

A close-up photograph of a red bowl filled with granola, strawberries, blueberries, and green grapes. The granola is a mix of light and dark clusters. The bowl is set against a blurred background of a wooden surface and a yellow object. On the right side of the image, there are decorative teal and green shapes, including a large teal shape with a white dotted pattern and several smaller teal shapes, some with white dotted patterns and a small red circle.

# Healthy Recipe Project

EASY, QUICK, AND DELICIOUS RECIPES FOR TEENS

BY SAMANTHA BURBIDGE

# Oat-Nana Cookies!

## INGREDIENTS:

- 2 RIPE BANANAS
- 3 CUPS OF OATS
- 1 TSP BAKING SODA
- DARK CHOCOLATE CHIPS
- ANY OTHER ADD INS! ( NUTS, RAISINS, ETC.)

- **DIRECTIONS:** IN A BOWL, MASH YOUR BANANAS. THEN ADD OATS, BAKING SODA, CHOCOLATE CHIPS, AND OTHER ADD INS. MIX WELL. USE A SPOON TO SCOOP OUT SECTIONS OF THE BATTER, AND MOLD THEM INTO BALLS. PUT THE BALLS ONTO A GREASED COOKIE SHEET AND COOK FOR AROUND 15-20 MIN AT 200 DEGREES. ENJOY YOUR TREAT!



# Sweet Potato Tortillas!

## INGREDIENTS:

- ONE SWEET POTATO( OR YAM)
- FLOUR( WHOLE OR ALMOND)
- SALT TO TASTE

NOTE!! THESE TORTILLAS ARE GREAT WITH AVOCADO, MEATS, OR EVEN AS MINI PIZZAS!

- **DIRECTIONS:** TAKE YOUR SWEET POTATO OR YAM AND POKE A FEW HOLES IN IT WITH A FORK. NOW PUT IT IN THE MICROWAVE FOR 6 MIN. TAKE THE POTATO OR YAM OUT WHEN 6 MIN IS UP, AND LET IT COOL OFF FOR A BIT. THEN, PEEL OFF THE SKIN AND MASH IT IN A BOWL. NOW ADD YOUR FLOUR AND SALT. ADD ENOUGH FLOUR THAT YOU GET A DOUGH LIKE CONSISTENCY( SOMEWHERE AROUND A HALF A CUP TO A CUP) . NOW TAKE SECTIONS OF THE DOUGH AND ROLL THEM INTO THIN CIRCLES ON A FLOURED SURFACE. PUT THE TORTILLAS ON A PAN ON MEDIUM TO HIGH HEAT. COOK FOR 3-5 MIN ON EACH SIDE OR UNTIL IT GETS BROWN SPOTS. THEN YOU'RE DONE!



# Very Berry Parfait!

## INGREDIENTS:

- ONE CARTON OF YOGURT
- GRANOLA
- STRAWBERRIES
- BLUEBERRIES
- RASPBERRIES

- **DIRECTIONS:** GRAB A SMALL CUP AND ALL YOUR INGREDIENTS. MAKE SURE TO WASH YOUR BERRIES! START WITH A SMALL LAYER OF YOGURT. YOU CAN POUR IT IN, OR USE A SPOON. NEXT, TOP THE YOGURT OFF WITH SOME GRANOLA OF CHOICE. THEN CHOOSE A FRUIT TO LAYER WITH. NOW, CONTINUE THIS PATTERN, SWITCHING OFF FRUIT, ALL THE WAY TO THE TOP OF THE CUP. THIS IS DELICIOUS FOR BREAKFAST OR JUST A SNACK!



# Simple Oatmeal!

## INGREDIENTS:

- 1/2 CUP OATS

- 2/3 CUP WATER

- TOPPINGS ( FRESH FRUIT, NUTS, CINNAMON, HONEY, ETC.)

- **DIRECTIONS:** TO START, PUT YOUR OATS IN A MICROWAVE SAFE BOWL, AND ADD YOUR WATER. PUT THE OATS IN THE MICROWAVE FOR ONE MINUTE, OR UNTIL YOU GET THE CONSISTENCY YOU WANT. NOW ADD YOUR TOPPINGS. THAT'S IT!



# Super Smoothies!

## INGREDIENTS:

- 1 CUP OF BASE( ALMOND MILK, JUICE, ETC.)
- FROZEN FRUITS
- VEGGIES( SPINACH, RICED CAULIFLOWER, ETC.)
- EXTRAS( NUT BUTTER, FLAX SEEDS, PROTEIN POWDER, ETC.)

NOTE!! FOR A FUN TWIST, ADD THICKER SMOOTHIES TO A BOWL AND TOP WITH GRANOLA AND FRUIT. INSTEAD OF DRINKING IT USE A SPOON!

P.S. TO GET A THICKER CONSISTENCY ADD RICED CAULIFLOWER!

- **DIRECTIONS:** FOR THIS RECIPE, YOU WILL NEED A BLENDER. IN YOUR BLENDER, POUR IN YOUR BASE, THEN YOUR FRUITS, AND VEGGIES. DON'T WORRY YOU CAN'T TASTE THEM! YOU CAN STOP HERE OR ADD ANY EXTRAS YOU WANT. NOW BLEND! IF YOU NEED TO, ADD MORE OF YOUR BASE IF YOUR SMOOTHIE IS TOO THICK. WHEN YOUR SMOOTHIE IS DONE, POUR INTO A GLASS AND DRINK!



# Yogurt Bark!

## INGREDIENTS:

-ONE CARTON OF YOGURT

-TOPPINGS (GRANOLA, FRUIT, HONEY, DARK CHOCOLATE, ETC.)

NOTE!! IF YOU WANT TO MAKE MORE OF THIS BARK, PUT IT IN A PAN WITH EDGES!

- **DIRECTIONS:** GRAB A PLATE WITH A DIP IN THE MIDDLE, SO THE YOGURT CAN REST AT THE BOTTOM. POUR YOUR YOGURT OF CHOICE ONTO THE PLATE. NOW, ADD ANY TOPPINGS YOU WANT. PUT THIS IN THE FREEZER FOR A FEW HOURS. WHEN IT IS READY, YOU SHOULD BE ABLE TO BREAK IT WITH YOUR HANDS, OR CUT IT INTO PIECES. ENJOY YOUR COLD TREAT!

