**Easy Pico de Gallo**Total Time: 10 min  
Prep: 10 min  
Yield: 12 servings  
Level: Easy

*Ingredients*  
3 garlic cloves  
1 tsp. Olive oil  
Salt  
Pinch of sugar  
8 medium tomatoes, seeded and chopped  
1 medium sweet onion, finely chopped  
1 jalapeno, seeded, ribs removed and finely chopped  
1 avocado, halved, pitted, peeled and cut into small cubes  
2 T. poblano pepper  
1 lime, juiced  
3 tablespoons chopped fresh cilantro

*Directions*  
In a small bowl, mix 1 teaspoon salt with the pinch of sugar.

In a medium bowl, toss the tomatoes gently with the salt mixture. Add onion and jalapeno and combine.  
Place the avocado on top of the tomato mixture and squeeze with lime juice to coat the avocado.  
Sprinkle on the cilantro, and stir to combine. Serve.

**4 Ingredient Chocolate Pumpkin muffins, mini muffins**   
*INGREDIENTS*15 ounces canned pumpkin puree (not pumpkin pie mix)  
¾ c. water  
18.25 ounces Devil’s Food Cake Mix  
⅔ cups white chocolate chips or peanut butter chips (optional)

*INSTRUCTIONS*Makes 36 mini muffins   
Position an oven rack in the center of the oven.  
For muffins, preheat the oven to 400 F degrees and line 36 mini muffin cups with paper liners or coat them with non-stick spray.  
For cookies, preheat the oven to 350 degrees and line cookie sheets with parchment paper or coat with non-stick spray.  
Make the batter in a large bowl by mix just the three ingredients together, ignoring the instructions on the cake mix. This will take some effort and the mixture will be very very thick! Stir in the mini semisweet chocolate chips, if using.  
For muffins, place batter into the prepared (or mini muffin) tins Bake at 400 degrees until a toothpick inserted in the center comes out clean, about 20 minutes for muffins and 12 minutes for the mini-muffins.  
COOK'S NOTES  
Nutritional Estimates Per Serving Muffins: (1 muffin or 3 mini muffins or 3 cookies): 181 calories, 3.5g fat, 37g carbs, 2g fiber, 2g protein and 5 Weight Watchers PointsPlus;

**Pan Fried Cinnamon Bananas**Author: Kristin @ DizzyBusyandHungry.com  
Serves: 2

*Ingredients*  
2 slightly overripe bananas  
2 tablespoons sugar (you can substitute granulated Splenda, if you like)  
1 teaspoon cinnamon  
¼ teaspoon nutmeg  
Olive oil spray

*Instructions*  
1. Slice the bananas into rounds, approximately ⅓ inch thick.  
2. In a small bowl, combine the sugar, cinnamon, and nutmeg. Set aside.  
3. Spray a large skillet with olive oil spray. Warm over medium heat.  
4. Add the banana rounds and cook for about 2­3 minutes.  
5. During the last minute of cooking on the first side, sprinkle about ½ of the cinnamon mixture over the  
banana rounds.  
6. Flip the rounds, sprinkle with the remaining cinnamon mixture, and cook about 2­3 more minutes, until the  
bananas are soft and warmed through.

Recipe by Dizzy Busy and Hungry! at <http://www.dizzybusyandhungry.com/pan­fried­cinnamon­bananas>

**Homemade Soft Pretzel Bites Recipe**  
 **These are not necessarily “healthy” but when making the homemade dough it is a great bonding time with young children!**  
Ingredients  
Refrigerated Pizza Dough (see next recipe for homemade dough)  
3 quarts water  
½ cup baking soda  
Cheese Sauce ( Cheese Whiz)  
2 Tablespoons of Melted Butter  
1 Egg  
Salt­ Rock or Kosher

*Instructions*1. Preheat oven to 425 and line a cookie sheet with parchment paper  
2. Rolls the dough into nugget shaped pieced ­ while you are doing this boil the water in a sauce pan and add in  
the baking soda  
3. Each dough piece will need to take a baking soda bath for 30 seconds then place onto the cookie sheet  
4. Whisk the egg in a bowl and brush onto the nuggets  
5. Add salt  
6. Bake for 10 ­ 15 minutes ­ they should look golden brown  
7. Once they are out of then oven brush with butter and enjoy

Recipe by Budget Savvy Diva at

http://www.budgetsavvydiva.com/2014/09/homemade­soft­pretzel­bites­recipe/  
  
  
**The Best Pizza Dough**

Prep Time:15 Min

Cook Time:15 Min

Total Time:30 Min

*Ingredients*  
1 cup warm water  
1 tablespoon honey  
1 tablespoon vegetable oil  
1 tablespoon instant yeast  
1 teaspoon salt  
2 1/2 cups all-purpose flour

*Instructions*1 In the bowl of an electric stand mixer, fitted with the dough hook, mix the water, honey, oil, yeast and salt. Add the flour gradually until a soft dough forms and pulls away from the sides of the bowl.The dough should be soft and smooth. You can add up to another 1/2 cup of flour, but no more than that.  
2 Knead the dough for 3 minutes in stand mixer.  
3 Cover dough with plastic wrap and let rest for 10 minutes. Shape and flatten dough out onto a greased pizza pan. Add sauce and toppings of your choice.  
4 Bake at 425° F. for 15 to 20 minutes or until edges of dough are golden-brown.

Notes  
Makes enough dough for: 1 large OR 2 small pizzas  
life in the lofthouse http://life-in-the-lofthouse.com/

**MINI DEEP DISH PIZZAS**

**These are not necessarily “healthy” but so much better than the frozen pizza made with who knows what. And along with the homemade sauce you can be worry free because you know exactly what is in it!**  
Prep Time 15 minutes  
Cook Time 10 minutes  
Total Time 25 minutes  
Yield 4 servings  
  
*INGREDIENTS*  
4 flour tortillas for burritos (8 inch)  
1 cup pizza sauce  
3/4 cup shredded mozzarella cheese  
1/4 cup grated Parmesan  
36-48 mini pepperonis  
  
*INSTRUCTIONS*  
Preheat oven to 425 degrees F. Lightly oil a 12-cup muffin tin or coat with nonstick spray.  
Working one at a time, lay tortilla on a flat surface. Using an empty can, cut 3-4 medium circles, pressing firmly enough in a rocking motion to cut through the tortilla.  
Fit a tortilla circle into each of 12 muffin tins, pressing carefully to make sure there is an opening in the center. Scoop 1 tablespoon pizza sauce into each muffin tin. Sprinkle with mozzarella and Parmesan cheeses, topping with 3 mini pepperonis each.  
Place into oven and bake for 10-12 minutes, or until cheese has melted.  
Serve immediately.

**Homemade Pizza Sauce**

*Ingredients*  
2­ 6 oz tomato paste  
12 oz water  
¼ tsp black pepper (or to taste)  
½ tsp kosher salt (or to taste)  
¼ tsp red pepper flakes  
½ tsp garlic powder  
2 tsp Italian seasonings  
2 TBSP local honey  
2 TBSP grated Parmesan cheese, good quality

*Instructions*  
1. In a small mixing bowl add tomato paste and water.  
2. Mix until well combined.  
3. Add all seasonings and combine, until all flavors are evenly distributed.  
Notes  
This recipe provides enough sauce for 4­10 inch pizzas and extra sauce for dipping. So if you do not like extra sauce  
for dipping cut the recipe in half.

Recipe by Cherished Bliss at http://cherishedbliss.com/homemade­pizza­sauce/