

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.

- 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

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.

- 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

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.

[illegible]

***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 vibrant orange liquid. Each glass is topped with a slice of orange and a sprig of fresh 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 displayed, showing the juicy segments inside. 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 glass jar filled with a thick, vibrant green smoothie, garnished with a green and white striped straw. The jar sits on a light-colored surface, surrounded by fresh ingredients: a bunch of bright green spinach leaves, a ripe yellow banana, a whole green apple, a halved lemon showing its juicy segments, and a small bowl of dark chia seeds. The background is a soft, out-of-focus white, creating a clean and fresh aesthetic.

- 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.

[illegible]

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/>

Frozen Banana Yogurt Pops - 2 Ways

Servings: 6

Prep Time: 20-25 minutes, freeze about 3 hours

Materials Needed: Baking sheet, mixing bowls, mixing spoon, measuring cups and spoons, microwave

Follow the base recipe below and choose 1 of the 2 options to complete.

Ingredients:

- 3 bananas
- 6 Popsicle sticks

Directions:

1. Line a baking sheet with wax paper or spray with non-stick spray.
2. Peel and cut bananas in half. Put popsicle sticks into each banana half on the cut end, making 6 banana popsicles. Lay popsicles on the baking sheet and place in the freezer for 15 minutes.

Option 1: Pink Party Pops



Ingredients:

- 3/4 cup strawberry yogurt
- 1 tablespoon milk (if needed)
- 1/4 cup frozen raspberries, finely chopped
- Pink or white sprinkles of choice (optional)

Directions:

3. While the bananas are in the freezer, prepare the yogurt dip and toppings.
4. Place strawberry yogurt in a bowl. If the yogurt is thick, add 1 tablespoon milk to thin (more if needed).
5. Dip the bananas in the strawberry yogurt, using a spoon to coat each banana evenly. Allow extra yogurt to drip off, then place on the baking sheet. Add sprinkles and frozen chopped raspberries.
6. Place bananas in the freezer for at least 3 hours or overnight.

Feeding Pa and Pa Eats

- 3/4 cup vanilla yogurt
- 2 tablespoons peanut butter
- 1 tablespoon milk (if needed)
- 1 tablespoon oil (canola or coconut, melted)
- 1/2 cup chocolate chips

3. While the bananas are in the freezer, prepare the yogurt dip and toppings.
4. Place vanilla yogurt in a bowl. Add peanut butter and milk. Mix until smooth.
5. In another microwave-safe bowl, add oil and chocolate chips. Microwave about 1 minute, stopping every 15 seconds to stir, until chocolate is melted.
6. Dip the bananas in the peanut butter yogurt mixture, using a spoon to coat each banana evenly. Allow extra yogurt to drip off and then place on the baking sheet. Using a spoon, drizzle bananas with melted chocolate.
7. Place bananas in the freezer for at least 3 hours or overnight.

Notes:

