











Bat Week - Day 1

Apple Banana Smoothie


-  1 frozen banana
-  1/2 cup orange juice
-  1 Gala apple, peeled, cored and chopped
-  1/4 cup milk

1. In a blender, combine the frozen banana, orange juice, apple and milk.
2. Blend until smooth.
3. Pour into glasses and serve

Chocolate Strawberry Banana Smoothie













-  1 cup low-fat milk
-  1/2 cup frozen unsweetened strawberries
-  1/2 ripe banana
-  2 tablespoons powered chocolate drink mix
-  1/2 teaspoon vanilla extract
-  2 teaspoons white sugar

In a blender combine milk, frozen strawberries, 1/2 banana, chocolate milk powder, vanilla, and sugar.
Blend until smooth.
More strawberries can be added to thicken the shake.

 = ingredients made possible by bats









Bat Week - Day 2

Murciélago's Garden Fresh Salsa

-  4-5 cups diced tomatoes, any variety (~5-6 medium to large tomatoes)
-  1 cup diced red or white onion
-  1 green bell pepper chopped
-  1 chili pepper roasted then chopped
-  1/2 cup sliced green onions
-  2 1/2 tablespoons minced garlic
-  3/4 cup chopped cilantro (sliced, stems and all)
-  4 tablespoons fresh lime juice (~2 limes)
-  1 teaspoon kosher salt
-  1/8-1/4 teaspoon chipotle chili powder
-  6 ounces tomato juice
-  Optional 1 jalapeno, seeded and diced

1. Roast the chili peppers. Grill or broil them until they are completely blackened. Set them aside to cool for 20-30 minutes. Peel off the skin, deseed, and chop the peppers.
2. While the peppers are roasting, combine tomatoes, onions, green onions, garlic, cilantro, lime juice, salt, chipotle powder, and the jalapeno. Stir until combined and place in a food processor. Add tomato juice and pulse until desired consistency is reached.
3. Place the salsa in a container and refrigerator for several hours before serving.

Basil and Blue Cheese Salsa








-  2 cups tomato, seeded and finely chopped
-  1/2 cup finely chopped green pepper
-  1/2 cup diced red onion
-  1/2 cup grated blue cheese
-  1/4 cup snipped fresh basil
-  1/4 cup snipped fresh parsley
-  2 tablespoons fresh lemon juice
-  1/2 teaspoon salt

1. Combine ingredients.
2. Cover and refrigerate until needed.

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Bat Week – Day 3

Amelia's Avocado Brownies

-  1/2 cup creamy nut butter (almond, cashew, tahini, etc.)
-  1/2 cup chocolate chips
-  1/2 cup mashed avocado (about 1/2 an avocado)
-  1/2 cup cooked sweet potato
-  1/4 cup coconut milk
-  2 tablespoons maple syrup
-  3 tablespoons cacao or cocoa powder

1. Preheat the oven to 325° F.
2. Grease a regular size loaf pan with coconut oil or line with parchment paper.
3. In a food processor or blender, combine all the ingredients except the chocolate chips and mix until well blended.
4. Stir in chocolate chips and transfer to the loaf pan. The batter will be very thick and sticky so with the back of a spoon, level out the batter across the pan as evenly as you can, edging it into the corners and smoothing the surface.
5. Bake for 20 minutes, then remove from the oven and allow the brownies to cool before slicing.

Fudge Flour-free Brownies






-  8 oz. almond butter
-  1 egg
-  1 teaspoon vanilla extract
-  1/2 cup honey
-  1/3 cup unsweetened cocoa powder
-  1/2 teaspoon baking soda
-  1/4 teaspoon sea salt

1. Preheat the oven to 325° F. Butter an 8x8 inch pan.
2. In a medium-sized bowl, beat the almond butter until smooth and creamy. Add egg, vanilla, and honey, and beat until well mixed.
3. Add cocoa powder, baking soda, and salt, and beat until well combined. Batter will be fairly thick.
4. Spread the batter into the prepared baking pan.
5. Bake for 20 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs.
6. Brownies are best when warm. Store covered at room temperature.

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Bat Week - Day 4


Mango Pesto Sauce

-  1/4 cup flax seed oil
-  1/2 cup extra virgin olive oil
-  2 cups fresh cilantro leaves or basil leaves
- 1 cup fresh parsley
-  3 to 4 cloves garlic, very finely minced
- 1/2 teaspoon salt
-  1 mango finely diced

1. Blend all ingredients together until smooth.
2. Refrigerate for 3 hours to allow flavors to properly mix.

Note: Maybe eaten in soup or salad or with chips or crackers.

Artichoke and Tarragon Dip

-  two 6-ounce jars marinated artichoke hearts, drained and chopped.
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup grated Romano cheese
- 3 tablespoons chopped fresh tarragon or 1 tablespoon dried tarragon












1. Preheat oven to 350° F.
2. Combine all ingredients in a medium bowl.
3. Transfer mixture to a small casserole dish.
4. Bake dip until heated thoroughly, about 30 minutes.
5. Serve warm.

Note: Makes 2 cups.

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Bat Week - Day 5

Chopped Avocado and Tomato Salad

-  3 ripe Haas avocados, peeled and sliced
-  3 large ripe heirloom tomatoes, deseeded and quartered
-  1/3 cup fresh cilantro, coarsely chopped
-  1 large shallot, thinly sliced
-  1 medium heart of romaine lettuce, chopped
-  1 garlic clove, slightly crushed
-  1 tablespoon fresh lime juice
-  1 1/2 tablespoon red wine vinegar
-  1/4 cup extra virgin olive oil
-  salt
-  black pepper

1. Prick the garlic with a fork and rub the clove thoroughly inside the salad bowl.
2. Add the olive oil, lime juice, and vinegar and whisk together.
3. Season with salt and black pepper.
4. Add avocado, tomato, shallot, and romaine, and toss with the vinaigrette.
5. Sprinkle with cilantro and serve immediately.

Tofu and Veggie Salad

-  1 pound firm tofu, crumbled
-  2 carrots, grated
-  1 cucumber, cleaned and diced
-  6 green onions, chopped
-  2 cups fresh peas
-  One 2 ounce can of black olives, chopped
-  1/4 cup teriyaki sauce
-  2 tablespoon Dijon-style prepared mustard

1. In a medium size mixing bowl combine all ingredients.
2. Mix well.





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Bat Week - Day 6

Garlic Green Beans

-  three 1 pound cans French cut green beans or 2 small bags frozen French cut green beans or 3 boxes frozen French cut green beans










Marinade:

-  2/3 cup vegetable oil
-  1/2 cup sugar
-  5 cloves garlic, minced
-  1 tablespoon salt

1. If frozen beans are used, cook first.
2. Mix marinade and toss with beans.
3. Heat thoroughly before serving.

Note: Make one day ahead.

Deep Fried Jalapeno Slices












-  1 cup all purpose flour
-  1 teaspoon salt
-  1 teaspoon ground black pepper
-  1 teaspoon chili powder
-  1 teaspoon garlic powder
-  2 eggs
-  1 cup beer
-  1/2 quart vegetable oil
-  2 cups sliced jalapeno peppers

1. Mix flour, salt, black pepper, red chili powder, garlic powder, eggs, and beer together in a bowl.
2. In a deep fryer, or large pot heat oil to 365° F.

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Bat Week - Day 7

Blueberry Brownies

 1 cup applesauce	 1/2 teaspoon baking soda
 1/2 cup sugar	 1/2 teaspoon salt
 1 teaspoon vanilla	 1/3 cup chopped walnuts
 1/2 cup whole wheat flour	 1/2 cup fresh or frozen blueberries
 1/4 cup unbleached white flour	 Cooking spray
 1/3 cup cocoa powder	

1. Preheat oven to 350° F and spray an 8-inch square baking pan.
2. In a medium mixing bowl, combine applesauce, sugar, and vanilla.
3. In another bowl, whisk together flours, cocoa, baking powder, soda, and salt
4. Make a well in the center and add the wet ingredients.
5. Mix until just combined.
6. Gently fold in walnuts and blueberries.
7. Spread mixture into prepared pan and bake for 25 to 30 minutes, until center is firm and not sticky.
8. Let cool completely before slicing.

Sesame Seed Cookies

 3 cups flour
 3/4 cup sugar
 2 teaspoons double-acting baking powder
 1/8 teaspoon salt
 1/2 cup butter, softened
 2 large eggs
 1/4 cup milk
 2 teaspoons vanilla
 3/4 cup sesame seeds

1. Preheat oven to 375° F.
2. In a bowl combine flour, sugar, baking powder, and salt.
3. Blend in butter until the mixture resembles a coarse meal.
4. Add eggs, milk, and vanilla, and mix until it forms a soft dough.
5. Divide the dough into 36 pieces and form each piece into a 3-inch log.
6. Roll the logs in sesame seeds. Place logs 1 inch apart on greased baking sheets.
7. Bake for 20-25 minutes, or until they are golden brown.

Note: Makes 3 dozen cookies

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