

**Nine recipes for hungry Mabel Lake Skiers.**

**'GEORGE'**

submitted by Dee Patterson

If you're looking for a good guy to bring along on your adventure, George is your guy! I was first introduced to 'him' by Wendy Steele during, perhaps, the first JACKRABBIT FUN DAY in 2005. I remember that year, I was coaching an 'orange' JR group (6 levels then, named by colours). Parents were asked to bring cookies and oranges, and these were shared on the picnic platform (now gone) across from the Pinder lookout. Wendy brought 'George', and the rest is history! He's sweet and simple!

1 cup softened butter – whipped well  
1 cup brown sugar – add and whip more  
1 tsp vanilla – add and whip in  
2 cups flour  
1 cup chocolate chips

Beat the butter and brown sugar until really light and fluffy – about 2 minutes at least!

Add the vanilla and blend in.

Add the flour and blend in, then the chocolate chips.

Press into a 9 x 12 jelly roll pan, lined with parchment paper (this is important)

Bake at 350 degrees for 25 minutes.

Cool in pan for 5 minutes, then, using parchment paper, lift out and slide onto cutting board.

Cool for another few minutes, then cut into bars while still warm.

'George' likes kayaking and canoe trips, as well as hiking and skiing. Basically, he's sturdy and travels well!

**BREAKFAST BARS**  
(submitted by the Duncan Family)

$\frac{3}{4}$  cup Brown sugar  
1  $\frac{1}{2}$  cups Flour ( or whole wheat )  
 $\frac{1}{2}$  cup White sugar  
 $\frac{1}{4}$  cup Ground Flax  
 $\frac{1}{4}$  cup soft butter ( or coconut oil )  
1 tsp Baking Soda  
 $\frac{1}{2}$  cup mashed banana  
1 tsp Cinnamon  
1 cup Plain yogurt ( or sour cream)  
3 cups Quick oats  
2 Eggs  
 $\frac{3}{4}$  cup chocolate chips  
2 tsp Vanilla  
 $\frac{1}{2}$  cup Coconut

1) Heat oven to 350°F. Lightly spray a 9 x 13 baking pan with nonstick cooking spray.

2) Beat sugars and margarine together. Add banana, yogurt, eggs and vanilla.

3) Combine flour, flax, baking soda, and cinnamon in separate bowl. Add flour mixture to wet ingredients. Mix well. Stir in oats, coconut and chocolate chips.

4) Spread dough into baking pan. Bake for 25 to 30 minutes. Once cool, cut into 24 bars.

## MABEL LAKE TOUR BROWNIES

Submitted by Dee Patterson

These brownies were served out at Mabel Lake in the early days of the tour, as a reward for getting there! The original recipe called for icing, which doesn't pack well! Travis Reed, who was head groomer for the club then, was also a trained chef. He suggested that the white sugar in the recipe be replaced with a little more brown sugar, and no icing would be needed! He was so right! And, bonus, mix it all in one saucepan, then pour into the pan. Quick clean-up!

½ cup butter

2 squares unsweetened chocolate

1¼ cups brown sugar

2 eggs (whip with fork before adding)

½ tsp. vanilla

½ cup flour

pinch salt

Melt butter and chocolate in saucepan over low heat. Remove from heat and stir in remaining ingredients. Pour into a greased 9" square pan. Bake at 325 degrees for 25-30 minutes.

**OATMEAL BANANA BARS**  
(Submitted by Teresa Bélanger)

3 ripe banana, mashed  
1/3 cup unsweetened apple sauce (I make my own)  
2 cups uncooked oatmeal  
1 cup almond milk  
1/2 cup blueberries (or whatever berries you like)  
1/2 cup walnuts (or other nuts)  
1 tsp each vanilla and cinnamon

Mix all together, gently fold in berries and nuts. Bake 350°F for 15 -20 mins or until set.

**THE BEST BUTTERSCOTCH COOKIE RECIPE**  
(submitted by the Broad Family)

2 ½ cups all purpose flour  
1 tsp baking soda  
1 tsp salt  
½ cup granulated sugar  
1 cup brown sugar  
1 tsp vanilla  
1 cup butter  
2 large eggs  
One 300 gram bag butterscotch chips

1. Preheat oven to 375° F
2. Mix together the flour, salt and baking soda in a small bowl, set aside.
3. Cream the sugars and butter together until light and fluffy. Beat in the vanilla
4. Add the eggs one at a time, beating each in thoroughly.
5. Slowly add the flour mixture, mixing in until combined completely.
6. When completely mixed, stir in the butterscotch chips by hand.
7. Drop by large tablespoonful onto an ungreased cookie sheet.
8. Bake 8-10 minutes, or until the edges and bottoms of the cookies are browned. Remove and let cool on the sheets for 5 minutes then transfer to a wire baking rack. Cool completely.

From: [thekitchenmagpie.com](http://thekitchenmagpie.com)

## BLACK BEAN BROWNIES

(submitted by Liz MacKay)

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well) (250g after draining)
  - 2 tbsp cocoa powder (10g)
  - 1/2 cup quick oats (40g)
  - 1/4 tsp salt
  - 1/3 cup pure maple syrup, honey, or agave (75g)
  - pinch uncut stevia OR 2 tbsp sugar (or omit and increase maple syrup to 1/2 cup)
  - 1/4 cup coconut or vegetable oil (40g)
  - 2 tsp pure vanilla extract
  - 1/2 tsp baking powder
  - 1/2 cup to 2/3 cup chocolate chips (Not optional. Omit at your own risk)
  - optional: more chips, for presentation
- Preheat oven to 350 F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.) Stir in the chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies. The trick with these: serve them first, and then reveal the secret ingredient. In all the times I've served bean desserts, not one single person who didn't know beforehand has ever guessed! Makes 9 – 12 brownies.

From: <https://chocolatecoveredkatie.com/no-flour-black-bean-brownies/>

**Emma's Mabel Energy Ball**  
(submitted by the Hall/Phaneuf Family)

- Heat approximately 1/2 cup of honey and 1/2 cup of Wow Butter (nut free peanut butter alternative) in microwave for about 30 seconds.

- Mix the following ingredients with the honey and Wow butter:

1 cup rolled oats

1 tsp of vanilla

1/4 cup of cut up cranberries

1/8 cup pumpkin seeds (ground up a bit)

- Roll the mixture into small balls, refrigerate and enjoy!

**Nut & Seed Energy Bars**  
(submitted by the Thomson Family)

- 2 cups old fashioned rolled oats
- ¼ cup dry roasted unsalted almonds, roughly chopped
- ¼ cup raw unsalted pumpkin seeds
- ¼ cup raw unsalted sunflower seeds
- ¼ cup hemp hearts
- ½ cup honey
- ¼ cup almond butter
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt

1. In a large bowl, mix together oats, almonds, seeds, and hemp hearts. Set aside.
2. Line an 8x8 pan with parchment paper covering the sides, and set aside.
3. In a pan, heat together honey and almond butter. Stir constantly until the mixture is well combined and the edges begin to bubble a bit.
4. Remove the pan from the heat and stir in vanilla, cinnamon, and salt.
5. Pour the liquid into the bowl with the dry ingredients and stir well. Dump it into the lined 8x8 pan and use an additional piece of parchment or wet hands to flatten the bars firmly until you have an even thickness. Sprinkle with coarse salt (optional).
6. Freeze the bars for 30 minutes, and then remove the bars from the pan. Slice them into 12 rectangles and wrap them individually in plastic wrap.

\*\*\*Store the granola bars in the fridge for up to 10 days, or freeze them for up to 2 months.



## PLANET ORGANIC COSMIC COOKIES

(submitted by Fiona Ortiz)

- 2  $\frac{1}{4}$  cups quick oats
  - 2 cups spelt flour
  - 1 cup sunflower seeds
  - $\frac{3}{4}$  cup pumpkin seeds
  - $\frac{1}{2}$  cup shredded coconut, unsweetened
  - $\frac{1}{4}$  cup flax seed
  - 1 cup granulated unbleached cane sugar
  - 1 tablespoon cinnamon
  - 2  $\frac{1}{4}$  teaspoons sea salt
  - 1  $\frac{3}{4}$  cups dark chocolate chips or 1  $\frac{3}{4}$  cups carob chips
  - 1  $\frac{1}{4}$  cups raisins
  - $\frac{1}{4}$  cup water
  - $\frac{1}{4}$  cup blackstrap molasses
  - $\frac{3}{4}$  cup canola oil
  - 1 cup soymilk
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- Preheat oven to 350°F.
  - Line two baking trays with parchment paper.
  - Combine dry ingredients : from oats to raisins.
  - Combine wet ingredients: from water to soy milk.
  - Stir dry and wet together until just combined.
  - Portion cookie dough using  $\frac{1}{3}$  C measure and place on baking tray.
  - Gently flatten cookies.
  - Bake for 24 minutes or until lightly browned.

Yields 24 cookies.

From: <https://www.food.com/recipe/planet-organic-cosmic-cookies-292060>