



AULTCARE WELLNESS RECIPE



ALMOND CRESCENT COOKIES

Ingredients:

1 cup finely ground almond flour

3 tablespoons softened butter

5-6 tablespoons powdered sugar, divided

½ teaspoon vanilla extract

⅛ teaspoon salt

⅓ cup raw pecans, finely chopped



Directions:

Preheat the oven to 325 F and line a baking sheet with parchment paper.

Mix almond flour, softened butter, three tablespoons confectioner's sugar, vanilla and salt in a mixing bowl until a cohesive dough forms. It will seem a little dry at first, but just keep mixing. Once combined, mix in chopped pecans. You can use your hands to help mix the pecans in if needed.

Using a tablespoon, scoop the dough and form into a small log then shape into a crescent shape. Arrange the crescents about one inch apart on the sheet as they will spread a bit. Bake the cookies for 20 minutes or until they start to turn light golden brown on top.

Remove from the oven and let cool on the pan for about five minutes. Transfer them to a rack to cool 10 minutes more. Place two to three tablespoons of confectioners' sugar in a shallow bowl and roll each cookie until coated. Let cookies cool and enjoy.

Store any leftover cookies in an airtight container on the counter for three to four days, in the fridge for up to one week or in the freezer for one to two months.

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AUTCARE WELLNESS RECIPE



BUFFALO CHICKEN MEATBALLS

Ingredients:

8 ounces mushrooms, chopped

1 small onion, chopped

1 stalk celery, sliced

4 cloves garlic

1 tablespoon extra-virgin olive oil

½ cup almond flour

½ cup very finely chopped carrot

¼ cup crumbled blue cheese

2 tablespoons hot sauce

1 tablespoon distilled white vinegar

½ teaspoon salt

½ teaspoon ground pepper

1 pound lean ground chicken



Directions:

Finely chop mushrooms, onion, celery and garlic in a food processor. Heat oil in a large skillet over medium-high heat. Add the vegetable mixture and cook, stirring occasionally, until the liquid has evaporated, six to eight minutes. Transfer to a large bowl and let cool for 10 minutes.

Preheat oven to 450 F. Line a large, rimmed baking sheet with foil and coat with cooking spray.

Add almond flour, carrot, cheese, hot sauce, vinegar, salt and pepper to the cooled vegetables; stir until combined. Add chicken and mix gently to combine (do not overmix). Form into 30 meatballs (a scant 2 tablespoons each) and place on the prepared baking sheet.

Bake the meatballs until an instant read thermometer inserted in the center registers 165 F, about 15 minutes.



AULTCARE WELLNESS RECIPE



COSMOPOLITAN MOCKTAIL

Ingredients:

1 ½ ounces tonic water or neutral flavored mineral water, club soda, seltzer water or sparkling water.

¾ ounce orange juice, freshly squeezed or no pulp with no added sugar

¾ ounce cranberry juice, 100% juice with no added sugar

½ ounce lime juice, freshly squeezed (about a half lime)



87 calories, 18 g carbohydrate, 3 g dietary fiber, total sugars 9 g

Directions:

To a cocktail shaker: add the tonic water, orange juice, cranberry juice, lime juice and ice.

Place top on cocktail shaker and shake 5 to 10 times.

Pour into martini glass. Garnish with a lime twist* or wedge, as desired.

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AULTCARE WELLNESS RECIPE



HOMEMADE CRANBERRY JUICE

Ingredients:

4 cups of fresh cranberries

4 cups of water

½ cup of real Vermont maple syrup
(or stevia or honey)

Directions:

Put fresh cranberries and water in a pot and bring to a boil.

Simmer for 15 minutes until the berries soften and pop.

Strain the berries from the juice and return the juice to the pan.

Add the sweetener and heat until it dissolves.

Pour it into a bottle and refrigerate.





AUTCARE WELLNESS RECIPE

LEMON MINT AND WHITE BEAN DIP



Ingredients:

1 clove garlic

One 15-ounce can no-salt-added cannellini beans, rinsed

2 tablespoons chopped fresh mint

1 teaspoon lemon zest

1 tablespoon fresh lemon juice

1 tablespoon extra-virgin olive oil

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

50 baby carrots



Directions:

Drop garlic through chute with food processor on; process until minced. Add beans, mint, zest, lemon juice, olive oil, salt and pepper; process until smooth. Cover and chill until ready to serve. Serve with carrots.

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