

Marshmallow Fruit Dip

Serves 12

1 (8-ounce) package cream cheese, softened
1 (7-ounce) jar marshmallow cream

Blend both ingredients together using an electric hand mixer until thoroughly combined. Serve with fresh fruit.

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Seven Layer Taco Dip

Serves 15 or more

1 (1-ounce) package taco seasoning mix
1 (16-ounce) can refried beans
1 (8-ounce) package cream cheese
1 (16-ounce) container sour cream
1 (16-ounce) jar salsa
1 large tomato, chopped
1 green bell pepper, chopped
1 bunch green onions, chopped
1 small head lettuce, shredded
1 (6-ounce) can black olives, drained and sliced
2 cups shredded cheddar cheese

Mix taco seasoning mix and refried beans. Spread the mixture onto a serving dish. Mix the sour cream and cream cheese together, and spread over the first layer. Top with salsa. Scatter the tomato, bell pepper, green onions, and lettuce over the salsa. Sprinkle on the cheddar cheese, and garnish with the olives. Serve with tortilla chips.

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The Easiest Blender Muffins

Serves 8-12

1 cup peanut butter
2 bananas, medium ripe
2 eggs, large
1 teaspoon vanilla extract
4 tablespoons honey, agave nectar, or maple syrup
1 teaspoon baking powder

Preheat the oven to 350 degrees. Spray a muffin tin with oil, or line with baking liners, and set aside. Place all ingredients in a blender, and blend until smooth. Fill each muffin cup, and bake until cooked through, about 15 minutes.

Note: For blueberry muffins, add 1 cup of wild blueberries to the batter once blended. For chocolate chip muffins, add ½ cup of chocolate chips to the batter once blended.

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Salted Dark Chocolate Popcorn

Serves 8

2/3 cup popcorn kernels
8 ounces dark chocolate chips
1½ teaspoons fine sea salt, divided

Pop kernels and set aside in a large bowl. Heat the chocolate chips and 1 teaspoon of sea salt in the microwave in 30-second increments until chocolate is liquid when stirred. Pour over the popcorn, and stir to coat thoroughly. Spread over a parchment paper-lined baking sheet, and sprinkle the popcorn with the remaining sea salt. Let sit at room temperature until chocolate has hardened, about 1 hour.

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