

FEBRUARY 2020

# EGG MUFFINS

Serves 6

Time: 35 minutes

These egg muffins are meant to be personalized! Use your favorite blend of protein, vegetables, and cheese to make a breakfast that will keep you satisfied through your busy morning!

## Ingredients:

- 8 large eggs
- 2 Tbsp milk
- Salt and pepper, to taste
- 3-4 oz ham, cubed
- 6 oz mushrooms, diced and sautéed
- 1/2 cup pepper & onion blend, diced and sautéed (fresh or frozen)
- 1/2 cup broccoli, steamed and chopped
- ~1/2 cup blend of cheeses (I used 1/4 cup shredded cheddar and 2 oz crumbled goat cheese)



## Directions:

1. Preheat oven to 350° F. Lightly grease 12 muffin cups with cooking spray.
2. Scramble eggs, milk, and salt and pepper in a measuring cup or mixing bowl. Set aside.
3. Sauté mushrooms (and peppers and onions, if not using from frozen) in 1 tsp olive oil on medium heat for 5-7 minutes.
4. Assemble muffin cups with desired blend of ingredients (ham, mushrooms, peppers, onions, broccoli, and cheese) or select your own!
5. Pour egg mixture evenly into cups and stir gently.
6. Bake for 20-25 minutes or until a knife inserted near the center comes out clean.

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# BANANA BREAD OAT BARS

Serves 9

Time: 45 minutes

This breakfast bar pairs well with your favorite nut butter or yogurt. Kids and adults will look forward to having it for a weeks-worth of satisfying breakfasts or snacks.

## Ingredients:

- 2 cups old fashioned oats
- 1/2 cup whole wheat flour
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 1 tsp baking powder
- 2 bananas, mashed
- 1 cup milk or milk alternative
- 1/2 cup unsweetened apple sauce
- 1 tsp vanilla
- 1 large egg
- 2 Tbsp honey or maple syrup
- 3 Tbsp unsalted butter, melted (or swap for peanut butter)



## Directions:

1. Preheat oven to 350° F. Lightly grease a 8x8 inch square baking pan with cooking spray.
2. In a large mixing bowl, combine oats, flour, cinnamon, nutmeg, salt, and baking powder. Set aside.
3. In a measuring cup or mixing bowl, combine bananas, milk, apple sauce, vanilla, egg, and honey. Mix well. Slowly stir in butter.
4. Gently stir wet ingredients into dry ingredients until just combined.
5. Pour mixture into baking pan and bake for 30-35 minutes.
6. Allow to cool ~10 minutes before cutting into 9 squares.