



December Newsletter

Sunnybrae Therapeutics

<https://sunnybraermt.com/>

The holidays are often busy and hectic ... but when you have unexpected guests show up at your door ... Yikes!

Here you will find 2 appetizers and 2 dessert recipes that can be made in under 15 minutes. Enjoy!





Chocolate & Zucchini Oat Cookies

22 servings

15 minutes

Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour
- 1/2 tsp Baking Soda
- 1/2 cup Coconut Oil (melted)
- 1/2 cup Coconut Sugar
- 1 Egg
- 1 Zucchini (medium, grated)
- 1 cup Oats (rolled)
- 1 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	177
Fat	9g
Carbs	21g
Fiber	2g
Sugar	9g
Protein	2g
Cholesterol	8mg
Sodium	33mg
Vitamin A	30IU
Vitamin C	2mg
Calcium	5mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the flour and baking soda.
- 3 In a larger bowl, mix together the coconut oil, coconut sugar, and egg. Stir in the flour mixture until evenly combined. Fold in the zucchini, oats, and chocolate chips.
- 4 Portion the cookie dough into balls roughly two tablespoons in size, and place on the parchment paper, leaving two inches apart. Gently press the balls down. Bake for 12 to 14 minutes, until the bottom edges of the cookies are golden. Cool completely and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze if longer.

Serving Size: One serving is equal to one cookie.



No Bake Chocolate Cashew Bites

10 servings

10 minutes

Ingredients

- 1 cup Oat Flour
- 1/2 cup Pitted Dates
- 1/2 cup Cashew Butter
- 1/4 cup Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 1 1/2 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	179
Fat	8g
Carbs	24g
Fiber	2g
Sugar	11g
Protein	5g
Cholesterol	0mg
Sodium	62mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	23mg
Iron	1mg

Directions

- 1 Add the oat flour, dates, cashew butter, maple syrup, vanilla, and salt to a food processor and process until the mixture comes together and is smooth.
- 2 Remove the mixture and pour into a bowl. Form into small balls with your hands and press a chocolate chip into each ball. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week, or freeze for longer.

Serving Size: One serving is two cashew bites. One ball is approximately 1 1/2 tablespoons of the dough.

Gluten-Free: Use gluten-free oat flour.

Nut-Free: Use sunflower seed butter instead.



Cheesy Wonton Chips

12 servings

15 minutes

Ingredients

150 grams Wonton Wrapper
1/4 cup Extra Virgin Olive Oil
113 grams Cheddar Cheese (finely grated)
1/2 cup Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	115
Fat	8g
Carbs	8g
Fiber	0g
Sugar	0g
Protein	3g
Cholesterol	10mg
Sodium	135mg
Vitamin A	333IU
Vitamin C	3mg
Calcium	77mg
Iron	1mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Cut the wonton wrappers in half and place in a single layer on the baking sheet.
- 3 Lightly brush the wontons with oil and sprinkle each lightly with cheese, parsley, salt, and pepper.
- 4 Bake for six to eight minutes or until lightly browned and crisp.
- 5 Let the crackers cool completely before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to five days or freeze if longer.

Serving Size: One serving is equal to approximately four chips.

More Flavor: Use parmesan cheese, cilantro, basil, or chives instead.



Sun Dried Tomato Hummus

6 servings
10 minutes

Ingredients

2 cups Chickpeas (cooked, rinsed)
2 tbsps Tahini
1/3 cup Sun Dried Tomatoes (plus extra for optional garnish)
1 tbsp Lemon Juice
1 Garlic (clove)
1/2 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil (divided)
1 tsp Sesame Seeds (optional for garnish)

Nutrition

Amount per serving	
Calories	151
Fat	7g
Carbs	18g
Fiber	5g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	210mg
Vitamin A	45IU
Vitamin C	3mg
Calcium	57mg
Iron	2mg

Directions

- 1 In a food processor, process together the chickpeas, tahini, sun dried tomatoes, lemon juice, garlic, sea salt, and half of the olive oil until smooth, about two to three minutes.
- 2 Spoon the hummus into your serving plate. Top it with the remaining olive oil. Garnish with optional chopped sun dried tomatoes and sesame seeds. Enjoy.

Notes

Leftovers: Refrigerate the leftovers in an airtight container in the fridge for up to six days.

Serving Size: One serving is equal to approximately 1/3 cup hummus.

Additional Toppings: Fresh herbs and/or Za'atar spice.

How To Serve: Serve with your choice of crackers, flatbread, or vegetables.