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:

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

Directions:

- 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:

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

Directions:

- 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:

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

Directions:

- 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.

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PA Healthy Pantry Initiative A project of Feeding PA in partnership with the PA Department of Health

Funding is provided by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.

Option 3: Southwest



Ingredients:

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

Directions:

- 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:

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

Directions:

- 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:

- O 1 cup milk*
- O 1/2 cup yogurt
- O 1 fresh/frozen banana
- O 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:

- O 1 cup fresh or frozen strawberries
- O 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-but-ter-and-jelly-smoothie/

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Option 2: Pumpkin Pie Smoothie



Ingredients:

- O 1/4 cup canned pumpkin
- O Dash of cinnamon and nutmeg
- O 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/pump-kin-pie-smoothie/

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Option 3: Tropical Smoothie



Ingredients:

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

Directions:

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

Option 4: Green Smoothie



Notes:

Ingredients:

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

Directions:

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

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 0
- 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 0
- 2 tablespoons peanut butter (or other 0 nut butter)
- 0 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.guakeroats.com/cooking-and-recipes/pbjovernight-oats

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Option 2: Banana Berry Overnight Oats



Ingredients:

- 1 fresh or frozen banana 0
- 1 cup fresh or frozen berries 0
- Dash of cinnamon 0

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-oatmeal



Option 3: Golden Milk Oats



Ingredients:

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

Directions:

- 2. Add dates, spices, honey and nuts to jar.
- 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:

- O 2 1/2 tablespoons of maple syrup or honey
- O 1 tablespoon cocoa powder
- O 2 tablespoons peanut butter
- O 1/2 teaspoon vanilla
- O 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:

- O 1 cup fresh spinach or 1/2 cup frozen spinach
- O 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:

- O 3 bananas
- O 6 Popsicle sticks

Directions:

- 1. Line a baking sheet with wax paper or spray with nonstick 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:

- O 3/4 cup strawberry yogurt
- O 1 tablespoon milk (if needed)
- O 1/4 cup frozen raspberries, finely chopped
- O 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).
- 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.

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Option 2: Peanut Butter Pops with Chocolate Drizzle



Ingredients:

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

Directions:

- **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.
- 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.

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Notes: