

# Muffin Tin Egg Cups - 4 Ways

Servings: 12 egg cups

Prep Time: 10 minutes

Cooking Time: 15 minutes

Materials Needed: Medium pan, large bowl, fork or whisk, knife, muffin tin, can opener

Follow the base recipe below and choose 1 of the 4 options to complete.

## Ingredients:

- 12 eggs
- 1 cup shredded cheese
- 1 tablespoon oil
- 1 small onion, diced
- Salt and pepper

## Directions:

1. Preheat oven to 350 degrees. Grease 12 cups of a muffin tin with oil/butter.
2. Whisk 12 eggs plus pinch of salt and pepper together in a bowl. Add shredded cheese (optional).
3. In a pan, cook diced onion with oil until soft.

## Option 1: Italian



## Ingredients:

- 1/2-1 cup fresh zucchini, chopped
- 1 bell pepper, diced
- 1 teaspoon total of a mix of basil, oregano, thyme and/or chili flakes

## Directions:

4. Cut zucchini and bell pepper and stir into onions. Add spices. Cook about 5-7 more minutes.
5. Place cooked vegetables into muffin tin. Pour egg mix over vegetables.
6. Bake 12-15 minutes until the egg is just set.
7. Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

## Option 2: Garlicky Asparagus and Potato



## Ingredients:

- 1/2-1 cup fresh or frozen shredded potatoes
- 1 cup fresh, frozen or canned\* asparagus spears, finely diced
- 1 teaspoon total of a mix of garlic powder, rosemary and/or thyme

## Directions:

4. Shred potatoes, cut asparagus and stir into onions. Add spices. Cook about 5-7 more minutes.
5. Place cooked vegetables into muffin tin. Pour egg mix over vegetables.
6. Bake 12-15 minutes until the egg is just set.
7. Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

### Option 3: Southwest



#### Ingredients:

- 1 (15.5 ounce) can\* black beans
- 1 cup fresh, frozen or canned\* corn
- 1 teaspoon total of a mix of cayenne pepper and/or cumin

#### Directions:

4. Stir black beans and corn into onions. Add spices. Cook about 5-7 more minutes.
5. Place cooked vegetables into muffin tin. Pour egg mix over vegetables
6. Bake 12-15 minutes until the egg is just set.
7. Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

### Option 4: Mediterranean



#### Ingredients:

- 2 cups chopped fresh spinach (or 1 cup frozen)
- 1 (14.5 ounce) can\* diced tomatoes (or 1 1/2 cups fresh diced tomatoes)
- Feta cheese\*\*
- Garlic powder

#### Directions:

4. Stir spinach and diced tomatoes into onions. Add spices. Cook about 5-7 more minutes.
5. Place cooked vegetables and feta cheese into muffin tin. Pour egg mix over vegetables.
6. Bake 12-15 minutes until the egg is just set.
7. Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

### Notes:

\*Rinse and drain any canned items that you use.

\*\*Use feta in place of shredded cheese in this recipe.

Sources: <https://www.bonappetit.com/recipes/quick-recipes/article/muffin-tin-eggs-breakfast> and <https://www.delish.com/cooking/recipe-ideas/a25563943/egg-muffins-recipe/>

# Smoothies - 4 Ways

Servings: 2

Prep Time: 10 minutes

Materials Needed: Blender, measuring cups and spoons

Follow the base recipe below and choose 1 of the 4 options to complete.

## Ingredients:

- 1 cup milk\*
- 1/2 cup yogurt
- 1 fresh/frozen banana
- 2 ice cubes (skip if using frozen fruit)

## Directions:

1. Add base ingredients to a blender.

*\*Any kind of milk! Fresh dairy milk, non dairy milk or powdered milk can all be used.*

## Option 1: PB&J Smoothie



## Ingredients:

- 1 cup fresh or frozen strawberries
- 2 tablespoons creamy peanut butter (or other nut butter)

## Directions:

2. Add strawberries and peanut butter to blender.
3. If smoothie is too thick, add more milk.

Source: <https://www.chopchopfamily.org/recipe/peanut-butter-and-jelly-smoothie/>

## Option 2: Pumpkin Pie Smoothie



## Ingredients:

- 1/4 cup canned pumpkin
- Dash of cinnamon and nutmeg
- 1/2 teaspoon vanilla (optional)

## Directions:

2. Add pumpkin, cinnamon and vanilla to blender.
3. If smoothie is too thick, add more milk.

Source: <https://www.chopchopfamily.org/recipe/pumpkin-pie-smoothie/>

## A photograph of two glasses of orange juice. The glasses are filled with a bright orange liquid, topped with a slice of orange and a sprig of mint. Two yellow and white striped straws are inserted into the glasses. To the left of the glasses, a whole orange and a halved orange are visible, showing the juicy segments. The background is a plain, light-colored surface.

- 1 orange or two mandarin oranges, peeled
- 1/2 cup fresh, frozen or canned pineapple chunks
- 1 tablespoon nut butter

2. Add oranges, pineapple and nut butter to blender.
3. If smoothie is too thick, add more milk.

A vibrant green smoothie is served in a clear glass jar with a green and white striped straw. The smoothie is surrounded by fresh ingredients: a bunch of spinach leaves, a banana, a green apple, a lemon half, and a small bowl of chia seeds. The background is a light, neutral color.

- 1 cup fresh or frozen kale or spinach
- 1 apple, chopped
- 1 cup frozen mixed berries (any frozen fruit will work)

2. Add kale or spinach, apple and berries to blender.
3. If smoothie is too thick, add more milk.

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# Overnight Oats - 5 Ways

Servings: 2

Prep Time: 10 Minutes, then 8 hours or overnight

Materials Needed: Measuring cups and spoons, fork, food container with lid or jar with lid

Follow the base recipe below and choose 1 of the 4 options to complete.

## Ingredients:

- 1 cup oats
- 1 cup milk or water
- 1/2 cup yogurt

## Directions:

1. Add base ingredients to a container or jar.

## Option 1: PB&J Overnight Oats



## Ingredients:

- 1/2 cup fresh or frozen strawberries
- 2 tablespoons peanut butter (or other nut butter)
- 2 tablespoons jelly

## Directions:

2. Add strawberries, peanut butter and jelly to jar.
3. Place lid on container or jar and shake. Place in the refrigerator for at least 8 hours or overnight.

Source: <https://www.quakeroats.com/cooking-and-recipes/pbj-overnight-oats>

## Option 2: Banana Berry Overnight Oats



## Ingredients:

- 1 fresh or frozen banana
- 1 cup fresh or frozen berries
- Dash of cinnamon

## Directions:

2. Add banana, berries and cinnamon to jar.
3. Place lid on container or jar and shake. Place in the refrigerator for at least 8 hours or overnight.

Source: <https://oldwayspt.org/recipes/banana-berry-overnight-oat-meal>



### Option 3: Golden Milk Oats



#### Ingredients:

- 1/4 cup chopped dates (pitted plums, raisins or any dried fruit)
- 1/2 teaspoon turmeric
- 1/2 teaspoon cinnamon or ginger; honey or sweetener; nuts or seeds
- 1 tablespoon honey/sweetener
- 2 tablespoons nuts/seeds (optional)
- 1/2 teaspoon vanilla (optional)

#### Directions:

2. Add dates, spices, honey and nuts to jar.
3. Place lid on container or jar and shake. Place in the refrigerator for at least 8 hours or overnight.

Adapted from: <https://about.kaiserpermanente.org/total-health/food-for-health/recipes/golden-milk-overnight-oats>

### Option 4: Chocolate Peanut Butter Oats



#### Ingredients:

- 2 1/2 tablespoons of maple syrup or honey
- 1 tablespoon cocoa powder
- 2 tablespoons peanut butter
- 1/2 teaspoon vanilla
- Sliced bananas and mini chocolate chips (optional)

#### Directions:

2. Add maple syrup, cocoa powder and vanilla to jar.
3. Place lid on container or jar and shake. Place in the refrigerator for at least 8 hours or overnight.

Adapted from <https://www.evolvingtable.com/chocolate-peanut-butter-overnight-oats/#wprm-recipe-container-9268>

### Option 5: Savory Oats



#### Ingredients:

- 1 cup fresh spinach or 1/2 cup frozen spinach
- 2 tablespoons grated cheese plus a pinch of cayenne pepper, paprika, chili powder and/or garlic powder

#### Directions:

2. Microwave oats and milk for 90 seconds, then add the other ingredients and microwave for another 90 seconds.
3. Serve with eggs however you like them.

Adapted from <https://eatdrinksavorrepeat.com/2018/05/11/savory-oatmeal-power-bowls-for-breakfast/>