

Fun Food Facts

The most popular Dominos pizza topping in Japan is squid, and the most popular Gerber baby food flavor is sardine.

Celery requires more calories to eat and digest than it contains.

Almonds are members of the peach family and cherries are a member of the rose family.

Lemons contain more sugar than strawberries.

Every day, birds eat half their body weight in food—so why do people say light eaters “eat like a bird”? If you weigh 50 pounds, that means you would eat 25 pounds of food a day!

Thomas Jefferson is credited with introducing French Fries to the United States (and did you know potatoes are 80% water?).

Apples are 25% air—that’s why they float!

Corn plants always have an even number of ears.



Check out our food blog
"Sassy Sampler" at
[www.communityfoodcoop.
wordpress.com](http://www.communityfoodcoop.wordpress.com)

You can sign up to receive
weekly recipes via email



Healthy Snacks
for kids of all
ages



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Healthy Snack Recipes

Trail Mix (otherwise known as GORP)

INGREDIENT OPTIONS

1 cup Nuts: almonds, macadamia nuts, hazelnuts, walnuts, Brazil nuts, cashews, pecans, sprouted almonds, peanuts (use sparingly, as these are the least nutritious of the nuts)

1 cup Dried Fruit: raisins, toasted coconut, apples, cranberries, cherries, mango, apricots, banana chips, nectarines, pineapple, goji berries, currents, date pieces, blueberries

1/3 c Seeds: Pumpkin Seeds, Sunflower Seeds

1/4—1/3 c Savory Extras: Wasabi peas, sesame sticks, pretzel nuggets (filled with peanut butter), Glad Corn, popcorn

1/4 c Sweet Extras (use sparingly): chocolate chips, Sundrops, yogurt covered nuts/fruit, Chocolate covered nuts, chocolate or carob covered fruit, candied ginger, cereal

Mix your chosen ingredients in a bowl or jar and store in an airtight container. Serving size should be about a 1/2 c. Use only raw, unsalted ingredients for the maximum health benefits.

All of these ingredients are available in bulk at both Co-op locations.

Caramel Dip (for fruit)

INGREDIENTS

1 c raw cashews
1 c Medjool dates, pitted (about 8-10 dates)
1/4 c maple syrup
2 t vanilla
Pinch of sea salt
Date soaking water as needed

INSTRUCTIONS

1. Place the cashews into a small bowl and cover with water. Let soak at room temperature for 2 to 3 hours.
2. Place the pitted dates into a separate small bowl and cover with water. Let soak for 2 to 3 hours.
3. Drain and rinse the cashews, then place them into a blender or a Vita-Mix, along with the drained dates (save the date soaking water).
4. Add the maple syrup, vanilla, and salt.
5. Add about 6—8 T of the date water and blend all ingredients until ultra smooth, scraping down the sides if needed.
6. Scoop into small bowls and serve with sliced, fresh apples.

Recipe from www.nourishingmeals.com

Yogurt Dip (for veggies)

INGREDIENTS

1/2 c non-fat Greek yogurt

Seasoning of your choice:

- 2 t—1 T Ranch dressing/dip mix
- 2 t—1 T French Onion dressing/dip mix
- 2 t—1 T total of any combination of the following: Garlic powder, onion powder, dill, buttermilk powder, dried cilantro, pepper flakes, fresh minced garlic, black pepper, fresh mined herbs

Mix together in a bowl and enjoy with your favorite veggies. Let sit in the fridge for fuller flavor, or eat immediately!

If you opt to use a pre-made dressing/dip mix, be aware of the sodium content. Simply Organic makes ones with less salt than conventional varieties.

You can also make your own ranch-style seasoning by combining the following ingredients and storing in an airtight jar:

- 2 teaspoons granulated or minced garlic
- 3 Tablespoons dried onion flakes
- 2 teaspoons ground pepper
- 2 teaspoons sugar
- 2 1/2 teaspoons paprika
- 2 1/2 teaspoons dried parsley flakes
- 1—1 1/2 teaspoons sea salt

Combine 2 t mix with 1/2c yogurt.