

# Easy BBQ Chicken Crescents



## Ingredients:

1--8oz can crescent roll

8 chicken breast, cooked and cut into strips

3 T. barbeque sauce

$\frac{1}{2}$  C. shredded cheddar cheese

## Steps:

1. Preheat oven to 375 degrees
2. On a greased cookie sheet, spread out triangular shape crescent rolls
3. Place a few chicken strips, barbeque sauce, and some cheese on top of each crescent roll piece
4. Roll and then sprinkle top with remaining cheese
5. Bake 14-16 minutes until golden brown

# Healthy Greek Yogurt and Honey Blueberry Muffins

## Ingredients

- 2 cups whole wheat flour
- 1 cup all purpose flour
- 1/2 cup + 3 tablespoons brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 cup low-fat greek yogurt
- 1/2 cup whole milk (you may use another fat percentage if preferred)
- 1 teaspoon vanilla extract
- 2 large eggs, at room temperature
- 1/4 cup honey
- 1/2 cup olive OR coconut oil (if using coconut oil, be sure it is above room temperature and melted)
- 1 cup blueberries

## Instructions

1. Preheat oven to 400 degrees (F).
2. Line a 12-cup muffin tin with paper liners; set aside.
3. In a large bowl whisk together flours, sugar, baking powder, baking soda, salt, and cinnamon; set aside.
4. In a medium bowl whisk together the yogurt, milk, vanilla, eggs, honey, and oil.
5. Gently fold the yogurt mixture into the flour mixture, and using a spatula, fold until combined, being sure to mix just until all the flour disappears. Fold in blueberries.

6. Divide the batter evenly among the prepared muffin tins, place pan in the oven, and bake for 18 minutes, reducing the heat to 375 degrees after 9 minutes of baking.
7. Allow the muffins to cool for 5 minutes in the pan before carefully transferring to a cooling rack to cool completely.