**Blueberry Flax Greek Yogurt**

- ½ cup Greek yogurt
- blueberries
- ground flaxseed
- slivered almonds
- drizzle of honey
1. Layer all ingredients in glass or jar.
2. Enjoy!

**Crunchy Chocolate Bites**

- 8 medjool dates, pitted
- 2 T. unsweetened shredded coconut
- ½ cup almonds
- 2 T. cacao/cocoa powder
- 3 ½ T. coconut oil
- 3 ½ T. dark chocolate chips
- 1 T. maple syrup
- 2 T. cacao/cocoa powder
1. Place first four ingredients in a food processor and pulse until everything is mixed well and sticks together (add a T. of water if too dry). Put mixture in a 9x9 glass dish and press firmly to make a crust, then chill.
2. Melt coconut oil and chocolate chips over low heat until melted. Then add the syrup and cacao. Mix and pour over chilled base.
3. Place back in fridge until set.
4. Cut into squares and enjoy.

**Superfood Quinoa Salad**

- 1 cup quinoa
- 1 ½ cups water
- 2 cups packed kale, chopped into bite-sized pieces
- Juice of 1 lemon
- ¼ cup olive oil
- ½ t. salt
- 1 cup pomegranate arils
- 1 avocado, chopped
- ½ cup purple onion, minced
- ¼ cup additional olive oil
1. Add quinoa and water to a pot and bring to a boil. Lower heat and simmer for 15 minutes. When quinoa is cooked, transfer to a large bowl that you will serve the salad in.
2. In a separate bowl, combine kale, lemon juice, olive oil, and salt. Massage with your hands so the kale is well coated. Set aside for 10 min.
3. When quinoa has cooled, add the kale mixture, add pomegranate arils, avocado, onion to the quinoa and mix well. Serve immediately.

**Hummus**

- 1 can chickpeas or garbanzo beans, drained and rinsed
- 2 T. lemon juice
- 2 T. olive oil
- 2 cloves of garlic, crushed
- ½ t. cumin
- ½ t. salt
- ¼ t. black pepper
- 3 T. sesame oil
- 2-3 T. warm water
1. In a food processor, blend beans, lemon juice, and olive oil. Add garlic, spices, sesame oil and water. Blend to a smooth paste. Add more water if mixture is too dry.
2. Serve warm or at room temperature with fresh veggies or pita bread.

_Sponsored by Wellness Programs_

All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)