

Chewy Fruit Granola Bars

(makes 10 granola bars)

Ingredients

- 1 tsp coconut oil (or butter), melted
- ½ cup unsweetened applesauce, room temperature
- 1/3 cup skim milk
- 1 tbsp honey
- 1 tsp ground cinnamon
- 2 ½ cups old-fashioned oats
- 1 cup raspberries or other fruit, diced

Instructions

1. Prepare an 8"-square baking pan and coat it with cooking spray or butter.
2. In a large mixing bowl, stir together oil and applesauce until it is smooth. Then add milk, honey, and cinnamon until the mixture is thoroughly mixed. Add the oats and stir until they are evenly coated with the applesauce mixture. Gently fold in raspberries or other fruit. Press oat mixture into prepared baking pan.
3. Preheat oven to 350°F. Bake for 16-19 minutes. Let the pan cool completely before slicing into 10 bars.
4. To store the bars, wrap each individually in plastic wrap, or separate with wax paper and stick in fridge or freezer.

* It is important that the coconut oil (or butter) is melted and the applesauce is room temperature or they will solidify and make mixing the batter difficult.



Broccoli & Rice Casserole

(makes 15-18 servings)

Ingredients

- 10 cups cooked rice
- 4 cups chopped broccoli, (frozen, fresh, steamed, etc.)
- 2 cans cream of mushroom soup
- 2 cans cream of chicken soup
- 4 cups shredded cheddar cheese, (white cheese is healthier for you)
- Salt and pepper to taste

* You can also add chicken or other vegetables. Add about 4 cups of whatever add-in you desire.

Instructions

1. Start cooking rice in a pot on the stove.

1 cup of uncooked white rice makes about 3 cups of cooked rice.

1 cup of uncooked brown rice makes about 4 cups of cooked rice.

Add twice the amount of water as cups of rice

2. Get a large mixing bowl and cutting board. Chop up vegetables and any other add-ins. Add to mixing bowl. Add rice to bowl once it is done cooking. Add soup and cheese to bowl. Stir the mixture.
3. Freeze mixture in Ziploc bags or casserole dishes.
4. To serve, thaw overnight in fridge. Put in casserole dish and bake at 350°F for 25-30mins.

Broccoli Rice Casserole

