5 Ways to Use Dates

Here are five ways to use dates as snacks or a grab-and-go breakfast.

Date and Peanut Butter Bites

Ingredients:

- Dried dates, split end to end and pitted
- Peanut butter, smooth or crunchy
- Shredded coconut

Directions:

- Fill split and pitted dates with peanut butter and top with coconut.

Cream Cheese Stuffed Dates

Ingredients:

- Dried dates, split end to end and pitted
- Cream cheese
- Walnuts, peanuts, almonds or pecans

Directions:

- Fill split and pitted dates with cream cheese and top with chopped walnuts, peanuts, almonds or pecans.

Ants on a Banana

Ingredients:

- Dried dates, pitted and chopped
- Peanut butter, smooth or crunchy
- Banana

Directions:

- Peel bananas and split in half end to end. Spread peanut butter over each banana half and top with cut up pitted dates.

Bacon Wrapped Dates

Ingredients:

- Dried dates, split end to end and pitted
- Bacon
- Fresh parsley (optional)

Directions:

- Wrap each sliced and pitted date with a half slice of bacon.
- Place on a baking sheet and bake at 425 degrees for 15 to 18 minutes until bacon is crisp and golden-brown.
- Garnish with chopped fresh parsley (optional).

Chocolate Covered Dates

Ingredients:

- Dried dates, split end to end and pitted
- Peanut butter, smooth or crunchy
- Chocolate chips

Directions:

- Fill split and pitted dates with peanut butter. In a small microwave-safe bowl, melt chocolate chips for 30 seconds.
- Stir and microwave for 30 more seconds until melted. Dip each date in chocolate to coat.
- Move to a plate and refrigerate for 5 minutes until set.

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4 Ways to Use Oatmeal

Here are four easy ways to make oatmeal fun and tasty.

Savory Oatmeal

Ingredients:

- ¼ cup old-fashioned rolled oats
- ¾ cup low-sodium vegetable or chicken broth
- Salt and pepper, to taste
- 1 egg

Directions:

- Mix the oats and broth in a small microwave-safe bowl.
- Microwave covered for 2 to 3 minutes. Season with salt and pepper to taste.
- Top with a fried or hard-boiled egg.

Make-Ahead Oatmeal Cups

Ingredients:

- 4 cups milk
- 2 cups old-fashioned rolled oats
- Fruit such as mangos, mixed berries, blueberries or strawberries

Directions:

- Bring 4 cups of milk to a simmer (bubble) in a large pot over medium heat. Stir in 2 cups of oats and cook, stirring often until it reaches the thickness wanted.
- Pour oatmeal mix into a greased 12-cup muffin tin. Top each muffin cup with frozen fruit, such as mangos, mixed berries, blueberries or strawberries.
- Freeze for 6 hours until firm. Take oat cups out of the freezer and let sit on the counter for 5 minutes. Take each oatmeal cup from the muffin tin. Move to a zipped plastic bag.
- To eat, reheat in the microwave 30 seconds at a time until warm.

Applesauce Baked Oatmeal

Ingredients:

- 2 cups milk
- 2 1/2 cups old-fashioned rolled oats
- 1 1/2 cups applesauce

Directions:

- Mix in 2 1/2 cups of oats, 2 cups of milk and 1 1/2 cups of applesauce in a greased 8x8-inch baking.
- Bake at 350 degrees until oatmeal is set, about 40 minutes.

Banana Oatmeal Mug Cake

Ingredients:

- 1/4 cup oats
- 1 small ripe banana
- 1 tablespoon chocolate chips
- Extra sliced banana for topping

Directions:

- Mash 1 small banana in a mug until smooth.
- Mix in 1/4 cup of oats, and 1 tablespoon of chocolate chips.
- Microwave for 1 to 2 minutes until set.
- Top with sliced banana.

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4 Ways to Use Walnuts

Here are four ways to use walnuts as a main ingredient.

Wet Walnuts

Ingredients:

- 1 cup roasted walnuts, or any type of nut, such as peanuts, almonds or pecans
- ½ cup syrup or honey
- Yogurt, or ice cream (for serving)

Directions:

- Mix walnuts, syrup or honey in a pan over medium-high heat. Boil for 3 to 5 minutes.
- Take off the heat and serve warm over yogurt or ice cream.

Walnut Crackle Cookies

Ingredients:

- 2/3 cup finely chopped walnuts
- 1/2 cup sugar
- 1 egg white

Directions:

- Mix 2/3 cup of finely chopped walnuts, 1/2 cup of sugar and 1 egg white until mixed.
- Spoon 1 tablespoon-sized amount onto a greased baking sheet.
- Bake at 300 degrees for 25 to 30 minutes until light golden-brown.

Honey Roasted Walnuts

Ingredients:

- 1 cup walnuts
- 3 tablespoons honey
- 1/8 teaspoon salt

Directions:

- Toss 1 cup of walnuts, 3 tablespoons of honey and 1/8 teaspoon of salt in a large bowl until mixed.
- Spread walnut mix in an even layer on a lightly greased baking sheet.
- Bake at 350 degrees for 15 to 20 minutes until lightly toasted. Allow to cool on the counter before serving.

3-Ingredient Trail Mix

Ingredients:

- Walnuts
- Raisins or dried fruit
- Chocolate chips

Directions:

- Mix the same amount of walnuts, raisins (or any dried fruit) and chocolate chips in a zipped plastic bag.
- Store in a dark, cool place until ready to serve.

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4 Ways to Use Cornflakes

Here are four ways to add the sweetness and crunch of cornflakes in easy recipes.

Cornflake Cups

Ingredients:

- 1/3 cup unsalted butter
- 1/3 cup honey or pancake syrup
- 4 cups cornflakes

Directions:

- Melt unsalted butter and honey or pancake syrup in a large pan over medium heat until mixed. Stir in cornflakes.
- Spoon the cornflake mix into a 12-cup muffin tin lined with cupcake liners. Bake at 375 degrees for 10 to 15 minutes until firm.
- Allow to cool before serving.

Fruit and Cornflake Parfait

Ingredients:

- Yogurt
- Fruit
- Cornflakes

Directions:

- Layer plain yogurt, fresh fruit, such as strawberries or blueberries and cornflakes in a jar or glass.

Peanut Butter Cornflake Bars

Ingredients:

- 3/4 cup peanut butter
- 1/2 cup syrup (maple or pancake)
- 6 cups cornflakes

Directions:

- Mix 3/4 cup creamy peanut butter and 1/2 cup syrup in a large microwave-safe bowl and microwave for 2 to 3 minutes until hot. Stir in 6 cups of cornflakes.
- Press cornflake mix into a greased 8x8-inch baking dish and refrigerate for 1 hour until firm.
- Cut into bars and serve.

Cornflake Trail Mix

Ingredients:

- Cornflakes
- Dried fruit
- Chocolate chips
- Nuts, such as almonds, walnuts or hazelnuts

Directions:

- Mix the same amount of cornflakes, dried cranberries (or any dried fruit), chocolate chips, and almonds (optional) in a zipped plastic bag.
- Store in a dark, cool place until ready to serve.

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4 Ways to Use Leftover Rice

Here are four ways to turn leftover rice into delicious dishes.

Ham and Spinach Rice Balls

Ingredients:

- 2 cups leftover cooked medium-grain or short-grain white rice, or brown rice
- ½ cup deli ham, or ham steaks, chopped
- ½ cup fresh spinach, or frozen spinach, thawed, drained and chopped

Directions:

- Mix leftover rice, ham and spinach in a large bowl.
- Using wet hands, roll rice mix into balls.

Homemade Rice Crackers

Ingredients:

- 3 cups leftover cooked medium-grain or short-grain white rice, or brown rice
- 1 tablespoon oil
- 1/4 teaspoon salt

Directions:

- Mix 3 cups leftover cooked rice, 1 tablespoon of oil and 1/4 teaspoon of salt in large bowl until mixed.
- Roll rice mix into 1 tablespoon-sized balls on a lightly greased baking sheet.
- Flatten each rice ball into 1/4-inch thick disk. Bake at 375 degrees until light golden-brown and crisp (about 15 to 20 minutes).

Creamy Vanilla Rice Pudding

Ingredients:

- 2 cups leftover cooked medium-grain or short-grain white rice, or brown rice
- 2 cups milk
- 1 teaspoon vanilla
- Honey
- Raisins

Directions:

- Mix 2 cups of leftover cooked rice, 2 cups of milk and 1 teaspoon of vanilla in a medium pan over medium-low heat.
- Cook, stirring from time to time until thickened, about 15 to 20 minutes.
- Stir in sugar or honey to taste. Add raisins.

Leftover Rice Pancakes

Ingredients:

- 1 1/2 cups leftover cooked medium-grain or short-grain white rice, or brown rice
- 1 egg, beaten
- 1 teaspoon ground cinnamon (optional)
- Butter or oil
- Pancake syrup

Directions:

- Mix 1 1/2 cups of leftover cooked rice, 1 beaten egg and 1 teaspoon of ground cinnamon (optional) in large bowl.
- Heat butter or oil in a large pan over medium heat. Pour 1/4 cup of rice mix into a pan for each pancake.
- Cook until golden-brown, about 2 to 3 minutes per side. Serve with pancake syrup.

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