

# RECIPE

NAME: Banana Oat Bars

## DIRECTIONS

**Jam:** Add 2 cups frozen fruit of choice and 2 Tbsp. maple syrup to saucepan. Heat until fruit releases liquid, stirring and breaking apart. Add 2 Tbsp. chia/flax seeds and 1 tsp. vanilla and simmer for 5 minutes. Remove from heat.

**Bars:** Preheat oven to 375 degrees and line an 8x8" baking dish with aluminum foil, sprayed with non-stick spray. Place 1 cup rolled oats into food processor and pulse until resembles flour. Transfer those oats to a blender/mixer and add 1 more cup rolled oats, 2 ripe bananas, 1 tsp. baking powder, 1/4 cup maple syrup, and 1 tsp. vanilla. Mix until dough forms. Transfer 2/3 dough to baking pan. Spoon jam over top. Spread remaining dough on top of that. Bake for 30 minutes.

## INGREDIENTS

Frozen berries or fruit of choice

Maple syrup

Chia or flax seeds

Vanilla

Rollled oats

Baking powder

Bananas



DAIRY FREE



SOY FREE



VEGETARIAN



CORN FREE



EGG FREE



NUT FREE



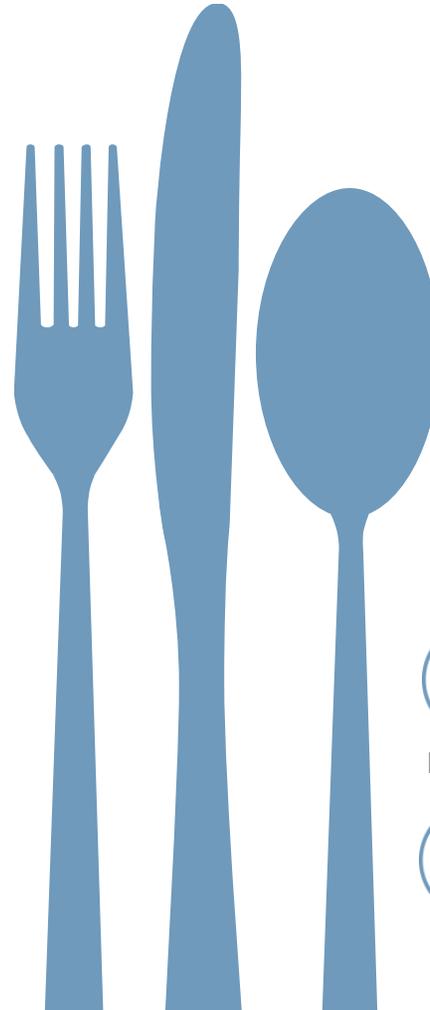
PEANUT FREE



NO TRANS FAT



CABARRUS  
HEALTH  
ALLIANCE



# RECIPE

NAME: Baked Oatmeal Casserole

## DIRECTIONS

Preheat oven to 375 degrees and coat a 9x13" pan with non-stick spray. In a large bowl, mix 2 cups rolled oats, 1/3 cup brown sugar 1 tsp. baking powder, 1 tsp. cinnamon, 1 container diced strawberries and 1 container blueberries. In a separate bowl, mix 2 cups milk, 1 large egg and 2 Tbsp. vanilla. Add oat mixture to prepared baking dish. Slice 1 banana and arrange on top. Pour the milk mixture on top. Bake for 30 minutes or until top is golden brown.

## INGREDIENTS

Oats

Brown sugar

Baking powder

Cinnamon

Blueberries

Strawberries

Banana

Milk

Egg

Vanilla



NO TRANS FAT



NUT FREE



PEANUT FREE



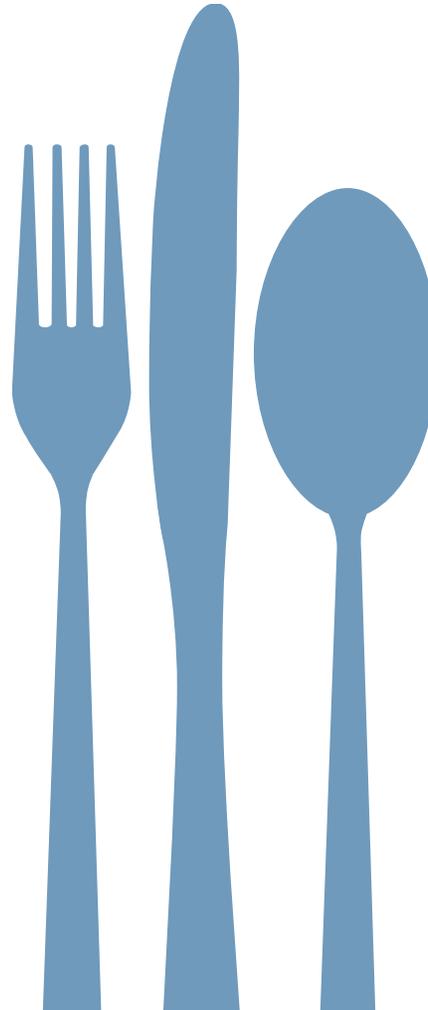
SOY FREE



CORN FREE



VEGETARIAN



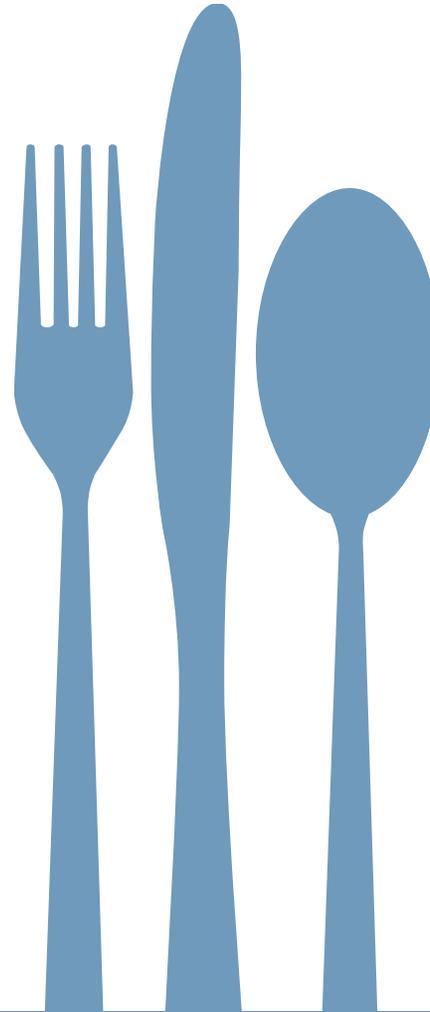
CABARRUS  
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# RECIPE

NAME: Breakfast Burrito

## DIRECTIONS

Heat a large skillet with olive oil. Add 3 cups diced vegetables of choice and sauté. In a medium bowl, whisk 6 eggs. Stir in 1/2 cup (4 ounces) protein of choice (cook ahead of time if not pre-cooked). Add to vegetables and scramble/stir until cooked. Evenly distribute egg mixture between tortillas and sprinkle mozzarella cheese on each. Roll the burrito from top to bottom, folding in edges at center. Heat oil in skillet and add burritos back, seam side down. Flip once golden brown.



## INGREDIENTS

Olive oil

Vegetable(s) of choice: mushrooms, spinach, bell pepper, broccoli, tomato, etc.

Eggs

Greek yogurt

Protein of choice:

Chicken/turkey  
sausage, turkey  
bacon or tofu

Whole-wheat tortillas

Mozzarella cheese



NO SUGAR ADDED



NO SUGAR



NO TRANS FAT



NUT FREE



PEANUT FREE



CORN FREE



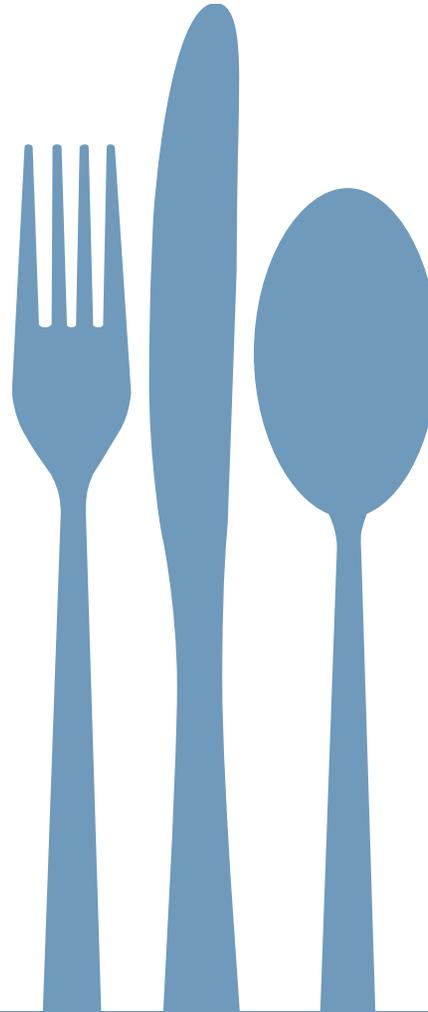
CABARRUS  
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# RECIPE

NAME: Smoothie Pancakes

## DIRECTIONS

Place 3/4 cups of blueberries, 1 large banana, 3/4 cup milk, 1 egg, 2 tsp. baking powder, and 1 3/4 cup flour into blender. Stir in another 3/4 cups blueberries. Coat skillet and pour the batter into pan by dollops. Cook on both sides until golden. Serve with 1 cup Greek yogurt and optional toppings.



## INGREDIENTS

Blueberries  
Banana  
Milk  
Egg  
Whole-wheat flour  
Baking powder  
Greek yogurt  
Optional: nuts, cinnamon, honey, etc. for serving



NO SUGAR ADDED



NO TRANS FAT



NUT FREE



PEANUT FREE



CORN FREE



VEGETARIAN



CABARRUS  
HEALTH  
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