

Indoor Picnic

No-Mayo Coleslaw

Ingredients

- 1 bag of coleslaw vegetable mix
- 1/3 cup sweetened dried cranberries
- 1/4 cup fresh parsley
- 3 – 4 green onions scallions

for the dressing

- 1/3 cup extra virgin olive oil
- 2 tbsp white wine vinegar
- 2 tbsp dijon mustard
- 1 tbsp honey
- black pepper to taste

Instructions

1. In a large bowl, toss together coleslaw mix, herbs, and cranberries.
2. In a bowl, fork-whisk together dressing ingredients.
3. Pour dressing over vegetable mixture and toss well to combine. Serve immediately or marinate in the refrigerator 30-60 minutes.

Tomato and Avocado Grilled Cheese

Makes 4

Ingredients

- 4 ounce cheddar cheese
- 2 medium avocado
- 2 medium tomato, red
- 8 slice bread, whole wheat

Instructions

1. Slice cheese, avocado, and tomatoes. Place between slices of bread and toast in a sprayed skillet or on a panini press until cheese is melted.



Thick and Creamy Chocolate Mousse

Ingredients

- 2 cup coconut milk full-fat coconut milk for best results
- 4 tablespoon honey
- 2 teaspoon vanilla extract
- 4 tablespoon cocoa powder, unsweetened

Instructions

1. Place coconut milk in the freezer for about an hour prior to making the mousse.
2. Spoon the thickened coconut milk (cream) out of the can and place in a large bowl, mixer, or blender.
3. Add honey, vanilla, and cocoa powder.
4. Beat until smooth and creamy.

