

PLAY WITH YOUR FOOD!

RECIPES FROM JULIA ELLIOTT

CHOCOLATE SMOOTHIE

Peel and freeze a small or large banana.

- 1 small frozen banana or half of a large banana
- 1 heaping Tbsp of all-natural peanut or almond butter
- 2 tsp unsweetened cocoa powder
- 1 shake of ground cinnamon
- 1/2 tsp vanilla
- 1 1/2 cups unsweetened almond milk

Blend together until smooth.

BERRY SMOOTHIE

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1 cup Greek yogurt
- 1/2 banana
- 1 cup frozen spinach
- 1 1/2 cups almond milk

Blend together until smooth.

MAGGIE'S SALAD

(Serves one)

- 1-2 cups spinach (or another lettuce variety)
- 3 strawberries, sliced (or apples, any other fruit)
- 2 tsp shredded parmesan
- 2 tsp chopped nuts - optional (Maggie likes cashews)

Lemon olive oil dressing - whisk together:

- 1 Tbsp lemon juice
- 3 Tbsp olive oil
- 1/2 tsp Dijon mustard

BANANA BREAD

This recipe was passed down from my grandmother to my daughter.

- 3 very ripe bananas
- 1 cup sugar (or less sugar, maple syrup, honey, coconut or date sugar, apple sauce)
- 2 eggs (or 1/2 cup silken tofu, yogurt or buttermilk)
- 1/4 cup (4 Tbsp) butter (or coconut or avocado oil)
- 1 1/2 cups all-purpose flour (or whole wheat flour, oat flour, almond flour, brown rice flour)
- 1 tsp baking soda
- 1 tsp salt (or less salt)

Directions

1. Mash bananas.
2. Mix in sugar, eggs, and butter.
3. Mix flour, baking soda, and salt in a separate bowl.
4. Add flour mixture to mashed banana mixture and combine.
5. Pour into buttered loaf pan and bake for 1 hour at 325°F.