

## Granola

### Ingredients

½ c Honey  
1T Cinnamon  
1/4t Kosher Salt  
1/4c Melted Butter  
1/2t Vanilla Extract  
2 ½ c Oats  
Add Ins (Optional)  
3/4c chopped nuts or seeds  
1/2c dried fruit  
1/2c coconut  
1/4c Chocolate chips

### Instructions

1. Preheat oven to 350 degrees
2. Line sheet pan with Parchment paper
3. Put the first 6 ingredients in a mixing bowl and combine
4. Add oats and any add ins (except chocolate chips) and mix till coated
5. Bake for about 45 mins till golden (stir occasionally)
6. Allow to cool (add chocolate chips)
7. Store in air tight container for about 2 weeks

## Greek Yogurt Breakfast Bars

### Ingredients

1 1/2 cups plain or vanilla Greek yogurt  
3 tbs maple syrup  
1/2 Granola  
1/2 cup blueberries  
4 strawberries, sliced

### Instructions

1. Line a baking sheet with parchment paper and set aside.
2. Mix Greek yogurt and syrup in a bowl until combined.
3. Pour onto prepared baking sheet and spread into a thin layer.
4. Top with Granola, blueberries, and strawberries.
5. Cover the baking sheet with a piece of aluminum foil.

6. Place in the freezer for two hours, or overnight, until the bark is fully frozen.
7. Slice into desired squares. Serve immediately and keep stored in the freezer in an airtight container or bag.

## Pasta Sauce

### Ingredients

1T Olive Oil  
2 cloves garlic minced  
½ onion minced  
1T tomato paste  
1 (28oz) can crushed tomatoes  
1t salt (or more if needed)  
1t each dried parsley, oregano  
1/4c fresh basil chopped

### Instructions

1. Heat olive oil in a medium sized sauce pan over medium flame
2. Add onion and sauté till translucent then add garlic sauté till it is fragrant
3. Add tomato paste and let cook for a bit
4. Add remaining ingredients (Except basil), bring to a boil, then simmer for at least 30mins
5. For the last 15 mins add basil to fragrant sauce

## Turkey (or beef) Meatballs

### Ingredients

1/4c Plain Breadcrumbs  
2 heaping T Parmesan cheese  
1/4c chopped fresh basil and parsley  
2T whole milk  
2t tomato paste  
Pinch salt  
1 egg  
½ pound Ground Turkey  
Olive Oil

### Instructions

#### Oven

1. Preheat oven to 400 degrees and line baking sheet with parchment paper
2. Combine all ingredients in a bowl and mix with hands
3. Portion and form the meatballs and place on prepared sheet

4. Drizzle with olive oil and bake until internal temperature reaches 165degrees (15-20mins)
5. Serve

#### Stove top

1. Combine all ingredients in a bowl and mix with hands
2. Portion and form the meatballs and place on a plate
3. Heat oil in a pan
4. Carefully place meatballs in the pan without over crowding
5. As they start to brown turn them over. Keep turning as they brown.
6. Cook until internal temperature reaches 165 degrees

## Potato Chip Chicken

### Ingredients

1c + 6T flour  
1/2T garlic powder  
1T salt  
1t paprika  
1/2t pepper  
2 eggs beaten  
1 1/2c crushed potato chips  
7T butter melted  
4 pieces of chicken

### Instructions

1. Whisk together the first 5 ingredients
2. Grease a baking sheet and set aside
3. Beat the eggs in a bowl
4. Line up your ingredients-flour mix-eggs-smashed chips-baking sheet
5. First dip chicken in the flour to coat completely
6. Dip into the egg mixture, then coat with chips and place on sheet
7. Repeat with remaining chicken
8. Place in fridge for 20-30mins
9. Preheat oven to 400 degrees
10. Melt butter and drizzle evenly over chicken
11. Bake 40-50mins or until it reaches the right temperature (165 for white meat & 180 for dark meat)
12. Remove from oven and serve

## How to Bake Perfect Sweet Potato Fries

1. Cut all your fries into the same size so that they all cook at the same rate. (roughly 1/4" thick)
2. Soak your fries in cold water for around 35-45 minutes for maximum crispiness! This draws out the excess starch from the sweet potatoes, helping them to cook all the way through
3. Put fries and no more than 2t oil into a large bowl, and use your hands to mix them together to distribute the oil evenly.
4. Sprinkle with seasoning. Do not add salt, or seasonings with added salt as this draws moisture from the fries and creates more steam in the oven. If you want to add salt, do so after

the  
fries are cooked

5. Line a baking tray with grease-proof paper to stop your sweet potatoes sticking. You will need to turn them halfway through cooking to ensure that both sides are evenly cooked.

6. warm baking tray in the oven before baking to help them chips crisp up perfectly on both sides.

### Cooking Your Sweet Potato Fries

Preheat oven to 400 degrees

Place fries on lined tray spread out evenly not touching

place tray on top shelf of the oven

Once your fries have cooked, turn the oven off and leave them in the oven for an extra 10 minutes so that they have extra time to crisp up without burning.

## Pancakes

### Ingredients

1 ½ c Flour  
3 1/2t Baking Powder  
1/2t salt  
1/4c sugar  
1 1/4c milk  
1 egg  
3T melted butter  
1T vanilla

### Instructions

1. Whisk together first 4 ingredients in a bowl and create a well in the middle
2. Whisk milk and egg together, pour into the well you created and stir all together.
3. Add melted butter and vanilla and whisk all ingredients together well
4. Let sit for 5-10 mins
5. Heat a skillet or griddle and coat with butter
6. Pour a ¼ cup (or less) batter into skillet at a time (do not over crowd pan)
7. Once you see the pancake starts to bubble flip it over and cook on the other side till golden brown
8. Serve warm with syrup or berry compote

## Berry Compote

### Ingredients

1c Berries of your choice  
2T sugar  
1T lemon juice

### Instructions

1. Combine all ingredients in a sauce pan and simmer on low for 30mins or until the berries break down and thicken.
2. Allow to cool before serving (perfect over pancakes, ice cream, pound cake...)

## Oatmeal Cookies

### Ingredients

1/2 cup (1 stick) unsalted butter, softened  
2/3 cup light brown sugar, packed  
1 large egg  
1/2 teaspoon vanilla extract  
3/4 cup all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/4 teaspoon table salt  
1 1/2 cups rolled oats  
3/4 cup raisins or chocolate chips  
1/2 cup walnuts chopped (optional)

### Instructions

1. cream together the butter, brown sugar, egg and vanilla until smooth.
2. In a separate bowl, whisk the flour, baking soda, cinnamon and salt together.
3. Stir this into the butter/sugar mixture. Stir in the oats, raisins and walnuts, if using them.
4. chill the dough for a bit in the fridge and then scoop it, or scoop the cookies onto a sheet and then chill the whole tray before baking them
5. Pre-heat oven to 350°F
6. The cookies should be two inches apart on a parchment-lined baking sheet.
7. Bake them for 10 to 12 minutes when golden at the edges but still a little undercooked-looking on top.
8. Let them sit on the hot baking sheet for five minutes before transferring them to a rack to cool.



## Strawberry shortcake cookies

### INGREDIENTS

12 ounces strawberries, hulled and cut into 1/4-inch dice (2 cups)  
1 teaspoon fresh lemon juice  
1/2 cup plus 1 tablespoon granulated sugar  
2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon coarse salt  
3 ounces (6 tablespoons) cold unsalted butter, cut into small pieces  
2/3 cup heavy cream  
Sanding sugar, for sprinkling

### DIRECTIONS

Preheat oven to 375 degrees. Combine strawberries, lemon juice, and 2 tablespoons granulated sugar. Whisk together flour, baking powder, salt, and remaining 7 tablespoons granulated sugar in a large bowl. Cut in the butter with a pastry cutter, or rub in with your fingers, until mixture resembles coarse crumbs. Stir in cream until dough starts to come together, then stir in strawberry mixture.

Using a 1 1/2-inch ice cream scoop or a tablespoon, drop dough onto baking sheets lined with parchment, spacing evenly apart. Sprinkle with sanding sugar, and bake until golden brown, 24 to 25 minutes. Transfer to a wire rack, and let cool. Cookies are best served immediately, but can be stored in an airtight container at room temperature for up to 1 day.

