

Saturdays *with the* Chef

Overnight Oatmeal

Makes 1 Serving

Ingredients

¼ cup uncooked old fashioned rolled oats
⅓ cup low-fat milk or almond milk
¼ cup low-fat or fat-free Greek yogurt
1 ½ tsp dried chia seeds or flaxseeds
¼ cup fruit of choice (berries, banana, pureed apples or apple sauce, cranberries, raisins, peaches, mango etc.)
1-2 Tbsp nut of choice (almonds, pecans, walnuts, peanut butter, almond butter etc.)
Optional: 1-2 tsp sweetener or flavor of choice (honey, maple syrup, brown sugar, cocoa powder etc.)

Instructions

1. In a half pint (1 cup) jar, add all ingredients except fruit and nuts. Put the lid on the jar and shake until well-combined.
2. Remove lid, add fruits and nuts. Stir until mixed thoroughly.
3. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled or heated for 30 seconds to 1 minute in the microwave.

Nutrition Facts: 1 jar, 290 Kcal, 8 g Fat, 73 mg Sodium, 40 g Carbohydrate, 6 g Fiber, 14 g Protein

Green Smoothie Bowl

Makes 1 Serving

Ingredients

1 cup low-fat milk or almond milk
2 cups organic spinach or kale
½ cup mango chunks, fresh or frozen
½ cup peaches, fresh or frozen
1 tablespoon almond butter
Toppings of choice: chia seeds, granola, berries, dark chocolate shavings, coconut etc.

Instructions

1. Put all ingredients into a high speed blender with the almond milk and spinach and blend well.
2. Then add in the remaining ingredients and blend well until completely blended smooth.
3. Top it off with your favorite toppings.

Nutrition Facts: 1 smoothie bowl, 248 Kcal, 1176 g Fat (0.9 g Saturated, 2.2 g Polyunsaturated, 5.2 g Monounsaturated), 198 mg Sodium, 914.7 mg Potassium, 32.9 g Carbohydrate, 6.3 g Fiber, 7.1 g Protein

Whole Grain Morning Glory Muffins

Makes 16 standard-size muffins

Ingredients

2 cups whole wheat flour
¼ cup ground flaxseed
¾ cup plus 2 tablespoons sugar
2 teaspoons baking soda
2 teaspoons ground cinnamon
¾ teaspoon table salt
½ teaspoon ground ginger
2 large carrots, peeled and grated (about 1 cup)
1 large tart apple, peeled, cored, and grated
½ cup unsweetened shredded coconut
½ cup chopped walnuts or pecans
½ cup dried cranberries
3 large eggs
2 ripe bananas, mashed
½ cup canola oil
¼ cup olive oil
2 tablespoons molasses
2 teaspoons pure vanilla extract

Instructions

1. Preheat the oven to 375°F. Lightly grease 16-standard size muffin cups or fill with liners and lightly grease.
2. In a large bowl, whisk the whole wheat flour, ground flaxseed, sugar, baking soda, cinnamon, salt, and ginger. Add the carrots, apple, coconut, pecans, and cranberries and stir until combined.
3. In a separate bowl, whisk the eggs, bananas, canola oil, olive oil, molasses, and vanilla. Add the liquid ingredients to the dry ingredients and stir until blended. Divide the batter evenly among the 16 muffin cups.
4. Bake the muffins for about 22-24 minutes, until golden brown but still just slightly undercooked in the center (they will finish cooking while cooling). Rest the muffins in the pan for 5 minutes, then remove and cool completely on a wire rack.

Nutrition Facts: 1 muffin, 261 Kcal, 14.3 g Fat, 287 mg Sodium, 31.1 g Carbohydrate, 3.6 g Fiber, 3.9 g Protein

