



The Kitchen at Second Harvest Cookbook



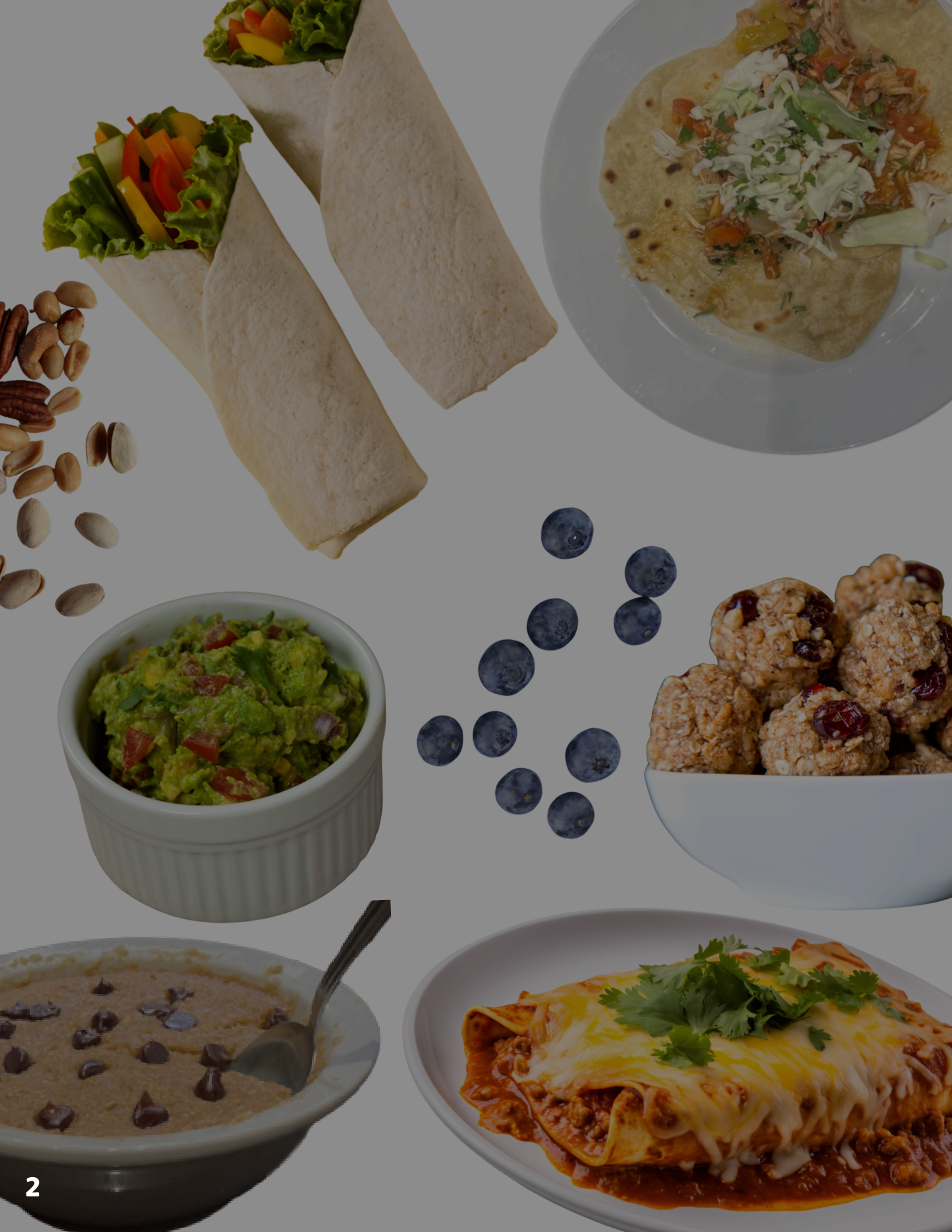




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Cooking is for everyone! This book is an assortment of easy, filling recipes designed to maximize nutrition benefits and minimize time in the kitchen and stress.

These recipes are a selection of Second Harvest Kitchen classics and other fun easy meals. For more recipe ideas, visit 2-harvest.org/recipes.

Each recipe page includes a QR code link to a video showing the meal being made. If you have a hard time understanding a step or just prefer visuals of the ingredients and steps, watch the videos!





The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start simple with **MyPlate**.

A healthy eating routine is important at every stage of life. Its positive effects add up over time. It is important to eat a variety of fruits, vegetables, grains, protein, and dairy or fortified alternatives. When deciding what to eat or drink choose options that are full of nutrients. Make every bite count!



Each recipe in this cookbook includes a **set of symbols in the outer corner** of the page **depicting the food groups** represented in the recipe as it is written. To make a complete meal, try to add the other food groups!



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.







No Cook



Many filling meals and snacks can be made with no heat at all! Simple sandwiches, salads, and snacks are all quicky and easy to make and require no cooking at all. These recipes are made with ingredients that can be used exactly the way you get them. All you need to do is chop, mix, and serve!

Canned beans are a great option to make a well-rounded no-cook meal. Just rinse the beans with water and add to your dish.

If you have leftovers from other meals, like already cooked grains or meats, you can easily repurpose them. Use cooked grains as the base for a salad or bowl. Add cooked meats to salads and sandwiches for a boost of protein. Including these ingredients will make no-cook meals much more filling and satisfying.

Salads and sandwiches are always improved by good dressings or sauces. These recipes include dressing ideas, but home cooks are encouraged to make the recipe their own! Feel free to adjust ingredients and measurements to make these dishes perfectly curated to your personal taste.





Recipes

No Bake Granola Bites

Colorful Black Bean Salad

Mediterranean Chickpea Salad

Fresh Winter Slaw

Chickpea Salad Sandwich

Anytime Trail Mix

Crunchy Rainbow Wrap

Caprese Quinoa Salad

Mango Salsa

Hummus & Veggie Pita Sandwich





No Bake Granola Bites

Yield: 16 bites
Serving Size: 1 bite



Ingredients

- 1 cup oats
- 1/2 cup peanut butter
- 1/4 cup chocolate chips
- 1/4 cup raisins
- 1 1/2 Tbsp. honey
- 1 tsp vanilla extract

Directions

1. Mix all ingredients together in a medium bowl
2. Roll into bite-sized balls
3. Chill for half hour or until ready to serve

Nutrition Facts

130	7	3	40
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
15	2	3	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Colorful Black Bean Salad

Yield: 8 cups
Serving Size: 1/2 cup

Ingredients

- 2 cups black beans, drained
- 1 cup corn
- 1 onion, diced
- 1 1/3 cup canned tomatoes
- 1 avocado, diced
- 1 bell pepper, diced
- 2 Tbsp diced jalapenos
- 2 limes, juiced
- 4 Tbsp olive oil
- 1 tsp chili powder
- Salt and pepper to taste

Directions

1. Mix black beans, corn, tomatoes, jalapenos, onion, and bell pepper in a bowl.
2. Add lime juice, oil, salt, and pepper. Toss gently to combine.
3. Add avocado just before eating.

Nutrition Facts

100	6	1	130
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
11	4	3	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Mediterranean Chickpea Salad

Yield: 6 servings
Serving Size: 1 serving



Ingredients

- 2 (15 oz) cans chickpeas
- 1 bell pepper, diced
- 1 large English cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 cup Kalamata olives (optional)
- 1/4 cup red onions, diced
- 1/4 cup fresh parsley, finely chopped
- 1/2 cup feta cheese, crumbled
- 4 cups spinach (optional)

Dressing:

- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 1/4 tsp black pepper

Directions

1. Drain and rinse chickpeas. Wash and dice bell pepper, cucumber, and red onions. Wash and halve tomatoes.
2. In a large mixing bowl, add chickpeas, bell pepper, cucumber, tomatoes, onion, parsley, and feta cheese.
3. In another bowl, whisk together olive oil, balsamic vinegar, lemon juice, Dijon mustard, salt & pepper.
4. Toss dressing into salad. Serve over spinach.

Nutrition Facts

350	16	4	800
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
12	40	11	14
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Fresh Winter Slaw

Yield: 6 servings
Serving Size: 1 cup

Ingredients

- 1 small head of cabbage
- 1 large apple
- 4 carrots
- 1/2 small red onion
- 1/2 cup dried cranberries
- 1/2 cup toasted pumpkin seeds
- 1/2 cup freshly grated parmesan
- 3 tbsp lemon juice
- 2 tsp apple cider vinegar
- 1 tbsp honey
- 2 tsp Dijon mustard
- 2 tbsp olive oil

Directions

1. In a small bowl, combine lemon juice, apple cider vinegar, honey, Dijon mustard, and olive oil.
2. Combine shredded cabbage, apples, carrots, and onions in a larger bowl.
3. Add dressing and mix well.
4. Top with cranberries, pumpkin seeds, and parmesan.
5. Serve immediately or save in refrigerator.

Nutrition Facts

260	12	3	240
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
34	6	7	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Chickpea Salad Sandwich

Yield: 2 servings
Serving Size: 1 sandwich



Ingredients

- 15 oz can of chickpeas, drained and rinsed
- 1 rib celery
- 3 green onions
- 2 Tbsp. mayonnaise
- 1 Tbsp. lemon juice
- 1 Tbsp. nutritional yeast (optional)
- 1/4 cup greens
- 4 slices whole grain bread
- Salt & pepper, to taste

Directions

1. Drain and rinse chickpeas. In a medium bowl, mash chickpeas with a fork.
2. Cut celery in half lengthwise, then thinly slice. Thinly slice green onions.
3. In the bowl of mashed chickpeas, combine celery, green onions, mayonnaise, lemon juice, and salt and pepper.
4. Assemble sandwich with chickpea salad and your greens of choice.

Nutrition Facts

570	18	3	900
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
14	82	21	23
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Anytime Trail Mix

Yield: 4 servings

Ingredients

- 1 cup Cheerios
- 1 cup Raisin Bran
- 2 cups pretzels
- 1/2 cup mini marshmallows
- 1/8 cup chocolate chips
- 1/2 cup nuts
- 1/2 cup dried fruit

Directions

1. Wash cooking surfaces, get ingredients and tools, and wash hands.
2. Choose low-sugar cereals; choose dried fruit without added sugar.
3. Measure all the ingredients and put them in a large bowl.
4. Mix all ingredients together.

***Use whatever ingredients you have! Nutrition facts are for recipe as written with nuts**

Nutrition Facts

260	11	2	250
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
37	4	6	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Crunchy Rainbow Wrap

Yield: 4 wraps
Serving Size: 1 wrap



Ingredients

- 1 small carrot, cut into strips
- 1 cucumber, cut into strips
- 2 cups spinach
- 2 tomatoes, sliced
- 2 bell peppers, cut into strips
- Optional: 1 tsp. herbs (parsley, dill, and cilantro)
- 2 ounces low-fat cheese
- 1/4 cup nonfat yogurt
- 4 whole wheat tortillas
- 1 lemon

Directions

1. Wash all vegetables, peeling any vegetables that need to be peeled.
2. Cut vegetables into strips.
3. Rinse herbs and cut or tear into small pieces.
4. Rinse lemon. Cut in half to remove seeds. Juice lemon.
5. Mix yogurt, lemon juice and herbs together.
6. Spread the yogurt mixture onto tortilla, layer with greens, vegetables, and cheese.
7. Roll tortilla and toppings into a log shape. Cut into four pinwheels.

Nutrition Facts

220	5	2	470
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
36	7	11	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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One Pot







One Pot meals make dinner preparation a breeze! Each of these recipes comes together easily, making them the perfect weeknight meal. After a long day, sometimes the last thing you want to do is spend hours cooking. All you need to do for these recipes is combine your ingredients, cook, and enjoy!

These recipes can be made on a traditional stovetop, an induction burner, or even some in a crockpot or other slow cooker. If you use a different cooking method, be sure to pay attention to the safety guidelines for your chosen method. Materials like aluminum, copper, and glass will not work on an induction cooktop. Check your pans before you start cooking.





Recipes

Tex-mex pasta skillet

Split Pea Guacamole

Lentil Energy Bites

Secret Ingredient Vegetable Chili

Lentil Coconut Curry

Pasta with Chickpeas

Cauliflower Chickpea Masala

Chicken Broccoli and Rice Casserole

Vegetable Jambalaya





Split Pea Guacamole

Yield: 4 servings
Serving Size: 3/4 cup

Ingredients

- 1 cup dry green split peas
- 1 tsp. garlic, minced
- 1/4 cup lime juice
- 1/2 tsp. cumin
- 1/2 cup chopped cilantro
- 1/8 tsp. hot sauce
- 1 medium tomato, chopped
- 1 small onion, chopped
- salt and pepper to taste

Directions

1. In a small saucepan, bring 2 cups of water and split peas to a boil. Simmer 25-30 minutes until soft. Remove from heat and strain excess water.
2. In a small bowl, mash split peas down with fork until smooth. Mix in garlic, lime juice, cumin, cilantro, and hot sauce. Then mix in chopped tomato and onion. Salt and pepper to taste.
3. Cover and refrigerate for at least 30 minutes to allow flavors to blend.

Nutrition Facts

80	0	0	10
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
15	6	5	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Lentil Energy Bites

Yield: 8 servings
Serving Size: 1 bite

Ingredients

- 1/2 cup dry oats
- 1/2 cup cooked lentils
- 2 tbsp reduced fat peanut butter
- 1 1/2 tbsp chocolate chips
- 2 tbsp honey
- 1/2 tsp vanilla
- 1/4 cup coconut flakes (optional)

Directions

1. Combine all ingredients except coconut in a mixing bowl. Mix until well blended and the mixture reaches a moldable consistency.
 2. Roll into 8 bite-sized balls. Roll in coconut if desired. Place onto a parchment lined plate. Chill in refrigerator for at least 15 minutes before serving.
- To prepare lentils: combine 1/4 cup dry lentils with 3/4 cup water. Bring to a boil, cover, reduce heat and simmer for 5-7 minutes until lentils are tender. Drain excess liquid and let cool.

Nutrition Facts

140	5	2	25
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
22	19	5	6
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Secret Ingredient Veggie Chili

Yield: 7 servings
Serving Size: 2 cups

Ingredients

- 1 tbsp veggie oil
- 1 large onion, chopped
- 1 bell pepper, chopped
- 2 cups squash or sweet potato, chopped
- 4 cloves garlic, chopped
- 2 tsp chili powder
- 2 tsp cumin
- 2 tsp unsweetened cocoa powder
- 28 oz canned tomatoes
- 60 oz canned beans
- 1 cup water
- 1/2 tsp salt
- 1/2 tsp pepper

Directions

Stovetop

1. In a large pot, heat oil and sauté onion and bell pepper until soft.
2. Add sweet potato, garlic, chili powder, and cumin, and sauté 2 more minutes.
3. Add remaining ingredients and bring to boil, then reduce heat and simmer for 30 minutes. Stir to prevent sticking.

Slow Cooker

4. Combine all ingredients except oil and cook on LOW for 7-8 hours or HIGH for 4 hours, until chili has thickened, and vegetables are cooked.

Nutrition Facts

290	4	1	367
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
50	14	15	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Tex-Mex Pasta Skillet

Yield: 6 servings
Serving Size: 1 serving



Ingredients

- 8 oz. dry pasta of choice
- 1 Tbsp olive oil
- 1 white or yellow onion, chopped
- 2 cloves garlic, minced
- 14.5 oz. canned, diced tomatoes
- 8 oz. tomato sauce
- 1 1/2 cups black beans
- 1 cup corn
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp smoked paprika
- Pinch of crushed red pepper
- 1 cup cheddar cheese shreds or generous drizzle of cashew queso (optional)

Directions

1. Bring a pot of salted water to a boil, then add the pasta and cook according to package instructions. Drain.
2. Heat oil over medium heat in a large skillet. Add onions and garlic and cook 4-5 minutes until onion is soft and clear. Add diced tomatoes and cook for another 2 minutes.
3. Add the cooked pasta, tomato sauce, black beans, corn, cumin, coriander, paprika, and red pepper flakes. Add salt and pepper if needed.
4. If using cheese, sprinkle on top of the skillet. Cover, reduce heat to low, and let simmer until cheese has melted.

Nutrition Facts

410	6	1	490
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
24	78	15	17
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Pasta with Chickpeas

Yield: 4-5 servings
Serving Size: 1 serving

Ingredients

- 4 tbsp olive oil
- 4 cloves garlic, sliced thin
- 6 tbsp tomato paste
- 1 tsp salt
- 3 cups cooked chickpeas
- 1 cup uncooked pasta (ditalini or similar small pasta)
- 4 cups boiling water
- For serving: parmesan, red pepper flakes

Directions

1. In a large, heavy bottomed pot, heat oil over medium-low heat until it shimmers. Add garlic and cook until it becomes lightly browned.
2. Stir in tomato paste and salt and fry until the color deepens slightly.
3. Add chickpeas, pasta, and water. Stir to scrape up any bits stuck to the pot. Lower the heat and simmer, stirring occasionally.
4. Simmer until pasta is cooked, about 20 minutes. Ladle into bowls and top with cheese, red pepper flakes, and a drizzle of olive oil.

Nutrition Facts

300	14	2	730
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
36	8	10	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Lentil Coconut Curry

Yield: 4-6 servings

Ingredients

- 1/2 tbsp oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tbsp curry powder
- 1 tsp cumin
- 1 cup red lentils, rinsed
- 2 cups vegetable broth
- 1 cup chickpeas
- 1/2 can diced tomatoes
- 1 cup coconut milk
- pinch of cinnamon
- 1/2 cup spinach, packed

Directions

1. Heat oil in a saute pan over medium heat. Add onion and garlic. Season with salt and pepper. Saute for 3 minutes.
2. Add the curry powder and cumin. Toast the spices for 1 minute.
3. Add broth, lentils, and diced tomatoes. Raise the heat to bring to a boil, then reduce heat and simmer for 10-15 minutes until lentils are tender.
4. Add coconut milk, chickpeas, and cinnamon. Cook uncovered for 5 minutes until heated through.
5. Stir in spinach and remove from heat.

Nutrition Facts

300	12	8	490
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
26	39	8	13
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Microwave





Sometimes, cooking with an oven or stove isn't an option. In that case, you can use a microwave to make a quick, easy, and filling meal. Microwaves cook food quickly using waves of energy. They are great for small spaces. Using a microwave to steam food helps retain more vitamins and minerals than many other cooking methods. It is important to understand microwave safety and functions before you start cooking with one.

Microwave Safety:

- Be sure to use containers that are labeled microwave safe.
- Use microwave-safe covers and vented lids. Do not put sealed containers in the microwave.
- Never put metal in the microwave, including foil.

Microwave Power Levels:

- Some recipes require a certain power setting on the microwave. Know your microwave settings to be sure you're cooking your food the right way.
- Power levels typically range from 600-1200 watts. Higher wattage microwaves cook faster and more evenly.
- High Power (1000-1200 watts): Ideal for cooking most foods quickly. Reduce cooking time by about 25% if a recipe is designed for lower wattage.
- Medium Power (800-1000 watts): Ideal for gentle cooking and reheating. Follow standard cooking times.
- Low Power (600-800 watts): Ideal for defrosting and cooking delicate foods. Increase cooking time by about 25% if a recipe is designed for higher wattage.





Recipes

Breakfast Potatoes

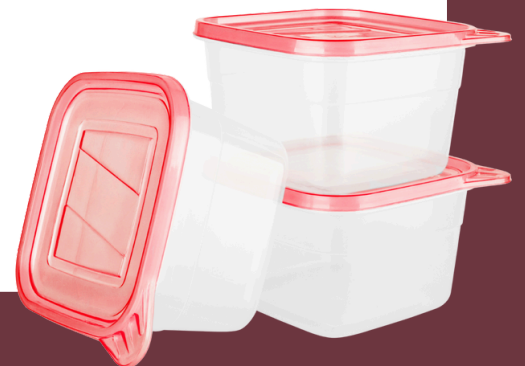
Macaroni and Cheese

Mug Chicken Pot Pie

Chocolate Peanut Butter Cookies

Chicken Enchilada

Baked Oatmeal





Microwave Breakfast Potatoes

Yield: 4 servings
Serving Size: 1/2 potato

Ingredients

- 2 medium Russet potatoes peeled and cut into 1/2-inch cubes
- 1 tbsp. olive oil or vegetable oil
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

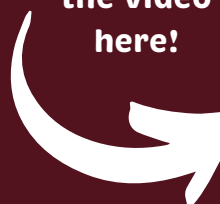
Directions

1. Rinse the potatoes under cold water. Place them in a microwave safe bowl. Cover the potatoes with cold water.
2. Microwave potatoes for 4 - 6 minutes on high power, stirring halfway through cooking time or until potatoes are easily pierced with a fork.
3. Drain potatoes and add oil, spices, and gently mix.

Nutrition Facts

120	4	1	150
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
20	2	2	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Microwave Mac and Cheese

Yield: 1 serving

Ingredients

- 1/2 cup noodles of choice
- 1 cup water
- 1/4 tsp salt
- 1/3 cup milk or non-dairy alternative
- 1/2 cup cheese of choice

Directions

1. Combine pasta, water and salt in a bowl, stir
2. Microwave on high for 2 minutes
3. Remove and stir; continuing microwaving in 1-2 minute intervals until pasta is tender
4. Stir in milk and sprinkle cheese, microwave for additional 15-20 seconds to melt cheese
5. Stir until a creamy sauce is formed.

Nutrition Facts

490	21	11	1000
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
32	52	2	24
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Microwave Mug Chicken Pot Pie

Yield: 1 serving
Serving Size: 1 mug

Ingredients

Filling

- 3 tbsp cooked chicken
- 2 tbsp frozen vegetables
- 1 ½ tsp cornstarch
- salt and pepper
- 3 tbsp chicken stock
- 1 tbsp milk

Topping

- 4 tbsp flour
- ½ tsp baking powder
- ⅛ tsp salt
- ½ tbsp butter
- 3 ½ tbsp milk
- 1 tbsp herbs

Directions

1. In a large microwavable mug, combine chicken, vegetables, cornstarch, salt, and pepper.
2. Pour in milk and stock and mix until well combined. Set aside.
3. In a separate bowl, combine flour, baking powder, and salt.
4. Using a fork, rub the butter into the dry ingredients. Mix until texture resembles fine breadcrumbs.
5. Stir in milk and herbs until batter forms.
6. Scoop on top of the chicken mixture. It may sink but will rise cooking.
7. Microwave roughly 2 minutes or until the batter is firm on top.

Nutrition Facts

280	9	5	310
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
34	2	16	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Microwave Chocolate Peanut Butter Cookies

Yield: 24 cookies
Serving Size: 1 cookie



Ingredients

- 2 cups sugar
- 3 tbsp cocoa
- 4 tbsp butter, unsalted
- 1/2 cup milk
- 1 cup peanut butter, unsalted
- 1 tsp vanilla
- 2 cups quick cooking oats

Directions

1. Pour sugar, cocoa, butter and milk in a large microwave safe bowl. Heat for 2 minutes and 45 seconds.
2. Remove and stir. Heat in microwave an additional 2 minutes and 30 seconds.
3. Add in peanut butter, vanilla, and oats. Stir until well combined.
4. Drop by spoonfuls onto wax paper. Let cool.

Nutrition Facts

175	8	2	10
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
34	24	2	4
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Microwave Chicken Enchilada

Yield: 8 enchiladas
Serving Size: 1 enchilada

Ingredients

- 1 can enchilada sauce
- 2 cups shredded chicken
- 1 ½ cups shredded cheese
- 8 tortillas

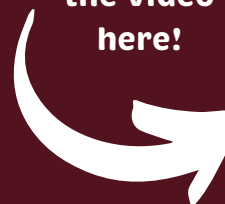
Directions

1. In a bowl, combine ½ cup enchilada sauce, chicken, and cheese.
2. Grease microwavable baking dish. Add enchilada sauce to the bottom of the dish.
3. Fill 1 tortilla at a time with heaping ¼ cup chicken mixture. Roll to seal and place seam down in the prepared dish.
4. Pour remaining sauce over top.
5. Microwave 5-10 minutes, until warmed through. Garnish with toppings of choice.

Nutrition Facts

428	20	9	930
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
28	3	35	
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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Microwave Baked Oatmeal

Yield: 1 serving



Ingredients

- $\frac{3}{4}$ cup oats
- $\frac{1}{2}$ cup milk
- $\frac{1}{8}$ cup maple syrup
- 2 tbsp peanut butter
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp vanilla extract
- Handful of chocolate chips or other topping

Directions

1. Lightly grease a microwave safe dish with oil or cooking spray. You could also line with parchment paper.
2. In the dish, combine oats, milk, maple syrup, and peanut butter.
3. Add baking soda, cinnamon, and vanilla.
4. Fold in chocolate chips or your topping of choice. Other options include fruits or nuts.
5. Cover with a paper towel and microwave on high for 3 minutes.

Nutrition Facts

540	21	3	80
Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
36	75	9	17
Carbs (g)	Dietary Fiber (g)	Protein (g)	

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