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
¾ 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
¾ tablespoons nut or seed butter
1 tablespoon honey
1 tablespoons apple juice
¾ cup dried fruit, cut into 1/4-inch square pieces
¾ 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:

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

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:

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

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