



# FALL PARTY KIT

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Brain Balance®  
ACHIEVEMENT CENTERS



*Balance 360 Approved!*





# BACON RANCH POTATO SKINS

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## Ingredients:

- 6 potatoes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried dill
- 3 tablespoons dairy free butter (ex: Earth Balance)
- 1/2 bunch green onions or chives, thinly sliced
- 3 tablespoons plain, unsweetened milk (ex: coconut)
- 34 slices nitratefree bacon ( ex: applegate brand turkey or pork bacon)

## Instructions:

1. Preheat oven to 400 degrees. Scrub potatoes, poke several times with a fork and place on baking sheet. Bake potatoes for 45 minutes to an hour or until very soft when poked with a fork.
2. Meanwhile, cook bacon until crisp. Chop.
3. When cool enough to handle, cut potatoes in half and scoop out flesh, leaving 1/4 to 1/2 of an inch of potato in the skin. Place cooked potato into a mixing bowl.
4. Mash cooked potato. Stir in dairyfree butter, coconut milk, herbs, bacon and chives. Season with salt and pepper.
5. Divide filling evenly between the potato skins.
6. Bake 10 minutes or until hot and browned.

***Note:** These potato skins can be made a day ahead up to step six. On the day of the party, simply preheat your oven to 400 and bake skins until warmed through.*



# CHOCOLATE ZUCCHINI BREAD CUPCAKES

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## Ingredients:

- 1 medium zucchini , shredded (about 1 1/2 cups shredded)
- 2 eggs , whisked
- 3/4 cups almond butter, peanut butter or sunbutter
- 1/3 cup honey
- 1/4 cup cocoa powder
- 2 tablespoons almond flour , or substitute GF flour such as coconut
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda pinch of salt

## Instructions:

1. Preheat oven to 375 degrees F.
2. Mix the zucchini with all of the other ingredients until they are combined and are a deep chocolate color.
3. Pour the batter evenly into two mini loaf pans . Bake in the oven for 25-35 minutes, or until a toothpick poked into the center comes out clean.
4. Let cool, cut each loaf into 8 slices, and serve! Keep leftovers in a sealed container in the fridge.

*Note: Alternatively, divide batter between 12 muffin cups and bake for about 18 minutes or until toothpick comes out clean. These can be made a day ahead.*



# COWBOY DIP

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## Ingredients:

- 1 can refried beans
- 4 ounces dairy-free cream cheese
- 1/2 teaspoon cumin
- 1/4 teaspoon onion powder
- 2 roma tomatoes , diced
- 2 green onions , sliced
- Raw veggies
- Corn chips

## Instructions:

1. Preheat oven to 400 degrees.
2. Spread refried beans into pie pan.
3. Mix dairy free cream cheese with cumin and onion powder and spread on top of beans.
4. Bake for about ten minutes or until bubbly and hot. Top with chopped onions and tomatoes and enjoy.
5. Serve with tortilla chips and raw veggies to use as scoops.

# GRAPE-LIME SODA

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## Ingredients:

- 2 2-liter bottles plain seltzer water
- 1 container frozen grape juice concentrate, thawed
- 3 limes , cut into wedges

## Instructions:

Pour 1-2 tablespoons of grape juice concentrate into a glass or water bottle with a few ice cubes. Slowly pour in seltzer water and a squeeze of lime juice and stir. Taste and add more grape or lime juice if desired.

