

Libby's Healthy Happy Hour

Presented by COPE

Menu for April 24, 2020, 4PM show time

Zoom meeting information:

<https://villanova.zoom.us/j/397609480>; Meeting ID: 397 609 480

One tap mobile:

+16465588656,,397609480# US (New York)

Menu

Honey Bear Mock- and Cocktails
Apple, onion herbed cheese stuffed celery

Ingredients

Honey Bear Mock- and Cocktails (serves 2)

1/2 cup water
3 tablespoons honey
1 ½ tablespoons brown sugar
4 leaves sage, plus more for garnish
1/2 orange
bourbon (optional)
apple cider
¼ apple
ice

Other supplies:

Empty honey bear container or mason jar
Straw

Fruit and Nut-Seed Celery Feeders

6 ribs of celery
½ cup soft light cream cheese
¼ tablespoons nut or seed butter
1 tablespoon honey
1 tablespoons apple juice
¼ cup dried fruit, cut into 1/4-inch
square pieces
¼ cup apple, cut into 1/4-inch
square pieces
2 tablespoons sunflower seeds or chopped nuts

Recipes

Honey Bear Mock- and Cocktails (serves 2)

Prep time: 7 minutes

Cook time: 6 minutes

Cool time: 3 minutes

Total time: 16 minutes

What you'll need:

Ingredients	Equipment and Tools
1/2 cup water 3 tablespoons honey 1 ½ tablespoons brown sugar 4 leaves sage, plus more for garnish 1/2 orange, cut into 4 wedges bourbon (optional) apple cider ¼ apple, diced for garnish ice	Small saucepan Hot pad or hand mitt Liquid measuring cup Measuring spoons (tablespoon, teaspoon and ½ teaspoon) Spatula Jigger (optional) Paring knife Cutting board Long handled teaspoon (for stirring) Empty honey bear container or mason jar Straw

Preparation steps:

1. Put the water, honey, sugar, sage and 2 orange wedges into a small saucepan.
2. Bring to a boil. Reduce the heat to a simmer and cook 2 -3 minutes (or until the sugar has dissolved).
3. Remove from heat and allow to cool to room temperature. To quickly cool the mixture, transfer the mixture to a heat proof shallow container. Use an oven mitt if necessary. If you can't wait, fill a sink a few inches with cold water and ice. Put the shallow container into the ice bath so that the cold-water level covers an inch or two of the container sides, but the cold-water level is not touching or too near the lip of the container.

4. Fill two empty honey bears with ice, a shot of bourbon (optional), and half the simple syrup.
5. Top the drinks off with more sage leaves, the remaining 2 orange wedges, apple chunks and a splash of apple cider.

Nutrition Analysis

Mock-tail using apple juice in place of bourbon

Per serving: 227.5 calories, 0.3g protein, 59.8g carbohydrate, 0.6g dietary fiber, 44.3g added sugar, 0.0g, total fat, 0.0g saturated fat, 0.0g polyunsaturated fat, 0.0g monounsaturated fat, 0.0mg cholesterol, 10.67mg sodium

1 jigger (1.5 ounces) 80 proof bourbon: 64 calories, 9.2g alcohol

Fruit and Nut-Seed Celery Feeders (serves 6)

Prep time: 10 minutes

Cook time: 0 minutes

Total time: 10 minutes

What you'll need:

Ingredients	Equipment and Tools
6 ribs of celery ½ cup soft light cream cheese ¼ tablespoons nut or seed butter 1 tablespoon honey 1 tablespoons apple juice ¼ cup dried fruit, cut into 1/4-inch square pieces ¼ cup apple, cut into 1/4-inch square pieces 2 tablespoons sunflower seeds or chopped nuts	Paring knife Cutting board Medium mixing bowl Spatula Tablespoon ½ cup measuring cup ¼ cup measuring cup Table knife

Preparation steps:

1. Rinse the celery. Trim off the uneven and leafy ends. Save the ends for garnishing or freezing for using to make stock.
2. Cut the long rib into 3-4-inch snack size pieces.
3. In a medium bowl add the cream cheese, nut or seed butter, honey and apple juice.
4. Use a spatula to mix well.
5. Stir in the bits of apple and dried fruit.
6. Use a table knife to fill each celery stick.
7. Sprinkle with the nuts or seeds.

Nutrition Analysis

Per serving: 186.8 calories, 6.0g protein, 14.0g carbohydrate, 1.9g dietary fiber, 2.7g added sugar, 11.7g total fat, 4.6 saturated fat, 4.7g monounsaturated fat, 1.9g polyunsaturated fat, 21.5mg cholesterol, 211.8mg sodium