



# COOKING WITH JAN ~ May 8, 2019

Recipes at Coborns and kokk.com

## TIME FOR KIDS IN THE KITCHEN ~ Breakfasts

### BLUEBERRY PARFAITS

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|---------------------------------------|--------------------------|
| 4 CUPS REGULAR OATMEAL                | 1/3 CUP SHREDDED COCONUT |
| 1/4 CUP SLICED ALMONDS                | 1/4 CUP HONEY            |
| 1/4 CUP DRY-ROASTED SUNFLOWER KERNELS | 3 TBLS CANOLA OIL        |
| 2 TBLS BROWN SUGAR                    | 1/2 TSP CINNAMON         |
| 1 CUP VANILLA LOW-FAT YOGURT          | 2 TBLS ORANGE JAM        |
| 1 CUP FRESH BLUEBERRIES               |                          |

PREHEAT OVEN TO 350 DEGREES. MIX OATMEAL, COCONUT, ALMONDS & SUNFLOWER KERNELS IN MEDIUM BOWL; STIR TO BLEND WELL. PUT HONEY, OIL, BROWN SUGAR & CINNAMON IN SMALL BOWL; STIR UNTIL WELL BLENDED. DRIZZLE OVER THE OATMEAL MIXTURE; STIR UNTIL WELL COATED. POUR OATMEAL MIXTURE ONTO BAKING SHEET; SPREAD INTO AN EVEN LAYER. BAKE 25 MINUTES OR UNTIL LIGHT BROWN; USING A WOODEN SPOON, STIR EVERY 10 MINUTES. LINE ANOTHER BAKING SHEET WITH PARCHMENT PAPER. REMOVE GRANOLA FROM THE OVEN; TURN OFF OVEN. SPREAD THE BAKED GRANOLA ONTO THE PREPARED BAKING SHEET; SET ASIDE UNTIL COOLED. TO MAKE PARFAITS ~ PUT YOGURT & JAM INTO A SMALL BOWL; STIR TO MIX WELL. PUT 2 TBLS OF BLUEBERRIES INTO EACH OF THE GLASSES. ADD ABOUT 2 TBLS OF THE YOGURT MIXTURE TO EACH GLASS; TOP WITH 2 TBLS OF THE GRANOLA. STIR GENTLY TO MIX; REPEAT THE LAYERS BUT DO NOT STIR AGAIN. TOP EACH WITH A FEW BLUEBERRIES & ENJOY. PURCHASED GRANOLA CAN BE USED INSTEAD OF MAKING YOUR OWN. MAKES 4 SERVINGS

### BREAKFAST SANDWICHES

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|--|---------------------------------|
| 4 OZS CHICKEN OR TURKEY SAUSAGE, SLICED    | 1 ROMA TOMATO, SEEDED & CHOPPED |
| 4 EGGS, BEATEN                             | 4 CUPS SHREDDED CHEDDAR CHEESE  |
| 4 WHEAT ENGLISH MUFFINS OR BAGELS, TOASTED |                                 |

SPRAY SKILLET WITH COOKING SPRAY; HEAT TO MEDIUM HIGH HEAT. ADD SAUSAGE TO SKILLET; COOK FOR 4-5 MINUTES OR UNTIL SAUSAGE STARTS TO BROWN. ADD TOMATOES TO SKILLET AND CONTINUE TO STIR UNTIL COOKED THROUGH. POUR EGGS INTO MEAT; COOK **WITHOUT** STIRRING UNTIL EGGS BEGIN TO SET ON THE BOTTOM & AROUND EDGES. WITH SPATULA, LIFT & FOLD THE PARTIALLY COOKED EGGS SO THAT THE UNCOOKED PORTION FLOWS UNDERNEATH. CONTINUE COOKING FOR 2-3 MINUTES OR UNTIL EGGS ARE COMPLETELY COOKED BUT STILL GLOSSY & MOIST. SPRINKLE CHEESE OVER TOP; SPOON EGGS OVER THE MUFFIN/BAGEL BOTTOMS, THEN ADD TOPS & ENJOY.

### ENERGY BARS FIT FOR A KID

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|---|-------------------------------|
| 1/2 CUP SLICED ALMONDS                            | 1 1/2 CUP REGULAR OATMEAL     |
| 1 EGG   | 1 BANANA, PEELED              |
| 1/4 CUP ALMOND OR PEANUT BUTTER                   | 1/4 CUP HONEY                 |
| 1/4 CUP WHOLE WHEAT FLOUR                         | 1/2 TSP VANILLA               |
| 1 TSP <b>EACH</b> BAKING POWDER & APPLE PIE SPICE | 1/4 TSP SALT                  |
| 1 1/2 CUPS PUFFED CEREAL                          | 1/2 CUP DRIED APPLES, CHOPPED |
| 1/4 CUP DRIED APRICOTS, CHOPPED                   |                               |

PREHEAT OVEN TO 350 DEGREES; LINE 9X9X2" BAKING PAN WITH FOIL, LETTING THE FOIL HANG OVER THE EDGES OF THE PAN, THEN SET ASIDE. PUT ALMONDS IN PLASTIC BAG; SEAL & CRUSH INTO SMALL PIECES WITH ROLLING PIN. SPREAD ALMONDS & OATMEAL ONTO A LARGER BAKING PAN. BAKE ABOUT 8-10 MINUTES OR UNTIL LIGHTLY TOASTED. REMOVE FROM OVEN; PUT ON COOLING RACK & COOL. PUT EGG INTO LARGE BOWL; LIGHTLY WHISK WITH WIRE WHISK. MASH BANANA WITH FORK; ADD BANANA, BUTTER, HONEY, FLOUR, BAKING POWDER, APPLE PIE SPICE, VANILLA & SALT TO THE EGG MIXTURE, WHISK UNTIL WELL BLENDED. STIR IN THE CEREAL, CHOPPED FRUIT & ALMONDS; STIR UNTIL COMBINED. SPOON THE MIXTURE EVENLY ONTO THE FOIL-LINED BAKING PAN. BAKE 20-22 MINUTES OR UNTIL BROWN AROUND THE EDGES. TURN OFF OVEN; REMOVE PAN & PLACE ON COOLING RACK. WHEN COMPLETELY COOLED, USE EDGES OF FOIL & REMOVE BARS; CUT INTO 16 BARS.

### BREAKFAST SMOOTHIE

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|--|-----------------------------------|
| 1 LG BANANA, PEELED & CUT IN HALF LENGTHWISE | 1/2 CUP MANGO OR PINEAPPLE YOGURT |
| 1/2 CUP UNSWEETENED PINEAPPLE JUICE          | 1 CUP ICE CUBES                   |

PUT 1 OF THE BANANA HALVES IN THE BLENDER OR FOOD PROCESSOR; ADD THE YOGURT & PINEAPPLE JUICE & ICE CUBES. COVER & BLEND UNTIL SMOOTH; POUR INTO GLASSES. CUT THE REMAINING BANANA HALF INTO SLICES; SKEWER THE SLICES ONTO A STRAW & PLACE IN GLASSES AS GARNISH. MAKES 2—1 CUP SERVINGS!