



Drop 5 Recipe Book





Contents

Breakfast

Breakfast Oats Delight
Excellent Spinach and Egg Scramble
Sweet Potato and Kale Hash
Mini Crustless Low-Fat Quiche
Spinach and Feta Breakfast Casserole

Salads

Beet Salad with Feta and Dill
Crab and Goat Cheese Salad
Salad Enhancement Ideas
Roasted Vegetable Salad

Mains

Homemade Chicken Patties
Roasted Veggie Tacos
Unbelievable Moist Turkey Meatloaf
Lemon Garlic Shrimp on Spinach, Pear and Goat Cheese Salad
Stuffed Peppers
Steak Lettuce Wrap Tacos
Grilled Chicken Nuggets
Zucchini Pie
Healthier Slow Cooker Chicken Pot Pie Soup

Miscellaneous

Hummus
Homemade Mayonnaise
Pino Colada Green Smoothie
Superman Muffins
Blueberry Lemon Energy Bites

Bolded recipes are from the dietitians at Blue Cross Blue Shield of Michigan. Many healthy recipes can be found at AHealthierMichigan.org.



Breakfast Oats Delight

From Amanda D.

Delicious healthy breakfast, no-cook, prepared the night before.

Ingredients:

- 1/2 c uncooked rolled oats, not quick cooking
- 1 tablespoon chia seeds
- 1/4 cup frozen (or fresh) blueberries (optional)
- 1/2 cup 2% milk or almond milk
- A few drops vanilla extract (adds sweetness without sugar) (optional)
- Toppings such as yogurt, cut fruit or nuts (optional)

Directions:

1. In a 12 oz drinking glass or a canning jar, add ingredients in order and stir together.
2. Cover and refrigerate overnight. Good for several days.



Note: I typically prepare it with just frozen blueberries. I add toppings when ready to eat like yogurt, chopped fruits, nuts, etc.



Excellent Spinach and Egg Scramble

From Erica D.

A simple and healthy breakfast to start your day

Serves: 1

Ingredients

2 large eggs

1/3-pound spinach, fresh, pieces chopped in half

1/4 red onion, diced

1 teaspoon oil

dash of salt

1/8 teaspoon apple cider vinegar, optional

dash of cayenne pepper, optional



Directions

1. Wash spinach. After draining, any water remaining on leaves will steam spinach later.
2. Dice the onions. Keep vegetables separated.
3. Add oil and salt to pan.
4. Lightly fry onions on low heat for 2 minutes.
5. Add eggs. Cook on low heat for 2 minutes, stirring occasionally.
6. Add spinach. Stir again. Cover until cooked, about 2-3 minutes. For extra zest, stir in vinegar and/or a dash of cayenne pepper at end of cooking, if desired.



Sweet Potato and Kale Hash

From Melissa A.

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 large sweet potato, peeled
- 1 red pepper, finely diced
- 1/2 yellow onion, finely diced
- 4 chicken sausages, precooked
- 4 cups chopped kale, stems removed
- salt and pepper, to taste
- 2 tablespoons balsamic vinegar



Directions

1. Place 1 tablespoon of olive oil in a nonstick skillet and heat over medium-high heat.
2. Prepare your sweet potato hash browns by grating your sweet potato with a cheese grater or finely dicing it.
3. Add in the sweet potato hash, onion, garlic, red pepper and sliced chicken sausages to the skillet. Sauté for about 5 to 7 minutes or until onions become translucent.
4. Add in kale and a tablespoon more of olive oil and sauté until kale has wilted and reached desired texture.
5. Season with salt and pepper and then add in 2 tablespoons of balsamic vinegar.



Mini Crustless Low-Fat Quiche

From Shana B.

Ingredients

Nonstick cooking spray
1/2 medium onion, diced
1/2 cup chopped bell pepper
1 medium tomato, diced
2 green onions, chopped
3 oz diced/chopped ham
3 tablespoons salsa
1/2 cup nonfat cottage cheese
1/4 cup nonfat plain Greek yogurt
5 jumbo whole eggs, beaten
1/2 cup skim milk, or milk of choice
1/4 cup all-purpose flour
1/4 cup shredded low fat cheddar cheese
1/2 cup low fat shredded mozzarella
1/2 teaspoon salt
1/8 teaspoon black pepper
1/2 teaspoon onion powder



Directions

1. Preheat the oven to 350 degrees F. Grease muffin tin with non-stick cooking spray.
2. Sauté onions and bell peppers. Chop/dice other veggies and pre-cooked meat.
3. Combine eggs, cottage cheese, yogurt, milk and flour in a medium mixing bowl and beat until blended.
4. Add veggies, meat and cheeses to the egg mixture. Add salsa, onion powder, salt and pepper. Stir to combine.
5. Divide mixture evenly between the prepared muffin cups. Bake in the preheated oven on the middle rack until a knife inserted into the center of a quiche comes out clean, about 30-40 minutes.



Spinach and Feta Breakfast Casserole

Recipe and picture from AHealthierMichigan.org

Ingredients

Olive oil
6 large eggs
4 large egg whites
1/2 cup water
2 cups fresh spinach, chopped
1 cup artichoke hearts, cut in chunks
1 cup feta cheese
1/2 cup roasted red peppers, chopped
1/2 cup scallions, diced
1/4 cup low fat cream cheese
Salt and pepper to taste



Directions

1. Preheat oven to 350 degrees. Lightly coat a medium casserole dish with olive oil.
2. In a medium bowl, beat eggs, egg whites, water, salt and pepper until blended.
3. Mix in spinach, artichoke hearts, feta, roasted peppers, scallions and cream cheese. You can add other veggies such as green peppers, onions or tomatoes, based on your preference.
4. Pour the egg mixture into casserole dish and bake until set, about 20 minutes.
5. You can also use a muffin tin instead of a casserole dish to make easy, on-the-go individual servings of this dish.



Beet Salad with Feta & Dill

From Marissa J.

Ingredients

- 2 pounds medium beets
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 1/3 cup crumbled feta cheese
- 2 tablespoons chopped fresh dill

Directions

1. Preheat oven to 400 degrees F.
2. Wash then wrap beets individually in foil and place on a baking sheet.
3. Bake until tender, 1 to 1 ¼ hours. When cool, peel and cut into 1/2 – inch cubes.
4. Whisk oil, vinegar, salt and pepper in a large bowl. Add the beets and feta and toss to coat. Serve sprinkled with dill.



Crab and Goat Cheese Salad

From Cheryl R.

Ingredients

2 big handfuls of spring mix
½ cup chunk style imitations crab, chopped
1 ½ oz goat cheese, crumbled
Handful of pecans, chopped
½ medium apple, chopped
Poppy seed dressing
Salt and pepper to taste

Directions

Add all ingredients to bowl and toss.



Note: I sometimes substitute goat cheese with feta and the dressing with a raspberry vinaigrette.



Salad Enhancement Ideas

From Anne K.

1. Be colorful. Use as many varied ingredients as you have available.
2. Chop ingredients. It makes it easier to eat.
3. Use herbs. I grow them and it's convenient to add a variety. Just a little adds a unique flavor every few bites.
4. Use a low-fat homemade vinaigrette. I use Meyer lemons with Dijon mustard, olive oil, and rosemary. Add a pinch of sugar and a pinch of sea salt for balance.
5. Invest in a good quality wooden salad bowl. Put the vinaigrette in the bottom of the bowl first then add salad ingredients. This can be done a couple of hours in advance and lettuce won't go limp. Toss when ready to serve. Hand wash only.
6. Mix lettuces and be sure to keep varying what you use. Local farmer's markets have tasty, farm-fresh varieties. Try one from a foraged source!
7. Use specialty ingredients sparingly but regularly (i.e., artisan cheese, meats, toasted nuts). This ups the protein content and prevents boredom.
8. In the summer, add edible flowers for a very special salad. Nasturtiums are my favorite. Slightly peppery but never unpleasant.
9. If you have children to serve, try vegetables in your salad that they won't eat cooked like Brussel sprouts. I got my husband to eat them for the first time!!
10. I swear by red/purple cabbage to fill out a salad when my lettuce supply is getting low.
11. More must-have tools: a GOOD chef's knife and a heavy chopping block. You'll thank yourself daily and cut your prep time in half.
12. Finally, a chef's tip: salt your salad before tossing the dressing (if you don't have high blood pressure or a medical reason to limit your sodium). You'll use less dressing and the taste improves dramatically.





Roasted Vegetable Salad

Recipe and picture from AHealthierMichigan.org

Ingredients for dressing

1/4 cup fresh chives or green onions
(packed into measuring cup)

1/4 cup fresh tarragon (packed into
measuring cup)

2 Tbsp. basil leaves

1/4 cup fresh parsley (packed into
measuring cup, I used flat-leaf Italian
parsley)

1 Tbsp. fresh-squeezed lemon juice

1 Tbsp. white wine vinegar

1 tsp. anchovy paste (or more, depending on how much you like anchovies)

1/2 cup mayo (I used full-fat mayo, but use reduced-fat mayo if you prefer)

1/2 cup plain Greek yogurt

½ a ripe avocado

salt and freshly-ground black pepper to taste



Directions for dressing (make first)

1. Place all herbs into food processor: chives, tarragon, basil and parsley. Pulse until finely chopped. If you do not have a food processor, you may also finely chop with a knife.
2. Add lemon juice, white wine vinegar and anchovy paste and pulse until mixed thoroughly.
3. Add mayonnaise, Greek yogurt, avocado, salt and pepper. Food process until all ingredients are well combined.
4. Chill for a few hours to allow flavors to meld before serving on roasted vegetable salad.



Ingredients for salad

- 2 red bell peppers, roughly chopped
- 1 lb. butternut squash, peeled and chopped
- 1 lb. Brussels sprouts, hulled and halved
- 2 tsp. dried oregano
- 1 tsp. salt
- 1 tsp. black pepper
- 3 Tbsp. olive oil

Directions for salad

1. Preheat oven to 400°F
2. In a large bowl, mix the butternut squash, bell pepper, Brussels sprouts, dried oregano, salt, pepper, and olive oil until the veggies are evenly coated.
3. Pour the vegetables onto a baking sheet in one even layer and roast for 40 minutes.
4. Plate the roasted veggies. Spoon on the dressing and serve.



Homemade Chicken Patties

From Madie R.

Ingredients

1 to 2 pounds chicken breast, tenders or thighs thawed
1 tablespoon paprika
1 table spoon smoked paprika (optional)
1 tablespoon chipotle seasoning (optional)
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon Italian seasoning
1 teaspoon of sea salt
1 teaspoon pepper
1 tablespoon extra-virgin olive oil, coconut oil or avocado oil



Directions

1. Place $\frac{1}{4}$ to $\frac{1}{2}$ the thawed chicken into a food processor or blender depending on how big your machine is.
2. Blend chicken until there are no chunks of chicken and the chicken is like a paste.
3. Place the seasonings into the blender and mix until all the ingredients are well incorporated. Place the ingredients into a big bowl.
4. Turn on the stove to medium-high to warm up your cooking pan. Place olive oil in the cooking pan.
5. Form the chicken into 1-inch thick patties.
6. Place 2 to 3 patties into the cooking pan. Cook the chicken patties until they're cooked through. They will turn a white color. Feel free to use a meat thermometer to check temp.
7. Patties can be stored in an airtight freezer container or food storage container to save for later.

Roasted Veggie Tacos

From Cindy B.

Ingredients

1 can of chickpeas
2 sweet potatoes, diced
1 head of cauliflower, broken into small pieces
1 onion, diced
Red, green or yellow peppers (optional)
Barbecue or taco sauce



Directions

1. Pre-heat oven to 425 degrees F.
2. Place vegetables on a 9-by-11 sheet pan. Lightly coat with olive oil and sprinkle with salt and pepper. Toss to coat all the vegetables.
3. Roast for 15 minutes.
4. Toss with a little barbecue or taco sauce and roast again for 5 minutes.
5. Fill a tortilla with the veggies.
6. Add cheese, salsa, lettuce, corn or other toppings based on your tastes.



Unbelievably Moist Turkey Meatloaf

From Sheila J.

Ingredients

- 8 oz mushrooms, trimmed and very finely chopped (or small can)
- 1 medium onion, peeled and finely chopped
- 2 garlic cloves, peeled and minced
- 1 tablespoon oil
- 3/4 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 7 tablespoons ketchup, divided
- 1 cup breadcrumbs
- 1/3 cup milk
- 2 large eggs, lightly beaten
- 1 1/4-pound ground turkey



Directions

1. Heat oven to 400 degrees Fahrenheit.
2. Heat oil in a large skillet over medium-low heat. Add onion and cook, stirring occasionally, until softened; about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Stir in mushrooms, 1/2 tsp of salt, and 1/4 tsp of pepper. Cook until mushrooms give off their liquid and it boils away; about 10 minutes.
3. Transfer onions and mushrooms to a large bowl and stir in the Worcestershire sauce and 3 tablespoons of the ketchup. Set aside to cool for 5 minutes.
4. Combine breadcrumbs and milk in a small bowl. Stir the breadcrumb mixture and eggs into the mushrooms and onions. Using a fork or your hands, gently mix in the turkey, a 1/4 tsp of salt and a 1/4 tsp of pepper. The mixture will be very wet.
5. Form the meatloaf pan. Spread the remaining 4 tablespoons of ketchup on top.
6. Bake the meatloaf about 50 minutes. Let stand 5 minutes before slicing.

Note: You can substitute BBQ sauce for the ketchup for a tangier taste. If you dislike mushroom, don't worry, you can't even tell it's in there. Also, add your favorite dry spices to add a little flavoring.



Lemon Garlic Shrimp on Spinach, Pear and Goat Cheese Salad

From Karen T.

Serve 2 – 587 calories per serving

Ingredients for shrimp

- 8 oz shrimp, peeled and deveined
- 3 teaspoons olive oil (divided)
- ½ teaspoon crushed red pepper flakes
- 2 cloves garlic, sliced thin
- ½ cup grape tomatoes - halved

Directions for shrimp

1. Heat skillet on medium-high.
2. Add 1 teaspoon olive oil, red pepper and shrimp. Season with salt and pepper.
3. Cook for 2 to 3 minutes.
4. Add ½ of garlic and cook until shrimp is opaque, about 1 minutes. Set aside.
5. Add 2 teaspoons of oil and the rest of garlic to pan, cook 2 minutes.
6. Add shrimp and tomatoes to pan, squeeze lemon over all ingredients. Remove from heat. Serve hot shrimp mixture over dressed salad



Ingredients for salad

- 4 cups baby spinach, rinsed and dried
- ½ Bartlett pear, sliced thin
- ¼ cup red onion, sliced thin
- 4 water chestnuts, halved and sliced
- 1 medium jalapeño pepper, seeded and sliced
- 2 slices bacon, crumbled
- 2oz goat cheese, crumbled
- 1 teaspoon Italian herbs
- ½ teaspoon ginger



Assemble first five ingredients on large plate, top with bacon, cheese, herbs and ginger. Use Hot Bacon Dressing.

Ingredients for dressing

3 tablespoon bacon fat
3 tablespoon red wine vinegar
1 tablespoon lemon juice
1 teaspoon sugar
½ teaspoon Dijon mustard
½ teaspoon salt
Fresh ground pepper

Directions for dressing

1. Melt bacon fat in small saucepan.
2. Stir in all other ingredients.
3. Heat to boiling point stirring often.
4. Reduce heat to simmer.
5. Continue simmering, stirring often to reduce and thicken somewhat (approximately 20min).
6. Spoon hot dressing over salad when shrimp is completed

Note: You can also serve the shrimp over zucchini noodles instead of the salad with dressing which reduces calories to 225 calories per serving. After setting shrimp aside, add 2 teaspoon oil and rest of garlic to skillet, cook 30 seconds then add zoodles. Continue to cook 1½ minutes. Return shrimp and tomatoes to pan, squeeze lemon over all ingredients. Remove from heat and serve



Stuffed Peppers

From Angie J.

Ingredients

- 4 peppers (your choice on the color)
- 1-pound 93/7 ground beef (or ground turkey)
- ½ cup finely chopped white or yellow onion
- 1 to 2 cloves of garlic finely diced
- 1, 12 oz. can low sodium diced tomatoes
- ½ jalapeno finely chopped (optional)
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 packet of dry Italian seasoning (or can add in parsley, basil and oregano)
- 2 tablespoon extra-virgin olive oil



Directions

1. Preheat oven to 400 degrees F.
2. Prepare the peppers by cutting them in half and removing the stem and seeds. Set the peppers aside.
3. Heat olive oil in pan on medium-high heat. Add onion and garlic and sauté until the onions are transparent.
4. Add in meat and cook over medium heat until brown all the way through. Drain the grease.
5. Return beef mixture to pan and add salt, pepper, Italian seasoning packet, canned tomatoes and jalapenos (if desired) and warm mixture through.
6. Put water at the bottom of the baking dish to cover the bottom of the pan.
7. Put halved peppers cut side up in the baking dish and spoon the mixture into the pepper halves.
8. Bake at 400 degrees F for 20 to 25 minutes, until the peppers are tender.

Alternatives to beef - ground turkey or chicken, black beans, green or brown lentils, quinoa, corn, cauliflower rice, brown rice



Steak Lettuce Wrap Tacos

From Chris B.

Ingredients

1-pound thin sirloin steak
1 teaspoon salt
1 teaspoon ground cumin
½ teaspoon garlic powder
1/8 teaspoon dried oregano
Ground black pepper to taste
Lettuce leaves
Toppings such as salsa, avocado,
cheese, vegetables, or plain Greek
yogurt



Directions

1. Combine salt, cumin, garlic powder, oregano and black pepper in a small bowl.
2. Rub over the steak (both sides).
3. Heat your grill to high and cook the steaks for 2 to 3 minutes on each side. Remove from grill and let rest about 5 minutes before slicing into thin stripes.
4. Fill each lettuce leaf with the steak and your optional toppings.



Grilled Chicken Nuggets

From Chris B.

Ingredients

- 1-pound boneless, skinless chicken breasts
- ½ cup dill pickle juice
- ¼ cup milk
- 2 teaspoons powdered sugar
- 1 teaspoon salt
- 1 teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon celery salt

Directions

1. Cut chicken into nugget-sized pieces and place in a bowl. Add pickle juice and milk and marinate for 30 minutes.
2. Remove chicken from marinade and pat dry. Place in larger bowl.
3. Combine powdered sugar, salt, pepper, garlic powder, paprika and celery salt in a small bowl. Sprinkle over chicken and toss.
4. Heat grill to high and grill chicken 3 minutes on each side or until cooked through.
5. Serve plain or with your favorite dipping sauce.





Zucchini Pie

Recipe and picture from AHealthierMichigan.org

Ingredients

- 4 cups of thinly sliced zucchini
- 1 cup of diced onions
- 2 tablespoons parsley flakes
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 tablespoon minced garlic
- 1/4 teaspoon dried basil or 1 teaspoon fresh basil, chopped
- 1/4 teaspoon oregano
- 2 eggs, beaten
- 2 cups of your favorite low-fat shredded cheese
- 1 can low-fat crescent rolls
- 2 teaspoons of mustard



Directions

1. Heat oven to 375°F.
2. In a 12-inch skillet use cooking spray to cook zucchini and onions over medium heat. This will take about 7 minutes, stir occasionally. Add spices and herbs; parsley, pepper, salt, garlic, basil and oregano.
3. Mix eggs and cheese together in large bowl. Then slowly add vegetable mixture.
4. In a 10-inch pie plate, form 8 crescent roll pieces into crust pushed against the edges of the pie plate. Seal tightly between pieces. Then spread mustard along crust.
5. Pour egg and zucchini mixture into crust-lined dish.
6. Bake for about 20 minutes, or until knife comes out clean when inserted in the center. Let stand for 10 minutes before serving.



Healthier Slow Cooker Chicken Pot Pie Soup

Recipe and picture from AHealthierMichigan.org

Ingredients

- 1 lb. boneless, skinless chicken breasts
- 1 small onion, diced
- 3 1/2 celery stalks, diced
- 4 cups chicken broth or stock (low sodium)
- 3 cups fat-free milk
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (16 oz.) bag frozen mixed vegetables, thawed
- 2 tablespoon chopped fresh parsley
- 1 (12 oz.) can of Golden Layers Flaky Biscuits, optional



Directions

1. Place the chicken breasts in a slow cooker. Top the chicken with the onion and celery.
2. In a small bowl, combine the chicken broth, milk, garlic powder, thyme, salt and pepper and whisk until mixed well. Pour the mixture into the slow cooker.
3. Cover and cook on high heat for 4 hours or on low heat for 8 hours.
4. About 30 minutes before serving, remove the chicken from the slow cooker with a slotted spoon and shred with two forks. Return the shredded chicken to the slow cooker and stir in the vegetables and parsley. Cook for an additional 30 minutes. Serve hot.

Optional: Prepare the pre-made biscuits or make your own homemade biscuits to serve with this soup. Use directions on package.



Hummus

From Marissa J.

Ingredients

1 can (16oz.) organic chickpeas
1/8 cup of tahini mixed well
Juice of 2 ripe lemons
1 clove garlic, crushed
2 or 3 turns of a sea salt grinder
Olive oil

Directions

Blend first five ingredients in your food processor (or blender) while drizzling small amounts of olive oil until smooth and creamy.



Homemade Mayonnaise

From Madie R.

Ingredients

- 1 large yolk
- ¼ teaspoon salt
- 1 ½ teaspoon lemon juice or white vinegar
- ¾ cup olive oil (not extra-virgin olive oil)
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon dried parsley (or 1 tablespoon fresh)
- 1 teaspoon dried dill (or 2 tablespoon fresh)
- Sea salt and black pepper, to taste



Instructions

1. Place all ingredients but the olive oil into the blender.
2. Blend together until the egg emulsifies about 30 seconds to 1 minute.
3. Then slowly add the oil and it will thicken. Enjoy!

Piña Colada Green Smoothie

From Kimberly P.

Ingredients

4 oz frozen mango
4oz frozen pineapple
1 banana
Handful of baby spinach
8 oz coconut water
Organic blue agave sweetener

Directions

1. Add first four ingredients to a blender in order.
2. Add coconut water to just above the height of the ingredients.
3. Add 1-2 teaspoon of agave, if using.
4. Use the highest speed/ice speed to pulverize items in blend
5. Pour into two cups. You can garnish with fresh fruit. Makes 2 8oz servings.





Superhero Muffins

From Marissa J.

Ingredients

- 1 ½ cups wheat bran or flax seed meal
- 1 cup nonfat milk
- ½ cup unsweetened applesauce
- 1 egg
- 1/3 cup brown sugar
- ½ teaspoon vanilla extract
- 1 cup whole-wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 ripe banana (mashed)
- 1 small zucchini (finely grated)
- 1 medium carrot (finely grated)
- ½ cup finely chopped nuts
- ½ cup dark chocolate chips

Directions

1. Preheat oven to 375 degrees F.
2. Spray muffin cups or use silicone muffin pans, or paper muffin liners. Mix wheat bran and milk and let stand for 10 minutes.
3. In a large bowl, mix mashed banana, applesauce, egg, brown sugar, zucchini, carrot and vanilla. Mix in bran mixture. Sift together whole wheat flour, baking soda, baking powder and salt. Stir into bran mixture until just blended. Fold in nuts and chocolate chips. Scoop into muffin cups.
4. Bake in preheated oven for 15 to 20 minutes, or until toothpick comes out clean. Makes 12, full-size muffins (48 mini muffins). Mini muffins cook for 12 minutes.





Blueberry Lemon Energy Bites

Recipe and picture from AHealthierMichigan.org

Ingredients

- 1 cup almonds
- 1 cup walnuts
- 3-4 cups dried plums
- 8-10 dates
- 3/4 cup freeze-dried blueberries
- 1 tablespoon chia seeds
- 2 teaspoons lemon juice
- zest of 1/2 lemon
- 1/8 teaspoon salt

Directions

1. Add all ingredients, except blueberries, to a food processor and blend for 2-3 minutes (or longer as needed for a smoother consistency).
2. Pour mixture into a bowl and fold in blueberries.
3. Roll mix into about 1-inch balls and store in the fridge or freezer. Will make about 16 balls.

