

Life is busy! And I love finding meals that can stretch farther than just one time! Below are some of my favorites that the kids and I have enjoyed making together! With kids being home now I encourage you to get them involved with baking... and making these dishes and snacks your own!

BAKED OATMEAL CUPS - (made 17 for us)

My girls loved these! Best part is you can stick them in the freezer and grab and go! You can alter the recipe to whatever fruit/mixings your family loves! Our first batch we did chopped up apples and dark chocolate chips!

Ingredients for base:

3 cups rolled oats
1 teaspoon cinnamon
1 teaspoon baking powder
Pinch of sea salt
1 ½ cups unsweetened almond milk (or milk of choice)
¼ cup maple syrup
2 eggs
1 teaspoon vanilla extract

Optional ingredients to add-in:

Peanut butter	Chopped raspberries
Fruit jam	Chopped apple
Banana slices	Unsweetened applesauce
Blueberries	Chocolate chips
Chopped strawberries	Cocoa powder
Extra cinnamon (be careful not to put too much :-)) Girls scraped off the top!	



Directions: Preheat the oven to 350 degrees. Line muffin tin with liners and spray with nonstick cooking spray. In a large bowl, combine dry ingredients and set aside. In a separate bowl, whisk together almond milk, maple syrup, eggs and vanilla extract. Pour wet ingredients into dry ingredients and slowly incorporate. Spoon equal amount of oatmeal mixture into prepared muffin tins. Add optional add-in ingredients. Bake for 25-30 minutes until set and a toothpick comes out clean. Transfer onto wire rack to cool and ENJOY!

For peanut butter banana: Add 1 teaspoon of peanut butter into muffin tin and swirl into batter. Top with a few banana slices.

For peanut butter and jelly: Add 1 teaspoon of peanut butter and 1 teaspoon of jelly into muffin tin and swirl into batter.

For mixed berry: Add blueberries, strawberries, and raspberries into muffin tin and swirl into batter.

For apple cinnamon: Add chopped apples, 1 teaspoon unsweetened applesauce and top with an extra sprinkle of cinnamon. (We didn't have apple sauce on hand and it turned out great as well!)

For double chocolate chip: Add ½ teaspoon cocoa powder, 1 teaspoon of mashed banana, and 1 teaspoon of chocolate chips to muffin tins.



CINNAMON CARROT MUFFINS - yields 12

Ingredients:

1 ¼ cup rolled oats
½ cup brown rice flour or flour of choice.
If using arrowroot or coconut flour make sure to adjust amounts needed.
2 tsp each; baking powder & cinnamon 1/2 tsp all spice
½ cup melted coconut oil/olive oil
2 eggs
2 tsp vanilla extract
½ cup maple syrup/honey
1 cup grated carrots

Directions: Preheat oven to 350. Mix together all ingredients and place batter in the fridge for about 20 min. Scoop dough into muffin tins and back for 15-20 min. ENJOY!

This has easily become a family favorite and makes a lot! You could freeze any extra or space it out for lunches and meals throughout the week!

MEXICAN SOUP

2 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
1 Sweet Onion (diced)
1 cup Frozen Corn
½ Green Bell Pepper (diced)
2 Jalapeno Pepper (de-seeded and diced) - OPTIONAL
2 TBSP Chili Powder Cumin
2 tsp Cumin
1 tsp Oregano
½ tsp Black Pepper
2 tsp Sea Salt
1 cup Brown Rice (uncooked)
4 cups Water
4 cups Kale Leaves (chopped)
1 Avocado (peeled and diced)
½ Organic Salsa
1 lbs Extra Lean Ground Turkey

DIRECTIONS:

Add all ingredients (including cooked ground turkey) except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.

About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.

After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of organic salsa and avocado. Enjoy! Add a cup of water to soup if you notice it getting too thick or to preference.

