the skin quickly.

EXTRA EATS!

Some great ideas/additions to add to your turkey sandwich:

- Toast hoagie for a warm crispy sandwich
- Sliced tomato
- Avocado
- Lettuce
- Sliced cucumber
- Sliced pickles
- Mustard or mayonnaise
- Cooked turkey bacon

Add additional toppings to your pizza with items such as:

- Olives
- Mushrooms
- Sliced bell peppers
- Tomato
- Spinach
- Basil



*Once food has left site, Norwalk-La Mirada USD
is not responsible for improper food handling resulting in illness.

