



SLOW COOKER TURKEY BLACK BEAN CHILI

INGREDIENTS

- 1lb ground turkey
- 28oz can tomato sauce
- 2 can black beans (15oz each), drained and rinsed
- 14.5oz can petite diced tomatoes, undrained
- 1 2/3 cup frozen corn (half of a one pound bag)
- 2 large cloves garlic, minced
- 1 tbsp paprika
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 1/4 tsp ground oregano
- 1/4 teaspoon crushed red pepper flakes

INSTRUCTIONS:

1. Add all ingredients to your slow cooker.
2. Cover and cook on low 6-8 hours.
3. Break apart turkey and stir.

TO FREEZE AND COOK LATER:

1. Label a gallon-sized plastic freezer bag with the name of the recipe, cooking instructions, and use-by date (which would be 3 months from the prep date).
2. Add all ingredients to freezer bag, seal, and freeze up to three months.
3. Thaw
4. Cook on "low" setting in slow cooker for 6-8 hours.
5. Break apart ground turkey and stir.



HEALTHY TRAIL MIX

INGREDIENTS

OMEGA MIX

- 1/4 cup almonds
- 1/4 cup pecans
- 1/4 cup walnuts
- 1/4 cup pepitas
- 2/3 cup dried cherries
- 1/4 cup dark chocolate chips

POPCORN TRAIL MIX

- 1/2 cup cashews
- 1/2 cup almonds
- 2/3 cup dried cranberries
- 1/2 cup popcorn
- 1/4 cup pepitas

INSTRUCTIONS:

1. Mix: Combine all ingredients together and enjoy
2. Store: Store leftover trail mix in a sealed jar or reusable storage bag.



SLOW COOKER APPLE CRISP

Prep Time: 15 minutes - Cook Time: 4 hours

INGREDIENTS

- 3/4 cup old-fashioned oats
- 1/2 cup all-purpose flour
- 1/3 cup chopped pecans
- 1/3 cup light brown sugar such as Zulka® Brown Pure Cane Sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon sea salt
- 1/2 cup butter melted

APPLES

- 8 cups peeled and sliced apples
- 2 tablespoons lemon juice
- ½ cup granulated sugar such as Zulka® Morena Pure Cane Sugar
- 1 tablespoon ground cinnamon

INSTRUCTIONS:

1. Make the topping by combining the oats, flour, pecans, brown sugar, cinnamon, and salt in a medium bowl.
2. Pour the melted butter over the top and stir to combine.
3. Place the apples in the bottom of your slow cooker. Drizzle with the lemon juice and stir to combine. Add the granulated sugar and cinnamon and stir to coat the apples.
4. Sprinkle the topping on top.
5. Place a clean dishcloth on top of the slow cooker and secure with the slow cooker lid. Be careful not to let the towel touch the top of the apple crisp.
6. Cook over low heat for 4 hours or high heat for 2.
7. Serve warm with vanilla ice cream.