Veggie Pinwheels

INGREDIENTS

- 4 large tortillas
- 6 oz cream cheese, softened
- ½ tsp onion powder
- ½ tsp garlic powder
- Salt and pepper to taste
- ½ red bell pepper, thinly sliced
- ½ yellow pepper, thinly slice
- 1/2 cup carrots, thinly sliced
- 1/2 cup baby spinach leaves
- 1/2 cup shredded purple cabbage

TOOLS

- Cutting board
- Medium bowl
- Spatula
- Knife

STEPS

1 In a medium bowl, mix together the cream cheese and spices until well combined.

2 For each tortilla, spread the cream cheese mixture evenly over the whole tortillas.

3 Leaving a 1 inch border on all sides, lay out vegetables in rows across the tortillas.

4 Roll up each tortilla tightly. If the ends don't stay closed, you can add a bit more cream cheese to seal. Cut crosswise into pinwheels and serve.

Granola Bars

INGREDIENTS

- ¼ cup butter
- ¼ cup honey or agave
- ¼ cup brown sugar
- 2 cups quick cooking oats (not traditional oats)
- 1 cup rice cereal
- 1 tsp vanilla
- 3 tbsp chocolate chips
- 3 tbsp raisins
- 3 tbsp chopped almonds (optional)
- non-stick spray

TOOLS

- 13X 9 Baking Dish
- Parchment paper
- Large Bowl
- Microwavable bowl
- Spatula
- Knife

STEPS

1 Using non-stick spray, lightly coat a 13x9 baking dish. Add parchment paper and set aside.

2 In a large bowl, stir oats and rice cereal together. Set aside.

3 In a microwavable bowl, melt butter, honey, and brown sugar until it bubbles about 1 – 2 minutes. Stir mixture and make sure sugar is well dissolved. Add vanilla and stir.

4 Then pour butter mixture over dry ingredients and mix well to moisten all ingredients.

5 Add in raisins and almonds.

6 Pour mixture into baking dish. Press out to be about 3/4 inch in thickness.

7 Sprinkle with chocolate chips and press them into mixture.

8 Cool on a countertop to room temperature for two hours before cutting. Use the parchment paper to lift the granola out of the pan. Lay flat on the counter and cut into bars.

9 Wrap in parchment or plastic wrap and store at room temperature.