# 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
  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
- 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.
- 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.
- Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.







#### 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.
- Eat right away or when they are baked and fully cooled, put in freezer bags to freeze and eat later.

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\*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
- 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.

 $Source: \ https://www.chopchopfamily.org/recipe/peanut-but-ter-and-jelly-smoothie/$ 

#### 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:

- 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/







## 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



## 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.

Source: https://www.choosemyplate.gov/recipes/supplemental-nu-trition-assistance-program-snap/simple-green-smoothie

Source: https://www.chopchopfamily.org/recipe/tropical-smoothie/

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# **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:

O 1 cup oats

O 1 cup milk or water

O 1/2 cup yogurt

#### Directions:

1. Add base ingredients to a container or jar.

## Option 1: PB&J Overnight Oats



#### Ingredients:

O 1/2 cup fresh or frozen strawberries

2 tablespoons peanut butter (or other nut butter)

O 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:

O 1 fresh or frozen banana

O 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:

- O 1/4 cup chopped dates (pitted plums, raisins or any dried fruit)
- O 1/2 teaspoon turmeric
- 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.
- 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:

- 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
- 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:

- Line a baking sheet with wax paper or spray with nonstick spray.
- 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
- Pink or white sprinkles of choice (optional)

#### Directions:

- While the bananas are in the freezer, prepare the yogurt dip and toppings.
- 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.

Feeding Pa and Pa Eats







## 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:

- While the bananas are in the freezer, prepare the yogurt dip and toppings.
- 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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