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create colorful, delicious
snacks.

Find yourself munching a little more these days, but getting tired of the same old snacks?
This collection of colorful recipes is sure to spruce up your home snacking options.

[Orange Creamsicle Smoothie](#)



Courtesy of The Spruce Eats

Ingredients

- 1 (11-ounce) can [mandarin oranges](#) in juice
- 1/2 cup pineapple (frozen chunks)
- 1/2 cup yogurt (vanilla, or vanilla soy yogurt)
- 1 tablespoon honey
- 1 cup soy milk (vanilla)

How to make It

1. Gather the ingredients.
2. Open can of oranges and drain.
3. Place in a zip-top plastic bag and freeze several hours.
4. Place the frozen oranges and pineapple chunks in the bottom of a blender, Vita-Mix, or food processor.
5. Add the remaining ingredients in the order listed. Puree until the mixture reaches the texture of a milkshake. Add more ice, if desired, until an icy consistency is achieved.
6. Serve and enjoy!

Brownies



Courtesy of Gimmedelicious.com

Ingredients

- 1/2 cup melted butter or 1 stick
- 1/2 cup unsweetened cocoa
- 1 cup sugar see note
- 2 large eggs
- 1 teaspoon vanilla
- 1/2 cup flour
- 1/4 tsp salt leave out if using salted butter

How to make it

1. Preheat oven to 350°F. Grease an 8x8 square pan or line with foil and set aside.
2. In a medium bowl combine melted butter and cocoa and sugar stir until fully dissolved.
3. Add eggs one at a time then vanilla and stir until well combined.
4. Stir in flour and salt until the flour is fully combine. Be careful not to overmix mix.
5. (optional) fold in 1 cup of nuts, raisins, chocolate chips or anything you desire.
6. Spread in pan and bake for approximately 20-22 minutes or until the center is slightly set. Be careful not to over-bake!
7. Cool completely then cut into 9 large squares or 16 small squares.

Black Bean Dip



Courtesy of Two Peas and Their Pod

Ingredients

- 30 ounces (2 cans) black beans rinsed and drained
- 1/2 cup chopped yellow onion
- 1/3 cup chopped cilantro
- 1 clove garlic minced
- 1 small jalapeño seeds removed and diced
- 2 tablespoons fresh lime juice
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons cotija cheese for garnish, optional

How to make it

1. Put the black beans, onion, cilantro, garlic, jalapeño, lime juice, cumin, chili powder, salt, and black pepper in a food processor or blender. Blend until smooth.
2. Pour the black bean dip in a bowl and garnish with cotija cheese, if using. Serve with tortilla chips and/or cut up vegetables.

Blueberry Muffins



Courtesy of Inspired Taste

Ingredients

- 1 1/2 cups (195 grams) all-purpose flour
- 3/4 cup (150 grams) granulated sugar, plus 1 tablespoon for muffin tops
- 1/4 teaspoon fine sea salt
- 2 teaspoons baking powder
- 1/3 cup (80 ml) neutral-flavored oil; canola, vegetable and grape seed are great
- 1 large egg
- 1/3 – 1/2 cup (80 ml – 120 ml) milk; dairy and non-dairy both work
- 1 1/2 teaspoons vanilla extract
- 6 to 8 ounces fresh or frozen blueberries; see note below about frozen berries (about 1 cup)

How to make it

PREPARE OVEN AND MUFFIN CUPS

1. Heat oven to 400 degrees Fahrenheit. For big-topped muffins, line 8 standard-size muffin cups with paper liners. For standard-size muffins line 10 muffin cups. Fill the remaining cups with 1 to 2 tablespoons of water to help the muffins bake evenly.

MAKE BATTER

1. Whisk the flour, sugar, baking powder, and salt in a large bowl.
2. Add oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1-cup line with milk (1/3 to 1/2 cup milk). Add vanilla and whisk to combine.
3. Add milk mixture to the bowl with dry ingredients then use a fork to combine. Do not over mix. (The muffin batter will be quite thick — see note below for more details). Fold in the blueberries.

BAKE MUFFINS

1. Divide the batter between muffin cups. (If making big-topped muffins, the batter will come to the tops of the paper liners). Sprinkle a little sugar on top of each muffin.
2. Bake muffins 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer to a cooling rack.
3. To store, place them in a plastic bag, seal, and store at room temperature for 2 to 3 days. To freeze, wrap them tightly in aluminum foil or place them in freezer bags. Freeze for up to 3 months.

Rainbow Pepper Appetizers



Courtesy of Taste of Home

Ingredients

- 1/2 each medium green, sweet red, yellow and orange peppers
- 1 cup shredded Monterey Jack cheese
- 2 tablespoons chopped ripe olives
- 1/4 teaspoon crushed red pepper flakes, optional

How to make it

1. Cut each pepper half into 9 pieces. Place skin side down in an ungreased cast-iron or other ovenproof skillet; sprinkle with cheese, olives and, if desired, pepper flakes.
2. Broil 3-4 in. from the heat until peppers are crisp and tender, and cheese is melted, 5-7 minutes.

Blackberry White Chocolate Cheesecake Cups



Courtesy of Taste of Home

Ingredients

- 1-1/2 cups miniature pretzels
- 2 tablespoons plus 1/3 cup sugar, divided
- 3 tablespoons butter, melted
- 1 cup heavy whipping cream
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup confectioners' sugar
- 1 teaspoon vanilla extract

- 1/2 cup white baking chips
- 1-1/2 cups fresh blackberries
- Additional blackberries

How to make it

1. Pulse pretzels in a food processor until fine crumbs form. Add 2 tablespoons granulated sugar and melted butter; pulse just until combined. Divide mixture among six half-pint canning jars or dessert dishes.
2. For cheesecake layer, beat cream until stiff peaks form. In another bowl, beat cream cheese, confectioners' sugar and vanilla until smooth. Fold in 1-1/2 cups of the whipped cream, then baking chips. Spoon over pretzel mixture. Refrigerate, covered, until cold, about 3 hours.
3. Meanwhile, in a clean food processor, puree 1-1/2 cups blackberries with remaining sugar; remove to a bowl. Cover and refrigerate berry mixture and remaining whipped cream until serving.
4. To serve, top with blackberry mixture, reserved whipped cream and additional blackberries.

Red Apple Butter Bars



Courtesy of Taste of Home

Ingredients

- 3 cups all-purpose flour
- 2 cups quick-cooking oats
- 2 cups packed brown sugar
- 1-1/2 teaspoons baking soda
- 3/4 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 1-1/2 cups butter, melted
- 2 medium apples, chopped
- 1-1/2 cups apple butter
- 1 cup chopped walnuts

How to make it

1. Preheat oven to 350°. In a large bowl, combine the first six ingredients; stir in butter. Reserve 1-1/3 cups crumb mixture for topping. Press remaining mixture onto bottom of a greased 13x9-in. baking dish. Bake 15-20 minutes or until lightly browned. Cool completely on a wire rack.

2. Sprinkle apples over crust; spread with apple butter. Stir walnuts into reserved topping; sprinkle over apple butter. Bake 35-40 minutes or until lightly browned. Cool in pan on a wire rack. Cut into bars.