

## Smoothie

<b>Amount</b>	<b>Ingredient</b>
1 cup	Kale or spinach, cleaned
1 cup	Mixed fruit, frozen
1 cup	Dairy or non dairy milk
½ each	Banana, frozen
2-3 Tablespoons	Yogurt, Greek or plain
½ teaspoon	Cinnamon
¼ teaspoon	Nutmeg
½ teaspoon	Vanilla extract

### Method of Preparation:

1. Combine everything except yogurt in a high-speed blender until fully incorporated. Add yogurt. Wipe down sides of blender as needed. Serve immediately.

## Granola

<b>Amount</b>	<b>Ingredient</b>
½ cup	Maple syrup or honey
1 Tablespoon	Cinnamon
½ Tablespoon	Nutmeg
¼ teaspoon	Salt
¼ cup	Olive or vegetable oil
½ teaspoon	Vanilla, extract
2 ½ cups	Oats, raw
<b>Optional Additions</b>	
¾ cup	Almonds, chopped
¾ cup	Walnuts, chopped
¾ cup	Sunflower seeds
½ cup	Pumpkin Seeds
½ cup	Raisins
½ cup	Cranberries, dried
½ cup	Coconut, shredded
¼ cup	Chocolate chips

### Method of Preparation:

1. Preheat oven to 350°F.
2. Line large sheet pan with parchment paper.
3. Combine first 6 ingredients in a mixing bowl and combine.
4. Add oats and fully coat with wet mixture.
5. Spread evenly onto a large sheet pan.
6. Bake for about 45 minutes stirring occasionally.
7. Allow to cool. Mix in additional ingredients as desired.
8. Store in an air tight container for about 2 weeks or serve immediately.

## Breakfast Cereal Bars

<b>Amount</b>	<b>Ingredient</b>
4 Tablespoons	Oil or butter
¼ cup	Light brown sugar
¼ cup	Honey
½ teaspoon	Salt
Pinch	Cinnamon
3 cups	Cheerios
¾ cup	Any nut or seed

### Method of preparation:

1. Line an 8-inch square baking pan with 2 pieces of parchment paper.
2. In a medium saucepan combine butter or oil, sugar, honey, salt, and cinnamon. Bring to a boil for 1 to 2 minutes, stirring constantly. Then immediately remove from heat.
3. Stir in cereal and almonds. Pour into lined pan, pressing down with rubber spatula.
4. Let cool completely, about 30 minutes and cut into squares.

## Homemade Ketchup

<b>Amount</b>	<b>Ingredient</b>
1 cup	Tomato paste
2 Tablespoons	Cumin
1 teaspoon	Paprika
1 Tablespoon	Garlic powder
2 teaspoons	Salt
2 teaspoons	Pepper
½ cup	Apple cider vinegar

### Method of Preparation:

1. Mix all ingredients.
2. Chill and serve as desired.

## Baked Flaked Chicken

<b>Amount</b>	<b>Ingredient</b>
1 pound	Chicken tenders
½ cup	Whole wheat flour
Desired seasonings ½-1 teaspoon each	
	Paprika
	Garlic powder
	Chili powder or flakes
	Oregano
½ teaspoon	Salt
1 teaspoon	Pepper
4	Eggs
1 ½ cups	Cornflakes cereal

### Method of Preparation:

1. Preheat oven to 375°F.
2. Line large sheet pan with parchment paper.
3. In medium bowl combine flour with desired seasoning.
4. In medium bowl beat eggs with a fork.
5. In medium bowl, crush cornflakes.
6. Dip each piece of chicken into flour, then egg, then cornflakes.  
Make sure each piece is fully coated.
7. Place coated chicken tenders on prepared sheet pan and bake for 20-25 minutes or until internal temperature reaches 165°F.

## Sweet Potato Fries

<b>Amount</b>	<b>Ingredient</b>
5	Sweet potatoes
1 ½ teaspoon	Paprika
½ teaspoon	Salt
¼ teaspoon	Pepper
Pinch	Chili powder or flakes
3-4 Tablespoons	Olive or vegetable oil

### Method of Preparation:

1. Preheat oven to 450°F.
2. Prepare sheet pan with parchment paper.
3. Scrub and rinse potatoes. Dry with paper towels.
4. Leaving skin on, cut potatoes into thick strips about ½ inch wide.
5. In large bowl mix seasoning and oil until no clumps are present.
6. Add potato pieces and toss until fully coated.
7. Bake about 30 minutes, turning half way.
8. Serve immediately.

## Sautéed Greens

<b>Amount</b>	<b>Ingredient</b>
1-2 Tablespoons	Olive or vegetable oil
2 cloves	Garlic (or 2 teaspoons garlic powder)
2 cups	Spinach or kale or other leafy green
½ teaspoon	Salt
¼ teaspoon	Pepper

### Method of Preparation:

1. Heat olive oil in sauté pan.
2. Mince garlic, if using.
3. Sauté garlic until fragrant.
4. Add greens.
5. Season with salt and pepper.
6. Serve immediately.

## Vinaigrette (Only made in PM group)

<b>Amount</b>	<b>Ingredient</b>
½ cup	Vinegar (apple cider, balsamic etc.)
2 cloves	Garlic
1 Tablespoon	Honey
1 Tablespoon	Mustard
1 Tablespoon	Parsley, fresh (or other fresh herbs)
To taste	Salt
To taste	Pepper
¾ cup-1 cup	Olive oil

### Method of Preparation:

1. Combine all ingredients except oil in a high-speed blender. Blend until combined.
2. Stream in oil. Blend on high for about a minute to completely emulsify.
3. Serve immediately or chill and reserve for later use (may need to be shaken or whisked slightly).

## Mini Blueberry Muffins

<b>Amount</b>	<b>Ingredient</b>
1 cup	All purpose flour
1 cup	Whole wheat flour
2 teaspoons	Baking powder
½ teaspoon	Salt
¾ cup	Granulated sugar
½ cup	Vegetable oil
½ cup	Milk, dairy or non dairy
1 teaspoon	Vanilla extract
2	Eggs
1 ½ cups	Blueberries, frozen

### Method of Preparation:

1. Preheat oven to 375°F.
2. Grease mini cupcake tins.
3. In medium bowl whisk together sugar, butter, milk, vanilla, and eggs.
4. In large bowl, whisk flours, baking powder, and salt. Add blueberries. Then add egg mixture.
5. Divide batter into cupcake tins. Bake about 15 minutes. Let cool.  
\*To check insert a toothpick in the center of the cupcake. If done, it will come out clean.

## Banana “Ice Cream”

<b>Amount</b>	<b>Ingredient</b>
3	Bananas, peeled, frozen
Optional Additions	
1 teaspoon	Vanilla extract
1 teaspoon	Cinnamon
¼ - ½ cup	Cocoa powder
½ cup	Berries, frozen

### Method of Preparation:

1. Combine all ingredients in a food processor or high-speed blender. Blend until smooth.