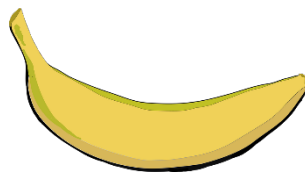


7 Best Recipes for Bat Appreciation Days!

Bats, especially many found in deserts and the Tropics, are important pollinators. Here are 7 (plus one for mom and dad) recipes using bat-pollinated plants to enjoy each day during “Bat Week”. The bat-pollinated food is shown in italics.

Day 1: *Banana* Muffins

2 c. sifted flour
½ t. baking powder
½ t. baking soda
½ t. salt
¼ c. oil
¾ c. sugar
1 egg
2 ripe *bananas*
3 T. milk or almond milk
½ c. chocolate chips (optional)



Sift flour, baking powder, baking soda, and salt in a large bowl. Add sugar to oil in smaller bowl. Add egg to sugar and oil mixture. Peel bananas and mash with a fork. Add to sugar, oil, and egg mixture. Combine smaller bowl mixture to dry ingredients alternately with milk in 3 additions. Stir in optional chocolate chips. Pour into muffin cups. Bake at 350 Degrees about 15 minutes or until done.

Day 2: *Avocado* Dip

2 *avocados*
1 ½ T. lime juice
½ c chopped fresh tomatoes
3 T. onion
¼ t. salt
Pinch garlic powder and pepper
Dash of hot sauce (optional)



Pit avocado. In medium bowl sprinkle avocado with lime juice. Mash with a fork until coarsely pureed. Stir in tomato, onion, salt, garlic powder, pepper, and sauce. Cover and refrigerate for at least 1 hour.

Day 3: *Mango Salsa with Chips*

- 1 diced *mango*
- 1 diced tomato
- 1 diced onion
- Juice from ½ lime
- 1 diced jalapeno (optional)
- Salt to taste
- Tortilla chips



Mix together in a bowl. Add salt to taste. Serve with tortilla chips.

Day 4: *Mango and Agave Smoothie*

- 1 cup frozen *mango* chunks
- 1 cup vanilla yogurt
- ¼ cup coconut milk
- 1 T. *Agave* syrup
- 2 small ice cubes



Place ingredients in blender and blend until smooth.

Day 5: *Clove Spice Cookies*

- 4 cups sifted flour
- ¾ t. baking soda
- ¾ t. ground ginger
- 1 ½ t. ground cinnamon
- 1 ½ t. ground *cloves*
- ½ t. salt
- 1 cup unsalted butter, softened
- 1 ¼ cups sugar
- ½ cup molasses
- 2 medium eggs
- 1 t. vanilla extract



Sift together the dry ingredients in one bowl. Cream the butter with the sugar about 3 minutes. Beat in the molasses and mix in an egg, one at a time. Stir in the vanilla. Add the dry mixture in three parts, mixing well each time. Drop dough (1 ½ inches) on ungreased cookie sheet and place 2 inches apart. Bake at 350 Degrees for 14 minutes.

Day 6: *Date* Bars

1 ½ cups flour
1 ½ t. baking powder
¼ t. salt
1/3 cup cocoa powder
½ t. cinnamon
½ cup butter or shortening
2/3 cup sugar
1 egg
½ t. vanilla
¾ cup chopped *dates*
¼ cup milk



Mix together the first 5 ingredients. In a separate bowl, use a spoon to work the sugar and butter together. Add the egg and vanilla to the creamed mixture of sugar and butter. Stir in the chopped dates and milk. Gradually add the dry ingredients. Line a square cake pan with parchment paper. Pour in batter. Bake in a 350 Degree oven for 25-30 minutes. Cool and cut into bars.

Day 7: *Guava* Crescent Bites

2 tube packages of refrigerated crescent rolls
8 ounces of cream cheese
1 package of *guava* paste

Open crescent roll dough and roll onto work surface. Pinch seams together. Shape into rectangle and cut to make 24 squares. Spray muffin tins with non-stick spray. Place each dough square into a muffin cup. Add a little guava paste and cream cheese. Bake at 350 Degrees for 10 minutes or until edges are golden brown.



For mom or dad: *Tequila* Sunrise

1 ½ ounce of *tequila*
¾ ounce of orange juice
½ ounce of grenadine
Ice

Put ice in a glass. Add tequila. Top with orange juice. And grenadine. Do not mix for drink to appear as a sunrise!