

Banana Muffins – Eco Friendlier!

Ingredients

Wet ingredients:

- 3 medium to large extra ripe bananas, mashed (about 1 ⅓ cup mashed banana)
- ¼ Cup local honey
- 2 tablespoons flaxseed meal
- ½ cup dairy free milk of choice
- ⅓ cup extra virgin olive oil
- ½ tablespoon vanilla extract

Dry ingredients:

- 1 cup whole wheat pastry flour
- ¾ cup rolled oats
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 1/2 tsp ground ginger

Optional add-ins:

- ½ cup chopped dried apricots (or ½ cup golden raisins)
- ½ cup chopped walnuts (or pecans)

Instructions

1. Preheat your oven to 350 degrees F. Use clean hands to generously grease the inner walls and bottoms of a standard 12 cup muffin tin with olive oil to prevent sticking.
2. In a large bowl mix together the mashed banana, honey, flaxseed meal, dairy free milk, 1/3 Cup olive oil and vanilla extract until well combined.
3. In a large bowl, whisk together the dry ingredients: flour, oats, baking powder, baking soda, ginger and salt. Add dry ingredients to wet

ingredients and mix until just combined. Do not overmix; it's totally fine if there are some lumps of banana, etc. Feel free to fold in ½ cup chopped nuts and ½ cup chopped dried fruit, if you'd like.

4. Evenly divide batter between 10 to 12 muffin cups. Sprinkle tops with a few extra oats to make them pretty. Bake for 20-30 minutes or until a tester inserted into the middle comes out clean or with just a few crumbs attached. Allow muffins to cool in the pan for 5-10 minutes, then carefully remove using a knife to loosen the edges of the muffins. Transfer to a wire rack to finish cooling. Enjoy!

Sauteed Greens

This lemony Swiss chard recipe is light, bright, and perfect for a quick side dish.

Ingredients

2 tablespoons olive oil

2 to 4 garlic cloves, thinly sliced

½ to 1 teaspoon crushed red pepper flakes

1 large bunch Swiss chard, ribs and stems removed and reserved, leaves torn into 2" pieces (about 6 cups)

Sea salt and freshly ground black pepper

1 to 2 tablespoons fresh lemon juice

Instructions

1. Heat oil in a large skillet over medium heat.
2. Cook garlic, stirring occasionally, until golden brown, about 2 minutes.
3. Add red pepper flakes and half of Swiss chard, season with salt and pepper, and cook, tossing often, until wilted, about 4 minutes.
4. Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 1 minute; season with salt and pepper.

Recipe Source: <https://www.bonappetit.com/recipe/sauteed-swiss-chard-with-garlic-and-lemon>

Spring Buddha Bowl with Quinoa & Lemony White Beans

Ingredients

QUINOA

- 1 ½ cups cooked quinoa (cook in [vegetable broth](#) for more flavor // see notes for method)

BEANS

- 1 (15-oz) can cannellini or great northern beans (drained and rinsed well)
- 1 tsp lemon zest
- 2 Tbsp lemon juice
- 2 cloves garlic, pressed or finely minced then smashed
- 1 Tbsp olive oil
- 1/4 tsp each sea salt and black pepper
- 1 Tbsp fresh chopped parsley (*optional*)

VEGETABLES

- ½ cup thinly sliced radish
- ½ cup thinly sliced red onion
- ½ cup thinly sliced carrot

GREENS

- 5 cups finely chopped kale (stalky stems removed)
- 3 Tbsp lemon juice (as recipe is written, ~1 lemon)
- 1 Tbsp honey
- 2 tsp olive oil
- 1 healthy pinch each sea salt and black pepper

FOR SERVING

- 1/2 cup Green Goddess Dressing (store bought)
- 1/2 cup Hummus (store bought)

Instructions

1. If you haven't prepared your grains yet, do so now (see instructions for quinoa in the notes). This can be done up to 24 hours in advance and stored in the refrigerator to save time.
2. Next, prepare beans (which can also be done up to 24 hours in advance and stored in the refrigerator). Add drained, rinsed white beans to a small mixing bowl along with lemon zest, lemon juice, garlic, olive oil, salt, pepper, and parsley (optional). Mix to combine and set aside uncovered at room temperature to marinate.
3. Prepare vegetables. Set aside.
4. Prepare kale. Add chopped kale to a mixing bowl along with lemon juice, honey, olive oil (omit if oil-free), and salt and pepper and massage with clean hands for 1-2 minutes to soften the kale. Set aside.
5. To serve, divide cooked grains between 4 containers or serving bowls, along with marinated white beans, massaged kale, hummus, vegetables, and dressing on the side.
6. Store leftovers covered in the refrigerator. Consume within 1-2 days.

NOTES

*To cook quinoa (with a yield of 1 ½ cups cooked), add 2/3 cup dry quinoa to a small saucepan with 1 ¼ cups water. For more flavor, you can sub up to half of the water with vegetable broth (preferred in this recipe) and/or add a pinch of salt at this time. Bring to a boil, then reduce to low and simmer **covered** for 18 minutes. Turn off heat and let rest **with the lid on for 10 minutes**. Fluff with a fork and serve. Leftovers will keep covered in the refrigerator for up to 5 days, or in the freezer for up to 1 month.