

# CAFFEINE COMPANIONS





# **SIMPLE OAT COOKIES**

## **INGREDIENTS**

1 cup old fashioned rolled oats

1 ripe banana

1/2 cup peanut butter

nuts to taste



## **DIRECTIONS**

- 1 In a bowl, mash the banana to a mush.
- 2 Mix in oats and add peanut butter.
- 3 Scoop up and roll into balls.
- 4 Press down on a greased cookie sheet and bake for 20min at 400 degrees.
- 5 Cool and serve.





# **TWO INGREDIENT PANCAKES**

## **INGREDIENTS**

1 medium ripe banana

1 large egg

Canola oil or nonstick spray

Butter and syrup, for serving



## **DIRECTIONS**

- 1 Heat griddle or nonstick pan over medium heat.
- 2 Mash the banana in a bowl until smooth. Mix in the egg.
- 3 Once pan is hot, lightly oil with canola oil. Once oil is hot, add no more than 3 tablespoons of batter to the griddle and cook, until golden brown, about 2 minutes per side. Carefully flip the cakes with a flat spatula as they're a bit delicate.
- 4 Serve with butter and syrup.

# BLUEBERRY MUFFINS



## INGREDIENTS

1/2 cup butter	2 cups all-purpose flour
1 cup granulated sugar	1 cup milk
2 large eggs	2 1/2 cups blueberries
1 teaspoon vanilla	1 tablespoon granulated sugar
2 teaspoons baking powder	1/4 teaspoon ground nutmeg
1/4 teaspoon salt	

## DIRECTIONS



- 1 Heat oven to 375°.
- 2 Grease 18 regular-size muffin cups.
- 3 In bowl, mix butter until creamy. Add sugar and beat until pale and fluffy.
- 4 Add eggs one at a time, beating after each.
- 5 Beat in vanilla, baking powder and salt.
- 6 With spoon, fold in half of flour then half of milk into batter
- 7 Fold in blueberries.
- 8 Spoon into muffin cups and sprinkle topping onto each muffin.
- 9 Bake 15 to 20 minutes, until golden brown.