

Snacks



Hazelnut Flavor Bombs



Ingredients

10 pitted dates
1/3 cup hazelnuts, plus 2 Tablespoons for garnish
1/4 cup chocolate hazelnut butter
1 Tablespoon cocoa powder
Pinch of salt

Instructions

Place dates in a small bowl. Cover with hot water and soak for 5 to 10 minutes. Meanwhile, pulse hazelnuts in a food processor until coarsely chopped or hand chop. Add the dates and 1 Tablespoon of the soaking water to the food processor (or hand chopped dates in a medium bowl). In the food processor or bowl, add nut butter, cocoa and salt. Process or mix until well combined. Refrigerate the mixture for 15 minutes. Roll mixture into 12 balls (about 1 scant Tablespoon each). Chop the remaining 2 Tablespoons hazelnuts and sprinkle over the top, pressing slightly to adhere, if desired. Refrigerate the balls for at least 15 minutes and up to 1 week.

Make Your Own "Oregon" Trail Mix



Ingredients

Nuts, unsalted – your choice
Seeds, shelled
Dried fruit
Chocolate candies or chips
Pretzels (or – for the last two ingredients, choose mini chocolate covered pretzels...mic drop!)

Instructions

Mix your favorite unsalted nuts such as hazelnuts, cashews, walnuts or pecans. Combine with seeds like shelled pumpkin and sunflower seeds. For a touch of sweetness, add your favorite dried fruit or a sprinkle of chocolate candies or chocolate chips. Need something just a dash saltier? Add a handful of pretzel bites or balls.

Thanks for joining us!

**See you next time at the
2024**

Oregon Heritage Conference!

Yogurt Pops



Ingredients

1 cup low-fat strawberry yogurt
1 cup chopped strawberries

Instructions

Mix together fruit and yogurt. Use an ice tray, paper cups, or silicone cups as molds. Pour in yogurt mixture. Cover tray or cups with plastic wrap. Carefully, add food-safe craft sticks through the plastic wrap. Freeze about 4 hours until firm.

Unmold and enjoy!

Tip: use any favorite flavor of yogurt and one cup fruit or other mix-ins. If using other fruit, pat as dry as possible, so the yogurt will set properly.



Mocktail/Cocktail for the awards!

Put on some nice duds and mix up a celebratory beverage. What's more Oregon-style than a

Honey Marionberry Mint Mocktail?!



Ingredients

10 ripe Marionberries, if frozen, thaw
1-2 large mint leaves
1 cup plain seltzer water
1 tsp honey
1 tsp lemon juice
Ice cubes to fill
Feeling more cocktail than mocktail?
~ add 1.5 oz rum

Instructions

Fill a large cocktail glass with ice. Muddle Marionberries, mint, lemon juice, and honey in a shaker. Add $\frac{1}{4}$ cup seltzer (and rum if you're going there), shake gently for 10 seconds, then let sit for a minute or two. Shake again and strain over the ice in a prepared glass, pressing through a mesh strainer. Top off with remaining seltzer and garnish with berries, lemon slice and mint leaves.

Cheers to you for all you do!