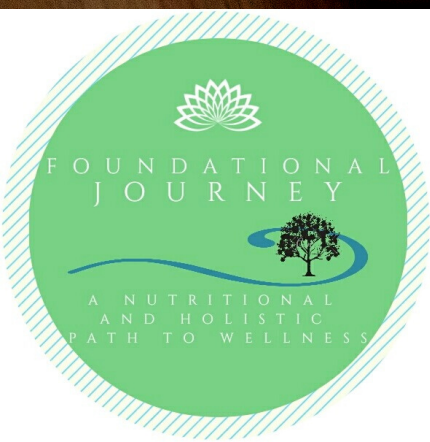


My Favorite Family- Friendly Recipes

EASY, QUICK, HEALTHY &
DELICIOUS!

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Simple Avocado Toast

Makes 1 serving

This is a great breakfast meal (or even lunch) to start your day. It provides you with protein, healthy fats, complex carbohydrates, and it is nutrient packed thanks to the added vegetables. It will also satisfy your taste buds and fill your stomach!

Ingredients

- 2 slices whole grain bread of choice (i.e. 100% whole wheat, rye, sprouted wheat bread, gluten free whole grain bread, etc.)
- 1 medium avocado (can use 1/2 if you prefer)
- 2 eggs
- Salt and pepper to taste
- 1/4-1/2 tsp garlic, based on preference (I love garlic)
- Handful of baby spinach leaves
- Tomato, sliced
- Optional topping: nutritional yeast
- Optional topping: hemp hearts



Directions

1. Toast your bread.
2. Halve, pit, peel and scoop your avocado into a small bowl. You can use a full avocado or 1/2, depending on your preference.
3. Add the salt, pepper and garlic into the bowl with the avocado. Using a fork, mash the avocado and mix with the seasonings. Adjust seasonings to taste.
4. On the stove top, cook your eggs to liking (scrambled, fried, over-easy, etc.). If you want to season your eggs you can do that as well. A little salt and pepper tastes great.
5. Once your toast is done, spread the mashed avocado onto each slice of bread. If you would like to add nutritional yeast (gives a cheesy-like flavor and is full of vitamin B12) or hemp hearts (extra protein), add them now by sprinkling evenly to cover.
6. Add spinach as the next layer, then add the tomato slices.
7. Once eggs are done cooking, split them between the two pieces of bread as the final layer. Enjoy!



5-Ingredient No Bake Peanut Butter Chocolate Granola Bars (GF, kid-approved)

Makes 18-20 servings

These homemade granola bars are delicious, involve minimal ingredients and are so easy to make! I give these as a "special treat" to my picky 2-year-old who absolutely loves them! My husband and I also love them. The best part is that you are in control of the ingredients unlike the store-bought versions!

Ingredients

- 1 cup natural, unsalted creamy peanut butter (you can choose to make some at home or use store-bought)
- 1/2 cup pure maple syrup (or honey if you prefer)
- 2 1/2 cups gluten free rolled oats (I enjoy Bob's Red Mill)
- 1/2 cup dark chocolate chips (look for minimal ingredient varieties)
- 1-2 TBSP chia seeds (or flax seeds)

Directions

1. Line an 8-inch square baking pan (I've also used a 9 x 11 pan which works) with parchment paper or wax paper. Set aside.
2. In a small-medium, microwave-safe bowl, add the peanut butter and maple syrup. Whisk together until well-mixed. Heat the mixture in the microwave in 20-second increments until warm and fragrant and bubbles start to form. Whisk the mixture in between the 20-second increments. You can also use the stove top (see below in notes).
3. In a medium-to-large bowl, combine the oats, dark chocolate chips and chia seeds and mix.
4. Add the peanut butter mixture to the oats. Using a rubber spatula, stir and fold until thoroughly combined. The warmth of the peanut butter/maple syrup mixture will melt the dark chocolate chips - yum!
5. Pour the mixture into the prepared baking pan and using the spatula, smooth into an even and tightly packed layer. If using a larger (9 x 11) pan, just smooth out the mixture until desired thickness - you do not have to go all the way to the edge of the pan, it will hold its shape well. If using a spatula is too difficult, you can also use your hands (just wash them beforehand) to press the mixture.
6. Freeze for 25-35 minutes, or until completely chilled and firm. I tend to go even longer and give it an hour. Slice into 18-20 bars (depending on how big you want the bars). Place in an airtight container and freeze overnight. Then transfer to the refrigerator (or your counter at room temperature - I prefer the refrigerator) for 1-2 weeks.

*NOTE STOVE TOP INSTRUCTIONS: in a medium saucepan over medium-low heat, add the maple syrup and peanut butter and whisk until well combined. Stir occasionally until the mixture begins to bubble, then remove from heat and pour over the oat mixture and mix.

Delicious & Nutritious Green Smoothie

Makes about 2 servings

One of my favorite go-to recipes during the winter to help boost my immune system to fight off illnesses! It's high in vitamin C, folate and increases fiber to feed the good gut bacteria!

Ingredients

2 cups spinach (I do about 2 large handfuls)

1 cup coconut water

1 banana, fresh or frozen

1 orange (or 1/2 cup orange juice) - peeled and cut into wedges, fresh or frozen

1.5 cups mixed frozen berries

1-2 TBSP chia seeds, based on preference

Directions

1. Add all ingredients to blender and blend until smooth. If you find the smoothie to be too thick, you can add a little more coconut water or regular water to achieve the consistency of your liking.

