

Strawberry Apple Baked Oatmeal

INGREDIENTS

- 2 cups old fashioned oats
- 1 egg
- 1 tsp baking powder
- ¼ cup honey
- ½ tsp salt
- 2 cups milk
- 1 tsp cinnamon
- 2 tsp vanilla extract
- 1 large apple, diced



DIRECTIONS

1. Preheat oven to 375 degrees. Spray 8x8 pan with cooking spray, and set aside.
2. In a mixing bowl, combine oats, baking powder, cinnamon and salt. Pour half of this mixture into pan. Top with half of the strawberries and diced apples. Pour remaining dry mixture on top of the fruit, then finish layering with the remaining fruit.
3. Using the same bowl that you mixed the dry ingredients, add the egg and honey. Whisk until ingredients are well combined. Add the milk and vanilla, and whisk for 30 seconds.
4. Pour liquid mixture over top of the fruit and oats in prepared pan. Shimmy the pan to make sure the liquid is evenly distributed and all of the oats are covered.
5. Bake for 35-40 minutes, or until oatmeal is set and golden brown.

Peanut Butter and Banana Roll-Ups

INGREDIENTS

- 1 (8-inch) whole wheat tortilla
- 2 Tbsp peanut butter (or nut butter of choice)
- 1 medium banana
- ½ tsp cinnamon

DIRECTIONS

1. Lay tortilla out flat and spread peanut butter across tortilla.
2. Sprinkle cinnamon onto peanut butter.
3. Peel and place banana slightly off center.
4. Store overnight in plastic wrap or cut into 1-inch pieces and enjoy!



Berry Yogurt Parfait

INGREDIENTS

- 2 cups nonfat vanilla yogurt (Greek yogurt for added protein)
- ¼ cup sliced strawberries

Honey Granola:

- 1½ cups old fashioned oats
- ¼ cup honey
- ⅛ cup baking stevia
- 2 egg whites
- ¼ tsp salt
- ¼ tsp cinnamon



DIRECTIONS

Prepare Honey Granola:

1. Preheat oven to 350 degrees. Line baking sheet with foil or parchment paper (use spray if using foil).
2. Mix all ingredients together in medium sized bowl and stir until everything is well combined.
3. Bake for 15 minutes, then remove from oven and stir to break granola apart. Bake for another 20 minutes, or until crisp.
4. Let cool and add to your parfaits.

Assemble Yogurt Parfaits:

5. Layer ¼ cup yogurt, ¼ cup diced strawberries and ¼ cup granola into each of four glasses/jars. Repeat.
6. Top with lid or saran wrap, and store in fridge for up to 3 days.