

# The NMSD Monthly Morsel Nutrition Newsletter

## Classic Peanut Butter Cookies

1 ½ teaspoons baking soda  
1 cup crunchy peanut butter  
1 cup packed brown sugar  
1 cup unsalted butter  
1 cup white sugar  
1 teaspoon baking powder  
½ teaspoon salt  
2 ½ cups all-purpose flour  
2 large eggs

### **Step 1**

butter, peanut butter, and sugars together in a bowl; beat in eggs.

### **Step 2**

In a separate bowl, sift flour, baking powder, baking soda, and salt; stir into butter mixture. Put dough in refrigerator for 1 hour.

### **Step 3**

Roll dough into 1 inch balls and put on baking sheets. Flatten each ball with a fork, making a crisscross pattern. Bake in a preheated 375 degrees F oven for about 10 minutes or until cookies begin to brown.



## Apple Slaw

3 cups Cabbage thinly sliced  
1 red apple (Peeled and sliced match sticks)  
1 green apple (Peeled and sliced match sticks)  
1 carrot peeled and grated

### Dressing

1 cup mayonnaise  
2 TBSP apple cider vinegar  
1 TBSP Sugar  
Salt and pepper to taste

Whisk the mayonnaise, apple cider vinegar, and sugar in a bowl, add salt and pepper then put aside. After cutting the ingredients place in a mixing bowl, pouring dressing into mixture and mix by hand till all is cover.

## Peanut Sauce

1 cup Peanut Butter  
4 cups Veg or Meat Stock (add more if need)  
2 TBSP Soy sauce  
1 Lime (juiced and zest)  
1 TBSP Honey  
2 TBSP Garlic  
1 tsp Chile flakes (Garish)  
Finely chopped green onions and fresh chile, sesame seeds.

In a saucepan on med/low heat pour stock in heat then add peanut butter. mix well n continue to stir to prevent burning. Then add the rest of ingredients and keep on low heat till peanut butter is smooth sauce. add more stock as needed.

## Apple Peanut Butter Soy Smoothie

1-2 apples chopped  
16oz soy milk  
1c peanut butter  
1c cinnamon toast crunch  
2 tbsp Honey

## Honey Roasted Carrots

### **INGREDIENTS**

2 pounds (1 kg) carrots washed and peeled (or unpeeled)  
1/3 cup butter  
3 tablespoons honey  
4 garlic cloves minced  
1/4-1/2 teaspoon salt plus more for seasoning  
Cracked black pepper  
2 tablespoons fresh chopped parsley

### **INSTRUCTIONS**

Preheat oven to 425°F (220°C). Lightly grease a large baking sheet with nonstick cooking oil spray; set aside.

Trim ends of carrots and cut into thirds.

Melt butter in a pan or skillet over medium-heat. Pour in honey and cook, while stirring, until completely melted through the butter. Add the garlic and cook for 30 seconds until fragrant while stirring.

Add the carrots and allow the sauce to thicken for a further minute, while tossing the carrots through the sauce. Season with salt and pepper.

Transfer carrots to baking sheet in a single layer so they cook evenly. Toss to evenly coat.

Roast for 20 minutes, or until carrots are fork-tender. Broil (or grill) for 2-3 minutes on high heat to crisp/char the edges.

OPTIONAL: Transfer them back into the skillet and allow carrots to simmer in the sauce over high heat for 5 minutes to thicken the sauce into a glaze.

Season with a little extra salt and pepper if desired. Garnish with parsley.

Arrange onto serving platter and enjoy!