

Navigate Wellbeing Solutions Virtual Speaker Series

Recipes:

- Cranberry-Orange Sauce (for the holiday)
- Cranberry Apple Brie Bites (for the holiday)
- Cranberry Energy Bites (for a snack)

Cranberry Sauce

Makes about 2 cups

Ingredients:

½ cup water or orange juice
½ cup sugar
4 cups fresh cranberries (1 (12-ounce) bag)
pinch salt

Optional Ingredients:

1 cinnamon stick
2 tablespoons orange zest
pinch freshly ground nutmeg

Directions:

1. Combine water and sugar in a 2- to 3-quart saucepan and bring to a simmer to dissolve the sugar. Add the cranberries and cinnamon stick (if using).
2. Simmer gently for 20 minutes, or until all the cranberries have popped and broken down into a sauce. Add orange zest and nutmeg (if using).
3. Cool to room temperature and serve or refrigerate until you're ready to serve. Store in the refrigerator for up to 2 weeks. Bring to room temperature before serving.

Apple and Cranberry Mini Brie Bites

Makes 24

Ingredients:

8 ounces Brie cheese

- 1 Granny Smith apple
- 1 cup whole cranberry sauce
- 2 teaspoons chopped fresh rosemary
- 2 sheets frozen puff pastry, defrosted
- 1 egg, beaten

Directions:

1. This recipe starts by cutting all your ingredients into the right shape and size. Cut the Brie cheese into 24 pieces about $\frac{3}{8}$ -inch thick. (I like the skin of Brie cheese, which is entirely edible, but if you don't like it, trim the skin off.)
2. Roll the puff pastry out into a 12-inch square and then cut the large square into twelve 3-inch squares.
3. Slice the apple into $\frac{1}{4}$ -inch slices, and then cut each slice in half. Cut the pointed tips off the apple slices so they do not pierce through the puff pastry.
4. Combine the cranberry sauce with the fresh rosemary in a bowl.
5. Now, assemble the mini Brie bites. Brush a little beaten egg around all four edges of each puff pastry square. Dollop half a teaspoon of the cranberry sauce in the middle of the puff pastry. Place a piece of the Brie on top of the cranberry sauce and then top it with a piece of the apple. Wrap the puff pastry up around the filling by pulling up each side of the pastry and bringing it all together in the center to form a "beggar's purse". Pinch the dough together to seal shut and slightly flatten the top down. Brush the bites with more of the egg wash on all sides and chill them in the refrigerator for 30 minutes.
6. Pre-heat the air fryer to 360°F.
7. Spray or brush the bottom of the basket with a little oil and air-fry the bites in batches for 8 to 10 minutes.
8. Let the Brie bites cool for a few minutes before serving warm.
9. *To make in the oven:* Place the mini Brie bites on a baking sheet topped with a piece of parchment paper. Bake in pre-heated 375°F oven for 15 to 20 minutes.

To make ahead: Assemble the mini Brie bites up through step 5 and place them in the freezer on a baking sheet. Once frozen, transfer the bites from the baking sheet to a zipper sealable plastic bag and remove as much air as possible. When you are ready to prepare the Brie bites, allow them to sit at room temperature for 20 minutes before baking or air-frying.

Cranberry Coconut Energy Bites

Makes 12

Ingredients:

$\frac{3}{4}$ cup almond butter, room temperature
2 tablespoons coconut oil
2 tablespoons maple syrup or agave syrup
1 teaspoon vanilla extract
 $\frac{1}{3}$ cup dried cranberries
 $\frac{1}{4}$ cup unsweetened shredded coconut
 $\frac{1}{4}$ cup slivered almonds
1 cup rolled oats
 $\frac{1}{4}$ cup chia or flax seeds
 $\frac{1}{4}$ teaspoon sea salt

Directions:

1. Combine almond butter, coconut oil, maple syrup and vanilla extract in a large bowl and stir until smooth. Add all remaining ingredients to the bowl and stir to combine.
 2. Using an ice cream scoop, scoop the mixture into evenly sized portions, pressing the dough into the scoop, and place them on a baking sheet. Wet your hands a little and shape the dough into balls by squeezing the dough together.
 3. Enjoy immediately or store in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.
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