

GREAT MyPLATE RECIPES FOR ANY FOODS CLASS:

Roasted Broccoli

- 2-3 cups raw broccoli (rinsed)
- Olive oil
- Salt and pepper
- Parmesan cheese, cheddar cheese, or lemon juice

DIRECTIONS: Preheat oven to 425°

Spray a cookie sheet with non- stick spray. Lay out broccoli evenly on pan. Drizzle with olive oil. Lightly sprinkle with salt and pepper. Roast for 14-15 minutes turning in between. Pull out and sprinkle with one of the 3 toppings desired. YUM!

Flourless Pancakes

- 1 banana
- 2 eggs
- $\frac{1}{4}$ tsp. pumpkin pie spice

DIRECTIONS:

Put ingredients in a blender. Blend until smooth. Pour onto a hot griddle and turn when ready. Serve with choice of healthy toppings. **Makes 4-6 mini pancakes**

Breakfast Cookies

- 1 cup oats
- $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{2}$ cup white flour (or coconut flour)
- $\frac{1}{2}$ cup Grape nuts cereal
- $\frac{1}{2}$ cup oat bran
- 1 tsp. baking soda
- 1 cup butter($\frac{3}{4}$ cup butter, $\frac{1}{4}$ cup applesauce)
- 1 egg
- $\frac{1}{4}$ cup sugar (or substitute)
- $\frac{1}{2}$ cup brown sugar
- 1 $\frac{1}{2}$ tsp. vanilla
- $\frac{1}{2}$ cup almonds, dates, or chocolate chips

Set oven at 350°. Mix dry ingredients together in large bowl. Beat butter and applesauce. Add sugars, egg and vanilla. Mix well. Add dry ingredients and nuts or chips and mix just until blended. Bake 15 minutes. Let sit for 5-10 minutes to cool. **YIELD:** 24 small cookies or 12 large.

