**3 Ingredient Peanut Butter Cookies**

1 cup peanut butter

½ cup sugar

1 egg

Mix well. Roll into balls. Flatten with fork. Bake at 350 degrees for 8-10 minutes.

**No Bake Energy Bites**

1 cup dry oatmeal

½ cup mini chocolate chips

½ cup peanut butter

1/3 cup honey

1 tsp vanilla

Mix together and roll into balls. Hint: The mixture is easier to handle if it is cold. Refrigerate approx. 30 minutes before rolling into balls.

**Caprese Salad**

Fresh mozzarella

Cherry tomatoes

Fresh basil

Balsamic dressing

Cut mozzarella into small chunks. Tear/chop basil into pieces. Mix mozzarella, tomatoes and basil. Serve with balsamic dressing.

**Kale Bruschetta**

1 bunch kale

1 loaf fresh 100% whole-grain bread, sliced

½ cup [Cannellini Bean Sauce](http://www.forksoverknives.com/recipes/cannellini-bean-sauce/)

1 cup grape tomatoes, halved

balsamic glaze

Place the kale leaves in a large pot of boiling water. Cover and cook until tender, about 5 minutes. Drain in a colander, then squeeze out any extra liquid with your hands.

Toast 8 pieces of bread and place them on a handsome serving platter.

Spread a tablespoon of the Cannellini Bean Sauce on the toasted bread, then cover with a layer of kale and top with a scattering of grape tomatoes. Drizzle generously with the balsamic glaze and grab one for yourself before they all disappear.

**Fruit and Yogurt**

Blackberries

Raspberries

Blueberries

Plain yogurt

Granola

Mix berries and yogurt together in a bowl. Sprinkle granola over top.

**Barely Greek salad**

2 cups barely

1 Roma tomato small dice

1 red onion small dice

10-12 kalamata olives cut in half

4oz feta cheese in olive oil

Bring 4 cups of water to a boil add 2 cups of barely and cook for 10-12 minutes.

While the barely is cooking. Cut the tomato, onion and kalamata olives into mixing bowl.

Strain barely and add to tomato, onion, olive mix.

Add feta cheese and mix together

**Guacamole**

Mix together:

2-3 soft avocadoes (peeled and mashed with a fork)

2 green onions - trim and keep just the white part and 1" of the green part, chopped

3-4 grape tomatoes, remove the seeds with a spoon and just use the outside firm skin and meaty part, finely chopped

3-4 slices of jalapeno rings (from a jar), chopped - can add more (or less) depending on how much heat you want

Juice of 1/2 lime or lemon

Optional: 1/2 to 1 teaspoon of cumin, a pinch of salt, chopped cilantro - for the one I brought to the potluck I'd only added the cumin and a sprinkle of salt