Kid-Friendly Virtual Cooking Demo

Greek Yogurt Ranch Dip (Recipe adapted from https://www.wellplated.com/greek-yogurt-ranch-dip/)
**Ingredients:**
- 1 cup plain Greek yogurt
- ¾ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp dried dill
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp dried onion flakes
- ⅛ tsp Worcestershire sauce (optional)
**Dippers** (whatever you like – baby carrots, broccoli, chicken nuggets, etc.)

**Instructions:**
Mix all ingredients except dippers together. Chill for 30 minutes before serving if possible.

No-Bake Energy Bites (Recipe from https://www.gimmesomeoven.com/no-bake-energy-bites/)
**Ingredients:**
- 1 cup old-fashioned oats
- 2/3 cup toasted shredded unsweetened coconut
- ½ cup creamy peanut butter (or any nut butter)
- ½ cup flaxseed meal
- ½ cup semisweet chocolate chips
- 1/3 cup honey (or agave)
- 1 tbsp chia seeds
- 1 tsp vanilla extract

**Instructions:**
Stir all ingredients together. Chill for at least 30 minutes (helps the ingredients stick together more easily). Roll into 1-inch balls (or flatten and cut into whatever shape you like). Refrigerate for up to 1-week or freeze.