Breakfast:

1- **peanut Butter, Banana & Chia Seed Toast :**

Ingredients:

2 Slices 100% Whole Wheat Bread   
2 Tbsp. peanut butter (or any nutbutter)  
1 Medium Banana, Sliced  
1/2 Tsp. Chia Seeds

Directions:

Put peanut butter on each toast then put the banana on it the put the chia seeds on the top

### 2- Peanut Butter Banana Smoothie:

Ingredients:

3 frozen bananas  
1/4 cup peanut butter (smooth or chunky)  
1 1/2 cups milk

1/2 cup yogurt  
1 teaspoon honey  
1/4 teaspoon salt  
1 tablespoon chopped roasted peanuts

Directions:

Throw a few frozen bananas into a blender along with the peanut butter, milk, yogurt, honey, and salt. Blend until smooth. Top with a teaspoon of chopped peanuts .

# 3- Savory Oatmeal with Cheddar and Fried Egg:

Ingredients:

* 1/4 cup dry quick-cooking oats
* 3/4 cup water
* salt and pepper
* 2 tablespoons shredded white cheddar cheese (add more if you like)
* 1 tsp olive oil
* 1/4 cup diced red pepper
* 2 tablespoons chopped onions
* 1 large egg

Directions:

1. Place oats and water in a microwave-safe bowl. Microwave at a high setting (but not the highest, about 8/10 power setting) at one-minute intervals for a total of 3 minutes. If you want a softer texture, continue microwaving at 30-second intervals. Give the oats a little stir between intervals. When the oatmeal is done, stir in shredded cheese, a small pinch of salt, and pepper.
2. Heat a nonstick pan with 1/2 teaspoon of olive oil over medium-high heat. Add vegetables and cook for 2 to 3 minutes, until they soften. Spoon vegetables over cooked oats. Reduce heat to medium.
3. Add remaining 1/2 teaspoon of oil and fry the egg
4. Top with nuts, onions, and za’atar, if you like.

# 4- ZUCCHINI BREAD OATMEAL

Ingredients:

* 1/3 cup organic rolled oats
* 1 cup milk or water
* 1/2 tsp ground cinnamon
* 1/2 cup grated zucchini
* 1 tsp [vanilla extract](http://amzn.to/2q56tjE)

nuts to top

* 2 tbsp brown sugar to top
* drizzle of honey optional
* 1 banana, sliced optional

Directions:

1. In a small pot, add milk/water, cinnamon and oats. Bring to a boil and simmer over medium heat, stirring a few times ~ 3 min.
2. Add in the grated zucchini. Continue to simmer, stirring occasionally about 4 min until desired texture is reached.
3. When cooked, remove from heat and stir in vanilla and brown sugar. Top with nuts, sliced bananas and perhaps a drizzle of honey.

### 5- Peanut Butter Banana Oat Breakfast Cookies with dark Chocolate Chips:

Ingredients

* 2 ripe bananas, mashed until smooth & creamy
* 1/3 cup peanut butter ~ creamy or chunky
* 2/3 cup unsweetened apple sause
* 1 tsp vanilla extract
* 1 1/2 cups quick oatmeal
* 1/4 cup nuts
* 1/4 cup dark chocolate chips

:directions:

Preheat heat oven to 350 degrees.

In a large bowl, mix mashed banana & peanut butter until completely combined then add in the applesauce, extract ~ mix again until all are completely combined.

Add in the oatmeal & nuts to the banana mixture & combine. add the dark chocolate chips at this time if you want them mixed throughout

Let dough rest for 10 minutes.

Drop cookie dough, by spoonfuls, onto a parchment paper lined cookie sheet & flatten cookies into circles. (\*\* if you just want the dark chocolate chips on the top of the cookies, add now)

Bake cookies approx. 20-30 minutes (some like their cookies less cooked, some cooked more - try it both ways to find which works best for your tastes) or until golden brown & done.  Remove from oven & let rest on cookie sheet for 5 minutes, then move to cooling rack.

# 6- Healthy Banana Bread

Ingredients:

* ⅓ cup unsweetened applesauce
* ¼ cup honey
* 2 tablespoons light brown sugar
* 2 large eggs
* 3 large ripe bananas, mashed (about 1 1/2 cups)
* ¼ cup milk
* 1 teaspoon baking soda
* 1 teaspoon pure vanilla extract
* ½ teaspoon ground cinnamon
* 1½ cups white whole-wheat flour

Directions:

Heat oven to 350°F. Grease an 8-by-4 inch loaf pan.

In a large bowl, combine the applesauce, honey, and brown sugar. Add the eggs and beat well. Stir in the mashed bananas and milk. Add the baking soda, vanilla extract, cinnamon, and 1/2 teaspoon salt and stir.

Gradually fold the flour into the banana mixture until just combined (do not overmix).

Pour the batter into the prepared pan and bake until a toothpick inserted into the center of the loaf comes out clean, 45-50 minutes. Cool in the pan for 10 minutes.

# 7- peanut Butter, Yogurt, and Fruit Parfait:

Ingredients:

* 3/4 cup plain yogurt
* 2 tablespoons peanut butter
* 1 tablespoon honey
* 1/4 cup halved grapes
* 2peaches, quartered
* 2 tablespoons chopped roasted nuts

Direction:

Whisk together the yogurt, peanut butter, and honey in a medium bowl until smooth.

Layer with the grapes, peaches, and roasted almonds.