





















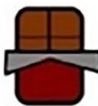





United States Department of Agriculture

Bats and Your Dinner Table

Did you know that bats are responsible for some of our favorite foods? The table below shows some of the foods we depend on bats for. We've also included some delicious batty recipes from our friends at www.BatWeek.com using the ingredients that are bat-dependent ingredient. Wing through the recipes and you will see a **highlighted bat dependent ingredient** in each delicious treat . Can you create new batty recipes and share them on our Facebook page?

 Bats Protect		 Bats Pollinate	 Bats Spread Seeds
 beets	 citrus	 agave	 figs
 coffee	 rice	 wild bananas	 mango
 tomatoes	 pecans	 avocados	 almonds
 peppers	 cotton	 coconuts	 cashews
 corn	 strawberries		 papayas
 cacao	 walnuts		



Batty Hot Chocolate

3 Tbsp instant hot **chocolate** mix
1 Tbsp **chocolate** syrup
3/4 cup boiling water
1/4 cup milk
1/2 tsp ground cinnamon
1 pinch **chili** powder
Mini-marshmallows (*optional*)

Directions

1. Bring water to boil in a saucepan.
2. Mix the chocolate mix, chocolate syrup, cinnamon, and chili powder into the hot water.
3. Pour in the milk and stir.
4. Pour the hot chocolate into a bat mug and top with marshmallow (*if desired*).

Fruit Bat Smoothie – 1 Serving

1/2 cup **papaya** pieces
1/2 cup **mango** pieces
1/2 frozen **banana**
1/4 cup of **blueberries** or **blackberries**, frozen
1/2 cup Greek yogurt
1/2 cup soy or **almond** milk
1 Tbsp carob powder
Juice of one large **orange**
Juice of 1/2 **lime**

Directions

1. Allow all frozen fruits to thaw slightly.
2. Place all the ingredients in a blender and blend until smooth.
3. Pour into glass and serve.



Bat Trail Mix

- 1 ½ cup of mixed raw nuts (e.g. almonds, cashews, walnuts, pistachios, peanuts,
- 1 cup raw seeds (sunflower seeds, pumpkin seeds, etc.)
- 1 cup unsweetened dried fruit (cherries, banana chips, cranberries, etc.)
- ½ cup of yummy chocolate (chips, M&Ms, etc.)
- ¼ tsp sea salt
- ½ cup cinnamon or pinch of nutmeg (optional)

Directions

1. Combine all ingredients in a large bowl and mix well.
2. Serve immediately or store in a plastic sealing bag or mason jar

(will keep for 2-3 weeks)

Creamy Avocado Dip

- 2 ripe avocados – peeled, pitted, and sliced
- ½ cup low-fat sour cream or Greek yogurt
- ½ cup of fresh cilantro leaves
- 1 Tbsp of lime juice
- 2 cloves garlic, minced
- ½ tsp of coarse salt

Directions

1. Add all the ingredients into a food processor. Pulse until smooth, scraping down the sides as necessary.
2. Serve with tortilla chips (corn chips are a great choice!).



Pumpkin Rolls

Pumpkin Batter

3 eggs
1 cup **sugar**
2/3 cup canned **pumpkin**
¾ self-rising flour, sifted
2 tsp cinnamon
1 tsp nutmeg
½ tsp salt

Directions

1. Preheat oven to 350 F.
 2. Beat eggs for 5 minutes until fluffy.
 3. Add sifted self-rising flour, sugar, and spices along with pumpkin. Mix together.
 4. Spread mixture into a greased and floured baking pan (*10X15 inch or a large cookie sheet*)
 5. Bake for 15 minutes.
 6. Take a medium sized kitchen towel (*larger than the pan or cookie sheet*), lay it flat and heavily sprinkle with sifted flour.
 7. Invert cake onto towel and roll cake and towel together.
 8. Cool in fridge.
 9. Combine softened cream cheese, margarine, sifted powdered sugar, and vanilla with a mixer.
 10. Once the pumpkin cake has cooled, unroll it and spread all cream cheese icing over the cake.
 11. Roll the cake, but be sure that you do not put too much pressure on the cake (*you don't want that delicious icing to ooze out the sides*).
 12. Place the cake on a large plate with the seam side down and refrigerate.
- When ready to serve, sprinkle the top with extra, sifted powdered sugar for decoration.



Pumpkin Chocolate Fudge (No Bake)

1/2 cup pumpkin puree
1/2 cup melted coconut butter
1/4 cup pure maple syrup, agave, or honey
1/4 cup cocoa powder
1/2 tsp pure vanilla extract
1/16 tsp salt

Directions

Either line an 8×5 loaf pan or any small pan with parchment or wax paper OR have candy molds ready. Set aside.

1. Combine all ingredients until smooth—it's smoother if you use a hand blender, but it can also be done by hand, just make sure the coconut butter is melted.
2. Smooth the batter into either the prepared pan or candy molds, freeze until firm.
3. Fudge can be stored in the fridge, or keep it frozen and thaw before eating.

Coconut Cupcakes

Cupcakes:

2 cups flaked coconut
1/2 cup sweetened condensed milk (from 14-oz can)
1 box yellow cake mix
Water, vegetable oil and eggs called for on cake mix box

Icing:

3 cups powdered sugar
1/3 cup butter or margarine, softened
1/4 teaspoon salt
1 teaspoon coconut extract
1 to 3 tablespoons milk

Directions

Heat oven to 350°F (325°F for dark or nonstick pans). Place paper baking cup in each of 24 regular-size muffin cups.

1. In medium bowl, stir 2 cups coconut and the condensed milk; set aside.
2. Make cake batter as directed on box. Divide batter evenly among muffin cups (two-thirds full). Top each with about 1 heaping teaspoonful coconut mixture.
3. Bake as directed on box for 24 cupcakes. Cool in pans 5 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
4. In medium bowl, beat powdered sugar, butter and salt with spoon or with electric mixer on low speed until well blended.
5. Beat in coconut extract and 1 tablespoon of the milk. Gradually beat in just enough remaining milk to make frosting smooth and spreadable. Immediately frost cupcakes. Dip tops of cupcakes into toasted coconut. Store loosely covered.



Mango-Chili Wings

3 large mangoes, peeled, pitted and coarsely chopped
1/3 cup coconut sugar
1/2 cup coconut aminos
1/2 teaspoon organic molasses
1/4 teaspoon fish sauce
1/2 teaspoon apple cider vinegar
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon ginger powder
1 tablespoon avocado oil
1/2 teaspoon red pepper flakes
1 tablespoon chili paste
2 pounds chicken wings (about 24), wingtips removed, or drumette
Kosher salt and freshly ground black pepper
Chopped scallions, for garnish

Directions

1. Place all of the mango-chili sauce ingredients, except for the chili paste, into a high-speed blender. Puree until smooth. Stir in the chili paste and taste. Adjust seasoning as desired.
2. Place chicken wings in a large bowl and season with salt and pepper. Coat with 1/2 cup of mango-chili sauce, set the rest of the sauce aside or later.
3. Sprinkle wings with sesame seeds and cover with plastic wrap. Refrigerate for 30 minutes to 1 hour.
4. Grease a grill or grill pan. Grill the wings for about 5 minutes on each side, or until opaque and fully cooked through.
5. While wings cook, place reserved sauce in a small saucepan and bring to a boil. Reduce heat to medium-low and simmer for about 5 minutes. If the sauce is too thick, add a few teaspoons of water until the desired consistency is reached. If the sauce is too thin, continue to cook until thick.
6. Toss chicken wings in 1/4 cup of sauce (*or brush sauce on them*) and place on a serving platter.
7. Garnish with chopped scallions and diced mangoes, and serve with remaining mango-chili sauce on the side for dipping!

Thanks again to BatWeek.com for the great recipes! Learn more by going to their website and remember to send in your batty recipes!