

Fruity Overnight Oats

Author: Organize Yourself Skinny

Serves: 1

Ingredients

- ½ cup rolled oats
- 1 teaspoon Super Seeds #3517
- ½ cup unsweetened coconut milk
- ¼ teaspoon Mexican Vanilla #6919
- ½ cup Blueberries, strawberries and bananas #1224
- 1 tablespoon pure maple syrup

Instructions

1. In a 16-ounce mason jar combine the rolled oats and chia seeds.
2. Pour in the coconut milk and then place the bananas and blueberries and strawberries on top of the oats.
3. Place the lid on and store in the refrigerator overnight.
4. Stir the oats and add in the pure maple syrup and a little extra coconut milk to loosen up the oats. Enjoy cold.

<https://www.organizeyourselfskinny.com/2016/08/17/blueberry-banana-overnight-oats-recipe/>

Avocado Oil Vinaigrette

Ingredients

- 2 tablespoons Dijon mustard
- 4 teaspoons apple cider vinegar
- 1/4 cup avocado oil #3515
- Kosher salt and freshly ground black pepper

Directions

In a small mixing bowl, whisk together the mustard and vinegar. Pouring slowly, add a thin stream of avocado oil to the bowl, whisking with the other hand. Continue to whisk until all of the oil has been poured into the bowl and the ingredients have come together homogeneously. Season with salt and pepper.

Serve over your favorite green salad.

Cook's Note

You can also use your favorite vinaigrette recipe and substitute avocado oil for the oil.

<http://www.foodnetwork.com/recipes/avocado-oil-vinaigrette-3660298>

Garlic Parmesan Cauliflower Rice

Ingredients:

- 5 cups of raw riced cauliflower #2743
- 3 tbsp salted butter
- 3 ½ teaspoons minced garlic #1020
- 6 tbsp shredded parmesan cheese #1683
- salt and pepper, to taste

Directions:

1. In a small saucepan over a stove top, add butter and minced garlic. Bring to a simmer and cook for 2-3 minutes, stirring often, until garlic flavors are infused into the oil (melted butter). Careful to not let the garlic burn.
2. In a large skillet, wok or frying pan, add cauliflower rice and bring to medium-high heat over stove top. Pour in butter mixture. Sprinkle cheese on top. Stir to mix and cook until cauliflower is tender. Add salt and pepper to taste and stir a few more times until everything is thoroughly mixed. Serve while warm. Garnish with fresh chopped parsley if desired.

<https://kirbiecravings.com/2016/05/garlic-parmesan-cauliflower-rice.html>

Cauliflower Breadsticks

Ingredients

- 5 cups of raw riced cauliflower #2743, drain press the moisture out
- 1/2 cup shredded Mozzarella Cheese
- 1/2 cup grated Parmesan Cheese #1683
- 1 large egg
- 1/2 tablespoon minced garlic #1020
- 2 Tablespoons Italian n' Pizza Seasoning #1432
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 cup shredded Mozzarella Cheese

Instructions

1. Preheat oven to 425°F and line a baking sheet with parchment paper or a [silicone baking mat](#).
2. To rice the cauliflower I cored it and broke it into florets. Then I placed it in the bowl of my [food processor](#) and pulsed until it was the texture of rice.
3. In a large bowl, mix the riced cauliflower, 1/2 cup shredded Mozzarella cheese, 1/2 cup Parmesan cheese, 1 egg, 1/2 tablespoon garlic, 1/2 tablespoon fresh basil, 1/2 tablespoon fresh parsley, 1 teaspoon salt, and 1/2 teaspoon black pepper until combined and holds together. Place the mixture onto the lined baking sheet and spread out into a rectangle about 9x7" and 1/4" thick.
4. Bake in the preheated oven for 10-12 minutes. Remove from oven and top with 3/4 cup shredded Mozzarella cheese and return to oven to continue baking until the cheese is melted and starting to brown. Cool about 10 minutes and cut into 'breadsticks'. Garnish with fresh herbs and Parmesan cheese. Serve with your favorite Red Sauce and enjoy!

<https://realhousemoms.com/low-carb-cauliflower-breadsticks>

Hot Oil Hair Treatment

In a double boiler, gently heat 1 tbsp avocado oil #3515 and 1 tsp castor oil until warm to touch. Don't over heat. Now pour this mixture all over your scalp using a spoon until saturated. Massage using your finger tips for 2 minutes then cover your hair with a shower cap and wrap a damp and warm towel over it. After 30 minutes, wash your hair as usual. Use a natural shampoo like this one, if possible.

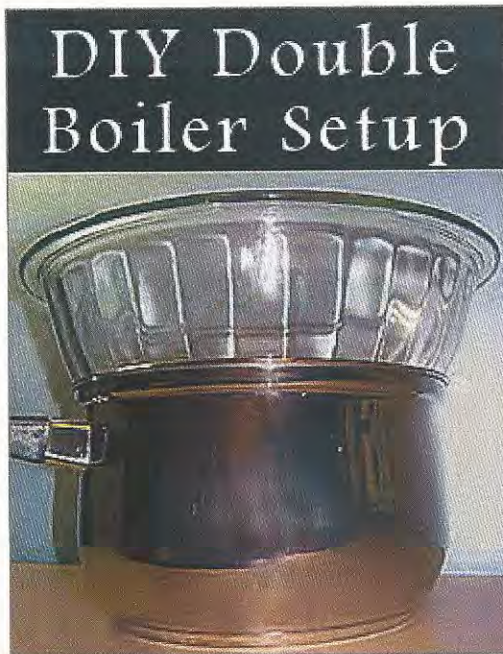
<http://beautymunsta.com/beauty-benefits-of-avocado-oil-for-skin-hair/>

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Homemade Double Boiler In A Pinch: {How-To}

Posted By *Tipnut* On January 18, 2012 @ 11:45 am In Kitchen Tips | [Comments Disabled](#)

Do you want to try a recipe that requires a double boiler but don't have one tucked away in your cupboards? Here's a simple substitute you can make yourself and the items required are likely at your fingertips already...



What you'll need:

Small to medium-sized pot

Ovenproof (Pyrex) glass bowl that will fit inside the pot without resting at the bottom

**You could also use a stainless steel bowl instead of a heavy glass one or another pot, see notes below*

Directions:

- Fill pot about 1/4 full with water and bring to a boil.
- Reduce the heat to a simmer and fit the bowl into the pot. The bottom of the bowl should not reach the water (at least 2" to 3" space between the bowl and water is optimal). The intention is to heat the bowl with steam and not the water.
- Add the ingredients required and proceed as recipe instructs.

Another option is to use two pots with the one on top resting securely inside without falling to the bottom. Ideally the one on top will have two handles (one on either side) that will rest over the sides of the bottom pot.

Important: Keep in mind that the bowl will be hot, use potholders when handling.

If you don't have a lot of room in your cupboards to hold a variety of kitchen gadgets or the budget to buy them all, this setup comes in handy and gets the job done.

Is it necessary to use one and what is it? It's frequently requested when melting chocolate, making candy, custards and even some cream soups. The purpose is to prevent scorching or burning an ingredient that is too delicate or sensitive to cook over direct heat, this gadget will heat it more gently yet just as evenly. It's also used

in a variety of crafts such as candles (melting beeswax, paraffin) and soap making. Yes, you really should use one when instructed to do so or the results can be less than desired.

Update: Here's a note sent in by Charlotte...

Just a safety reminder: Please make sure that your two pots/containers fit correctly and don't overfill the water. I actually witnessed my mother's own version blow up and she ended up with hot 7-minute icing all over her face and body. You can imagine the pain she felt from this.

Thank you for sharing that info Charlotte, it's helpful to know!

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Cream of Broccoli with Cheese Soup



DIP AND SERVING SUGGESTIONS

Smokey Cheddar Broccoli

Open bag and place contents in the top of a double boiler. Add 1 quart hot water. Stir and heat to 175-180°. Add 14 ounces Smokey cheddar cheese and 2 ounces beer. Stir until cheese is melted and other ingredients are mixed in.

Pepper-Jack Broccoli

Open bag and place contents in the top of a double boiler. Add 1 quart hot water. Stir and heat to 175-180°. Add 8 ounces Pepper-Jack cheese and 4 ounces green chilies. Stir until cheese is melted and other ingredients are mixed in.

Broccoli, Artichoke and Asiago Dip

Open bag and place contents in the top of a double boiler. Add 1 quart hot water. Stir and heat to 175-180°. Add 8 ounces chopped marinated artichoke hearts and 6 ounces shredded Asiago cheese. Stir until cheese is melted and other ingredients are mixed in.



Cream of Mushroom Soup



DIP AND SERVING SUGGESTIONS

Mushroom Alfredo Dip

Open bag and place contents in the top of a double boiler. Add 1 pint hot water. Stir and heat to 175-180°. Add 4 ounces shredded Asiago cheese and 2 ounces Sherry. Stir until cheese is melted and other ingredients are mixed in.

Mediterranean Mushroom Dip

Open bag and place contents in the top of a double boiler. Add 1 pint hot water. Stir and heat to 175-180°. Add 5 1/2 ounces chopped artichoke hearts, 3 ounces sliced black olives, and 1 3/4 ounces grated Parmesan cheese. Stir until cheese is melted and other ingredients are mixed in.

Scandinavian Mushroom Dip

Open bag and place contents in the top of a double boiler. Add 1 pint hot water. Stir and heat to 175-180°. Add 1 1/4 ounces Grey Poupon mustard and 1/2 teaspoon dill weed. Stir until cheese is melted and other ingredients are mixed in.

Smoked Cheese Mushroom Dip

Open bag and place contents in the top of a double boiler. Add 1 pint hot water. Stir and heat to 175-180°. Add 4 1/4 ounces smoked cheddar cheese and 1 1/4 ounces prepared horseradish. Stir until cheese is melted and other ingredients are mixed in.



Creamy Tomato Basil Soup



DIP AND SERVING SUGGESTIONS

Roasted Tomato Dip

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 22 ounces fire roasted tomato salsa and 14 ounces cream cheese. Stir until cheese is melted and other ingredients are mixed in.

Pizza Dip

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 22 ounces pizza sauce. Stir until well mixed. Garnish with Mozzarella cheese and sliced olives.

Tomato and Pesto Dip

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 14 ounces pesto sauce and 14 ounces cream cheese. Stir until cheese is melted and other ingredients are mixed in. Garnish with Parmesan cheese.



Fiesta Tortilla Soup



DIP AND SERVING SUGGESTIONS

Fiesta Dip

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Layer soup, guacamole, sour cream, and shredded cheddar cheese.

Tortilla Dip Con Queso

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 22 ounces cheddar cheese sauce. Stir until cheese is melted and mixed in. Garnish with shredded Mexican cheese blend.



Tortilla Soup with Chicken



DIP AND SERVING SUGGESTIONS

Tortilla Dip Supreme

Open bag and place contents in the top of a double boiler. Add 2 cups water. Stir and heat to 175-180°. Add 22 ounces salsa and 16 ounces refried beans. Stir until cheese is melted and beans are mixed in. Garnish with shredded cheddar cheese.

Caribbean Dip

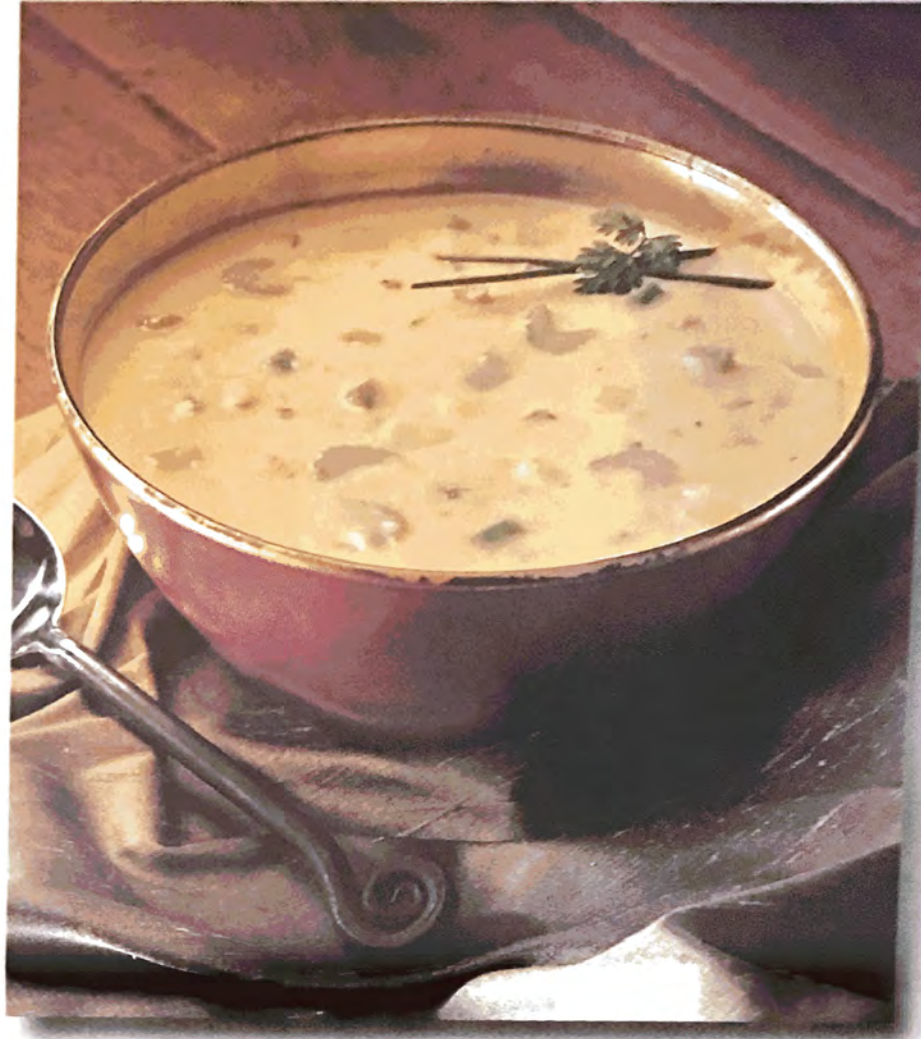
Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 1 1/2 ounces lime juice, 12 ounces cream cheese, and 22 ounces black beans. Stir until cheese is melted and other ingredients are mixed in.

Tortilla Dip Monterey

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 12 ounces Monterey Jack cheese. Stir until cheese is melted and mixed in.



Wisconsin Style Cheese Soup



DIP AND SERVING SUGGESTIONS

Smokey Cheddar Dip

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 12 ounces shredded smoked cheddar cheese and 3 ounces cooked bacon bits. Stir until cheese is melted and other ingredients are mixed in.

Beer Cheese Dip

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 12 ounces shredded medium cheddar cheese. Stir until cheese is melted. Just before serving, stir in 22 ounces beer.

Cheddar and Asiago Dip

Open bag and place contents in the top of a double boiler. Add 2 cups hot water. Stir and heat to 175-180°. Add 12 ounces shredded Asiago cheese. Stir until cheese is melted.

Game Day Foods

Entertaining on a budget

What is the hardest part of entertaining? Yes, coming up with menu ideas of course, while not breaking the bank to prepare them. Alison's Pantry can help you with this!

Plan your menu- Lookover your freezer, or if you planned ahead, place your order for the items that you will need. (large quantities that last a long time)

For our game day celebration, we are going to use the Hot Deal BBQ wings, pepperoni and cheese pierogies. The Posada mini tacos, and for a sweet treat the Raspberry Cheesecake bites.

First lets talk about pepperoni-

Armour Margherita Pepperoni #1596, 3lb bag for \$17.49, its about ½ the cost of the grocery store price. Nice to have in a pinch, you can always go to it for some quick snack food ideas.

1. Ideas for Pepperoni- I didn't get a chance to demo this to you as my microphone didn't work on the video, but here is the recipe and picture of the treats. They are easy and great for entertaining.

Sweet and Spicy Pepperoni chips, easy, fun and yummy! Thanks to Chris Frazier (one of our Vendors)

"If you attended our last Food Show, you might remember meeting Chris Frazier at the Norbest, Wyman's, or Bridgford booths. He was also there promoting Armour and shared these fun pepperoni snack samples."

Lay individual thawed pepperoni's on a screen over a parchment paper on a cookie sheet. Drip 2-3 drops of maple syrup on each pepperoni and then sprinkle a pinch of brown sugar on each one too. Top with a dash of cayenne. Then bake for 6 -8 minutes at 350 degrees. Let cool, Serve.



2. Pepperoni puffs- Take a thawed Bridgeford Steak house roll dough #7968, roll it out, add pepperoni to fill with Frigo Cheeseheads #4962 string cheese, seal edges, brush the sealed edges with oil or butter. Lay them down on the sealed edge on cookie sheet. Brush top with butter and sprinkle with Kraft Real parmesan cheese #1683. Let bake until golden brown 350 degrees until golden brown, dip in marinara or ranch sauce.

3. Pizza Dip- Here's the recipe for the dip that was demonstrated.

<https://therecipecritic.com/2015/12/pepperoni-pizza-dip/>



Pierogis- Mrs. T's cheddar and Cheese Pierogis # 5621 6lb bag
Oven bake, deep fry or steam

1. Bacon Wrapped Pierogis

14 bacon slices, cut in half

1 (12-ounce) package Mini Potato
and Cheddar pierogis, thawed

1/4 cup light brown sugar

Preheat oven to 400 degrees F. Coat a rimmed baking sheet with cooking spray. Wrap bacon around center of each pierogi and place on prepared pan. Sprinkle evenly with brown sugar. Bake 18 to 20 minutes, or until bacon is crisp.



4. Super Easy Pierogi Appetizer

This easy Pierogi appetizer is perfect for watching the big game or cuddling up with your favorite TV series! All the flavors of your favorite stuffed baked potato, in bite sized perfection!

Ingredients

- 1 box Mrs. T's Classic Cheddar Pierogis #5621
- 4 slices Daily's pre-cooked bacon #4835 (can also use regular, if desired)
- 1/2 cup finely shredded cheddar cheese
- 3 green onions chopped
- 1/2 cup sour cream to garnish

Instructions

- Cook your Mrs. T's Pierogis according to package directions.
 - When Pierogis are almost done, sprinkle cheddar cheese on top to melt, and then slide onto a plate or platter.
 - While Pierogis are cooking chop your bacon and green onions into little pieces.
 - After plating your Pierogis, add your bacon and green onions into your frying pan and sauté together for a few minutes just until bacon is cooked and onions have softened.
 - Sprinkle bacon and onions over pierogis and garnish with sour cream, if desired.
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- Serve immediately and enjoy!



5. Posada Chorizo Mini Tacos #6904 \$27.89 for 4lb box
Set up a small taco bar, add tomatoes, cheese and sour cream.



El Monterey Raspberry Cheesecake Bites #8850 \$19.99 4/6ct bags
So yummy, these work great in an air fryer or the oven as a quick and tasty snack. Prepare and sprinkle with powdered sugar, add vanilla ice cream and drizzle with chocolate or caramel syrup.