

Blueberry Pancakes

Ingredients

- 2 ripe bananas
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup quick-cook oats
- ½ cup blueberry

Directions

- Mash the bananas in a large bowl until smooth. Mix in the eggs and vanilla until well combined, then mix in the oats. Carefully fold in the blueberries.
- Heat a nonstick skillet over medium heat. Add a scoop of the pancake batter.
- Smooth out to form an even layer. Cook for 2–3 minutes until you start to see bubbles forming on the surface. Flip and cook until the other side is golden brown, 1–2 minutes more.
- Garnish your pancakes with your favorite toppings! We like Greek yogurt, granola, fresh blueberries, and/or maple syrup.



Banana Baked Oatmeal

Ingredients

- 2 cups rolled oats
- ½ cup pecan pieces (optional)
- 1 teaspoon baking powder
- 1 ½ teaspoons cinnamon
- ½ teaspoon allspice
- ½ teaspoon kosher salt
- ¾ cup mashed banana or 2 very ripe bananas
- 1 ¾ cups milk of choice (dairy, almond or oat)
- ¼ cup pure maple syrup
- 1 tablespoon pure vanilla extract
- For serving: Banana slices, almond butter or peanut butter

Directions

- Preheat oven to 375 degrees Fahrenheit.*
- Grease an 8 x 8" or 9 x 9" pan with coconut oil.
- In a medium bowl, mix the rolled oats, pecan pieces, baking powder, cinnamon, allspice and salt.
- Dump the dries into the prepared pan.
- Whisk together mashed bananas, milk, maple syrup and vanilla in a separate bowl.
- Drizzle the milk mixture over the oats and stir.
- Bake for 40 to 45 minutes.
- Remove from the oven and allow to cool for at least 10 minutes (or more for the texture to fully set).
- Before serving, spread the top with almond butter or peanut butter (or a combination) and top with banana slices.



Fruit & Yogurt Bowls

Ingredients

- ½ cup nonfat plain Greek yogurt
- ½ cup of oranges in 100% juice [or Sliced Peaches, Pineapple Chunks or chopped Apricot Halves], drained
- Optional Toppings: Pecans, walnuts or almonds, toasted if desired
- Dried cranberries, cherries, mixed dried fruit or tropical trail mix
- Granola or whole-grain cereal
- Graham crackers
- Fresh blueberries, raspberries, etc.

Directions

- Top yogurt with fruit.
- Sprinkle fruit with of any suggested toppings, as desired.

NOTE: Pre-portion and refrigerate any remaining fruit in individual resealable food storage containers or sandwich bags to quickly assemble additional Fruit & Yogurt Bowls in the next 2 or 3 days.



Hashbrown Breakfast Bowl

Ingredients

- 1 1/2 cups shredded potatoes or frozen hash browns
- 1/2 cup chopped onions
- 1/2 cup chopped bell pepper
- 1/2 cup sliced mushrooms
- 1 egg
- 1/6 avocado or 2 to 3 medium slices
- Dash of fine sea salt and pepper

Directions

- Drain and rinse black beans and set aside.
- Heat a well seasoned cast iron or non-stick skillet over medium to medium-high heat. Add the shredded potatoes, onions, and bell pepper.
- Allow to cook, flipping occasionally. After several minutes, add the mushrooms and continue to cook. Once your desired crispiness is achieved, transfer to a bowl.
- Keep the same skillet heated to soft-fry the egg. Crack the egg into the center of the skillet and allow to cook until the white is cooked but the yolk is not completely set.
- Transfer the cooked egg onto the hash brown mixture. Top with avocado.



Veggie Egg Roll-Up

Ingredients

- 1 Tbsp. olive oil
- ¼ cup red bell pepper, diced
- ½ cup baby spinach, chopped
- 6 large eggs
- 2 Tbsp. milk
- ½ cup shredded cheddar cheese

Directions

- In a small skillet over medium heat, add oil. Sauté bell pepper until tender. Add spinach and cook until wilted. Place in a bowl.
- Add eggs, milk, and cheese to the bowl. Whisk until combined.
- In a medium skillet over medium heat. Spray with nonstick cooking spray. Add a quarter of the egg mixture to the skillet.
- Heat until cooked through, about 3-5 minutes, then carefully use a spatula to roll the egg mixture.
- Place on a cutting board. Repeat with the remaining mixture.
- Allow egg rolls to cool slightly.
- For babies and toddlers, cut into desired size pieces.
- Refrigerate leftovers for up to 3 days.

