



Ingredients  
& Instructions  
Inside!

# FOOD AS MEDICINE: Nutrition & Bone Health

*Recipes by Allison Harrell*





# Mini Egg Bites

## Ingredients:

Makes: 48 mini egg bites

- 8 large eggs
- ½ cup cottage cheese
- Pinch of salt
- ½ teaspoon pepper
- 4 green onions, chopped
- ¼ cup roasted red peppers, diced
- 1 cup shredded Swiss cheese
- Option: Be creative with different veggies or cheeses in your bites

## Instructions:

### STEP 1:

Fill a baking dish with a few inches of very hot water on the bottom rack of the oven.

### STEP 2:

Preheat oven to 325 degrees F.

### STEP 3:

Add eggs, cottage cheese, salt, and pepper to a blender and blend until very smooth.

### STEP 4:

Place two 25 mini silicone muffin pans on a baking sheet. Fill each cup with a small amount of green onion, roasted red pepper and cheese. Then fill each cup with the egg and cottage cheese mixture just below the top of the cup.

### STEP 5:

Bake at 20-25 minutes, rotating the sheet pan halfway through or until the centers of the bites are set. Let cool for 2-3 minutes in the muffin pan and then pop bites out of the pan and transfer to a cooking rack or eat right away. Enjoy warm, or let cool completely. Then store in an airtight container in the fridge for 3-4 days.

### STEP 6:

To reheat: place desired amount of egg bites on a plate then reheat in microwave on high until warmed through, about 30-60 seconds, depending on how many you reheat.

Boost it: Serve with arugula with lemon vinaigrette and roasted sweet potatoes (see recipes to follow).



# Lemon Vinaigrette

## Ingredients:

- *1/3 cup olive oil*
- *1/4 cup lemon juice*
- *1 teaspoon Dijon mustard*
- *1/2 teaspoon honey*
- *2 garlic cloves, minced*
- *Salt and pepper to taste*

## Instructions:

### STEP 1:

*Add all the ingredients to a mason jar and shake well until blended.*



# Roasted Sweet Potatoes

## Ingredients:

- 1 sweet potato, sliced thin
- avocado oil spray
- salt & pepper, to taste

## Instructions:

### STEP 1:

*Preheat oven to 400 degrees F.*

### STEP 2:

*Spread sweet potatoes evenly on cooking sheet lined with parchment paper. Spray with avocado oil. Add salt & pepper.*

### STEP 3:

*Roast for 20-25 minutes, flipping once midway.*



## Peanut Butter & Jelly Power Bowl (Yogurt-Based)

### Ingredients:

Makes: 2

#### Power Bowl Ingredients:

- $\frac{3}{4}$  cup plain Greek yogurt
- 1 cup frozen strawberries
- 1 teaspoon honey
- 2 tablespoon peanut powder
- $\frac{1}{2}$  teaspoon vanilla extract

#### Optional Toppings:

- Berries such as blueberries, raspberries, blackberries, or strawberries
- Coconut
- Mini chocolate chips
- Hemp seed
- Flaxseed
- Chopped nuts such as walnuts or sliced almonds.

### Instructions:

#### STEP 1:

*In a food processor, blend together the yogurt, strawberries, honey, peanut powder, and vanilla extract until all blended together.*

#### STEP 2:

*Pour into bowl and add your favorite toppings!*

*Option: Freeze it and then let it thaw out for about an hour before eating.*

# Anatomy of a Tea Mocktail

Mocktails are becoming increasingly popular as they provide guests with a tantalizing choice that doesn't involve alcohol. But how do you craft the perfect mocktail at home? Start with a steeped tea concentrate as the astringency and bitterness of the concentrate can mimic the taste of alcohol. Here are some tips for creating your own variety - cheers!

## Base

Steeped Tea Concentrate:

Hibiscus    Pineapple    Green Tea  
Citrus      Peach          Black Tea  
Ginger      Mint

To make concentrate:

Place 6 tea bags in 2 cups of boiling water - let steep for 1 hour

## Fruit | Vegetables

Citrus slices: lime, lemon, orange

Muddled fruit: cherries, raspberries, blackberries, kiwi

Chopped firm fruit: apples, pears, grapes, pineapple

Vegetables: cucumber, celery spears

## Herbs | Flavor Boosters

Mint                                  Ginger  
Rosemary                         Pineapple spears  
Basil                                 Chili pepper  
Sage                                 Bitters

## Bubbles

Sparkling water                  Non-alcoholic champagne  
Kombucha                         or Ginger beer  
Flavored seltzer -  
I like Spindrift  
brand

