A collection of recipes from our cooking lessons:

Try some at home!

Banana Bread in a Mug

Ingredients:

1 ripe banana, mashed
1 egg
1 teaspoon butter, melted
2 Tablespoons whole wheat flour
2 Tablespoons white flour
2 Tablespoons brown sugar
¼ teaspoon baking powder
¼ teaspoon vanilla
Dash of cinnamon
Dash of salt

Step by Step:

1. Spray inside of mug with canola oil
2. Mix egg with a fork
3. Add mashed banana
4. Mix dry ingredients and wet ingredients until just combined
5. Microwave 2-4 minutes
6. Invert mug onto plate, cool before eating

Calories: 322; Calories from fat: 20; Total fat: 5g; Cholesterol: 11mg; Sodium: 34 mg; Total carbohydrate: 70g; Dietary fiber: 4 g; Sugars: 36g; Protein: 4g

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Spaghetti Squash

Spaghetti squash is termed "spaghetti" because after it is cooked, you can use a fork to scrape the squash into spaghetti like strands. Spaghetti squash is easy to make and very nutritious!

1. Rinse squash with cold water. Use vegetable brush to remove dirt. Cut the spaghetti squash in half. It may be easier to cut in half if you cut the stem end off of the squash first.
2. Scrape out the seeds with a large spoon.
3. Place the squash cut side down on a cookie sheet that has been sprayed with pan spray.
4. Bake for about 45 minutes to an hour in the oven at 350 degrees Fahrenheit until the squash is tender when poked with a fork.

*Spaghetti squash can also be cooked in a microwave oven. Cut in half and place in a microwave safe pan with ¼ cup of water. Microwave on high for 12 minutes or until squash is tender

Use in any recipe as a substitute for pasta!

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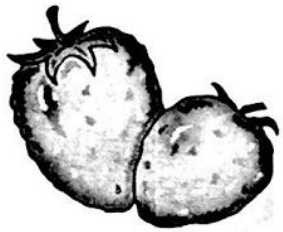
Adapted from Missouri State Extension.

Fruit Smoothie

Serves 4

Ingredients:

1 cup fruit (fresh, frozen or canned)
½ cup washed spinach or kale
1 cup vanilla or plain yogurt
1 cup lowfat milk
1 tsp. vanilla
1 (Med) banana
1 cup ice cubes (optional)



Directions:

1. In a blender or food processor, combine the fruit, yogurt, lowfat milk, vanilla, banana and ice cubes.
2. Process until smooth. Can add ice cubes for a thicker shake.
3. Other fruits that could be added are Kiwi, raspberry or peaches.

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