

# January 2017 Cooking Class

## Apple Pie Oatmeal

*Creamy gluten free oats sweetened with dates and served over a bed of baked cinnamon apples*

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Serves: 2

### Ingredients

- 2 tart or sweet apples, peeled, cored and evenly sliced
- 1 tsp honey (optional)
- 1/4 tsp ground cinnamon
- 1 tsp lemon juice
- 1 cup old fashioned rolled oats
- 1 cup water
- 1 cup milk (I used unsweetened almond)
- pinch salt
- 4 dates, finely chopped

### Instructions

1. Heat the electric skillet to medium heat.
2. Toss the apples with lemon juice, cinnamon and honey. Sauté for 5 minutes then put the lid on the electric skill & cook for 10-15 minutes more (20 minutes total) until soft. Set aside.
3. In a small saucepan, or the electric skillet, over medium-high heat, add oats, the pinch salt, water, and almond milk and stir to combine. When it comes to a boil, reduce to low-medium heat and cook until thick and creamy. Add the chopped dates a few minutes after you reduce the heat so they can soften and sweeten the oats.
4. Once thick, remove from stove top. Add a little almond milk if it's too thick for your liking.
5. Arrange 1/3 cup baked apples in bottom of a serving bowl and top with oats. Other toppings may include nuts, nut butter, flaxseed, honey or cinnamon. I prefer mine with a few toasted pecans and flaxseed.

<http://minimalistbaker.com/date-sweetened-apple-pie-oatmeal/>

## **Breakfast Burritos**

### Ingredients:

1 cup of beans (cooked or rinsed if canned)  
Canola Oil  
1 small yellow onion, chopped  
1 green or red pepper, chopped  
2 medium potatoes, cubed  
Seasonal vegetables (squash, zucchini, corn, greens, etc.)  
6 eggs, beaten  
2 Tablespoons Olive Oil  
½ cup grated Monterey Jack or Cheddar Cheese  
4 flour tortillas, whole wheat or corn  
Salsa

### Directions:

1. In a large, nonstick skillet heat the 2 tablespoons of canola over medium heat. Add the potatoes, onion, pepper, and seasonal vegetables. After about 15 minutes, turn up heat and fry for a couple of minutes. Add the beans to the pan, stirring often, until the edges of the vegetables are turning golden. Potatoes should be pierced easily with a fork. Remove the vegetables and beans from the pan and cover with foil to keep warm.
2. In a bowl, whisk eggs with a small amount of salt and pepper.
3. Add 2 tablespoons of oil to the pan and heat over medium-low heat then add the eggs and scramble them. When they are almost done, turn off the heat and sprinkle cheese over the top. Cover pan.
4. Meanwhile, heat the tortillas in a hot skillet or over an open flame, flipping frequently until warm.
5. Divide the vegetables, beans, and scrambled eggs with cheese among the four tortillas. Tuck in the edges of the tortillas and roll them up, burrito-style. Serve immediately, with or without salsa, or wrap up for later.
6. Note: To reheat, wrap the burritos in foil and heat for 15 to 20 minutes in a 350 degree oven. Alternatively, wrap an individual burrito in a paper towel and heat it in the microwave for 30 seconds.

## **Smoothies:**

### **Green Smoothie:**

- handful of spinach
- 1/4 avocado
- 1 banana
- 1 cup unsweetened vanilla almond milk

### **Berry Beet Smoothie:**

- 1 cup frozen mixed berries
- 1 medium peeled beet
- 2 kale leaves, stems removed
- ½ cup apple juice
- ½ cup water

### **Tropical Smoothie:**

- 1 cup papaya
- 1 cup mango
- 1 cup steamed cauliflower, cooled
- ½ cup orange juice
- ½ cup water
- 1 inch fresh ginger, peeled, diced

### **Directions for all smoothies:**

1. Add all ingredients to blender
2. Blend all ingredients until smooth
3. Add more liquid if smoothie is too thick or does not blend until smooth

### **Other Smoothie Options:**

- add 1 scoop protein powder
- add 1 medjool date for sweetness
- add chia seeds, flaxseed meal or hemp seeds
- use water instead of juice for less sugar
- use frozen fruit for a frothier smoothie