

Nursing Snacks

Muesli Cookies

Makes 16 cookies

1/2 cup natural nut or seed butter (no salt or sugar added)
1/3 cup honey
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1 teaspoon vanilla extract
1 large egg
1 3/4 cup unsweetened muesli
1/2 cup whole wheat flour
1/2 teaspoon baking powder

Preheat the oven to 350°F and line a baking sheet with parchment paper.

In a medium pot over medium heat, melt together the nut butter and honey until smooth. Remove from heat and use a wooden spoon to stir in the cinnamon, salt and vanilla. Once the mixture has cooled a little, quickly beat in the egg. Add the muesli, flour and baking powder to the pot and stir together until combined.

Take about 2 heaped tablespoons of dough, roll into a ball and flatten slightly onto the baking sheet. Repeat with the rest of the dough, spacing the flattened balls about 1 inch apart. (They barely spread when baked.)

Bake until golden brown underneath, 6 to 8 minutes. Transfer the cookies to a wire rack to cool completely, then store in an airtight container for up to 5 days.

Recipe Notes

- If you don't have any muesli on hand, replace with 1 cup of rolled oats plus 1/2 cup of dried fruit and 1/4 cup of chopped nuts and seeds.

Peanut Butter Energy Balls

*Peanut Butter Chocolate Chip Oatmeal Energy Bites Author: Melissa Griffiths Prep time: 5 mins
Total time: 5 mins Serves: Makes 20-25 balls*

- **Author:** Melissa Griffiths
- **Prep Time:** 5 mins
- **Total Time:** 5 mins
- **Yield:** 20 balls

Ingredients

- 1 cup (dry) oatmeal (I like old fashioned)
- $\frac{2}{3}$ cup toasted unsweetened coconut flakes
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup ground flaxseed
- $\frac{1}{3}$ cup honey
- $\frac{1}{2}$ cup mini chocolate chips
- 1 teaspoon vanilla extract

Instructions

1. Add everything to a medium bowl and mix to combine well. Stick the bowl in the fridge and let it chill for about half an hour. This resting time helps to ensure that the balls will stick together when rolled.
2. After the chilling time, take a tablespoon of the mixture in your hand and roll into a ball. Repeat with remaining oat mixture. If your balls aren't sticking together after the resting period, you can add a little more honey or peanut butter, stir well, and try rolling again. Sometimes it just needs a little more of the wet ingredients to hold together well. And the moisture in the peanut butter will depend on the brand/type that you use.
3. Store in an airtight container in the fridge for up to 2 weeks or in the freezer much longer.

Bran Muffins

- ☐ 1 1/2 cups wheat bran
- ☐ 1 cup buttermilk
- ☐ 1/3 cup vegetable oil
- ☐ 1 egg
- ☐ 2/3 cup brown sugar
- ☐ 1/2 teaspoon vanilla extract

- ☐ 1 cup all-purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon baking powder
- ☐ 1/2 teaspoon salt
- ☐ 1/2 cup raisins
- ☐ Add all ingredients to list

Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or line with paper muffin liners.

1. Mix together wheat bran and buttermilk; let stand for 10 minutes.
2. Beat together oil, egg, sugar and vanilla and add to buttermilk/bran mixture. Sift together flour, baking soda, baking powder and salt. Stir flour mixture into buttermilk mixture, until just blended. Fold in raisins and spoon batter into prepared muffin tins.
3. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Cool and enjoy!

Breakfast

Sausage and Cheese Quiche (use base quiche recipe and add sausage)

Mozzarella and Tomato Quiche (use base quiche recipe + add tomato/mozz)

Cowboy Quiche

INGREDIENTS

- 1 whole Unbaked Pie Crust (enough For A Deep Dish Pan)
- 2 whole Yellow Onions, Sliced
- 2 Tablespoons Butter
- 8 slices Bacon
- 8 whole Large Eggs
- 1-1/2 cup Heavy Cream Or Half-and-Half
- Salt And Pepper, to taste
- 2 cups Grated Sharp Cheddar Cheese

INSTRUCTIONS

Fry the onions in the butter in a large skillet over medium-low heat for at least 15 to 20 minutes (maybe longer), stirring occasionally, until the onions are deep golden brown. Set aside to cool.

Fry the bacon until chewy. Chop into large bite-sized pieces and set aside to cool.

Preheat the oven to 400 degrees. Roll out the pie crust and press it into a large fluted deep tart pan (or a deep dish pie pan).

Whip the eggs, cream, salt and pepper in a large bowl, then mix in the onions, bacon, and cheese. Pour the mixture into the pie crust.

Place the pan on a rimmed baking sheet, cover lightly with aluminum foil, and bake it for about 40 to 45 minutes. Remove the foil and continue baking for 10 to 15 minutes, or until the quiche is set and the crust is golden brown. (The quiche will still seem slightly loose, but will continue to set once remove from the oven.)

Remove from the oven and allow to sit for 10 to 15 minutes. If using a tart pan, remove the quiche from the pan, cut into slices with a sharp serrated knife, and serve!

Breakfast Sandwiches

Makes 6 sandwiches

Ingredients

- 6 large eggs
- kosher salt
- fresh ground pepper
- 6 english muffins, split in half
- 6 slices canadian bacon, fully cooked frozen sausage or bacon
- 6 slices cheddar cheese

Directions

- Preheat oven to 350 degrees.
- Lightly whisk eggs with a fork. Season with salt and pepper. Transfer eggs to a sheet pan lined with parchment paper and cook for 15-20 minutes until egg is firm. Let them cook, then cut into squares. Assemble the sandwich by layering the bottom half of the english muffin with a slice of canadian bacon, one egg round, a slice of cheese and top with the other half of the english muffin. Wrap tightly in plastic wrap and set aside. Repeat with the remaining muffins, bacon, egg and cheese.
- Once all the sandwiches are assembled and wrapped, place them in a zip-top freezer bag and press out all the air before sealing. Write the heating instructions on the outside of the bag. (1-2 minutes on high in the microwave.) Transfer to the freezer.
- When ready to cook, remove one sandwich from the freezer bag and open one end of the plastic wrap. (So the sandwich doesn't steam and become soggy.) Heat the sandwich in the microwave for 1-2 minutes (start with 1 minute and then heat at 30 second increments until heated through). Remove from the plastic wrap immediately and serve.

Banana Bread

Ingredients

1/2 cup butter

1 cup sugar

2 eggs, beaten

3 bananas, finely crushed

1 1/2 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon vanilla

Directions

1. Remove odd pots and pans from oven.
 2. Preheat oven to 350°.
 3. Cream together butter and sugar.
 4. Add eggs and crushed bananas.
 5. Combine well.
 6. Sift together flour, soda and salt. Add to creamed mixture. Add vanilla.
 7. Mix just until combined. Do not overmix.
 8. Pour into greased and floured loaf pan.
 9. Bake at 350 degrees for 55 minutes.
 10. Keeps well, refrigerated.
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Cranberry Walnut Bread

Makes one loaf

Ingredients

- 2 cups all-purpose flour
- 3/4 cup white sugar
- 3/4 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 cup chopped cranberries
- 1/2 cup chopped walnuts
- 1 egg
- 2 tablespoons vegetable oil
- 3/4 cup orange juice
- 1 tablespoon orange zest

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
2. Combine the flour, sugar, salt, baking powder, and baking soda. Add the cranberries and walnuts, and stir to coat with flour. Mix together the egg, oil, orange juice, and orange zest. Pour the egg mixture into the flour mixture, and stir until just blended. Spoon the batter into the prepared pan.
3. Bake for 50 minutes in the preheated oven, or until a toothpick inserted near the center comes out clean. Cool in pan for 10 minutes, then remove to a wire rack, and cool completely.

Make Ahead Green Smoothies

Here are the ingredients you need for 13 quart sized green smoothie bags (about 26 servings)

- One large 40 oz. (2 1/2 lb) package of Spinach
- 6-7 Bananas
- 4 lb. bag Frozen Pineapple chunks
- One Frozen Orange Juice Concentrate Can
- Optional: Pinch of fresh Parsley, pinch of fresh Cilantro

Grab a Huge Handful of Spinach and toss it into the bottom of a quart sized bag.

Add in 1/2 ripe banana peeled, 1 tablespoon orange juice concentrate and 1 cup frozen pineapple.

Add in your optional parsley and cilantro or any other add-ins you like. Some folks like flax or chia seeds, aloe vera or even protein powders.

Squeeze as much air as possible out of bags and seal. Label and freeze – I like to layer them on a cookie sheet so they stay flat as they freeze.

To later make your make ahead green smoothie just take out one of your pre-frozen bags. Then pour ingredients into blender – I will squeeze the bags on both sides and all the ingredients slip out nicely. Add in about 1 – 2 cups of cold water and blend away. Start with less water and get it to the consistency you like your smoothie.

If your recipe has yogurt in it there are 2 ways you can do this. First you can buy a big tub of yogurt, scoop it into ice cube trays and freeze. Then take out the cubes and add them to your make ahead smoothie bags. If you don't think your blender is strong enough to break down a big square ice cube of yogurt then you can also just drop your yogurt by the teaspoon onto a parchment or waxed paper lined cookie sheet and flash freeze. Then remove and add to your smoothie bags.

Lunch

Creamy Wild Rice Soup

Ingredients

4-6 boneless skinless chicken breasts (about 2 pounds)
1 medium onion, chopped
3 carrots, peeled and chopped
3 stalks celery, chopped
2 cloves garlic, finely chopped
1 cup uncooked wild rice, rinsed and drained
2 bay leaves
1/2 teaspoon dried thyme
Unrefined sea salt or Himalayan salt and black pepper, to taste
10 cups low-sodium chicken broth
1/4 cup chopped fresh parsley

Instructions

In a 6 quart slow cooker, combine onion, carrots, celery, garlic, wild rice, bay leaves, thyme, salt, and pepper. Top with chicken breast halves. Add the chicken broth. Place the lid on the slow cooker and cook on low heat setting for 6 to 6 1/2 hours or on high-heat setting about 3 1/2 hours. Carefully remove chicken and shred with two forks. Return to the slow cooker and stir. At this point you could add heavy cream, half-and-half or milk if you would prefer something heartier and eat dairy (add to taste starting with a cup); heat through. Remove the bay leaves. Add the parsley and season with additional salt and pepper, to taste.

Dinner

Honey Soy Pork Tenderloin

INGREDIENTS

- ½ cup Olive Oil
- ¼ cup Soy Sauce
- ½ cup Honey
- 4 TBSP Steak Seasoning
- ½ TSP Garlic Powder
- ⅛ TSP Ground Ginger
- ⅛ TSP Red Pepper Flakes
- 2-3 lb Pork Tenderloin

INSTRUCTIONS

1. Place the pork tenderloin at the bottom of the crock pot. You CAN add in some baby carrots.
2. In a small bowl combine the rest of the ingredients and mix. Then pour over the pork tenderloin.
3. Cook on low 6-8 hours.

Shredded Beef Tacos

- 2 TSP Chicken Granules
- 1.5 TBSP Chili Powder
- ½ TBSP Cumin
- ½ TSP Garlic Powder
- 1 TSP Salt
- ¼ TSP Pepper
- 2 cups Water
- 2.5 lbs Chuck Roast

Put all ingredients in your labeled freezer bag and place in the freezer.

Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8.

Shred beef and serve in tacos with guacamole, tomatoes and lettuce.

Chicken Alfredo

- 2 cans Cream of Chicken Soup
- 1 Italian Dressing Mix
- 8 oz Cream Cheese
- 2 cups Water
- 4-6 Chicken Breasts

Put all ingredients in your labeled freezer bag and place in the freezer.

Place into the crockpot (ingredients can be thawed or frozen) and cook on low for 6-8.

Shred chicken and serve over Fettuccine noodles.

Slow Cooker Chili

Ingredients

- 1 pound lean ground beef
- 1, 12oz can of good IPA beer
- 1, 15oz can of tomato sauce (about 1 and 3/4 cups)
- 2, 15oz cans of dark red kidney beans, drained and rinsed
- 3 medium-sized tomatoes, seeds removed and diced (You can sub a can of petite diced tomatoes if fresh tomatoes aren't in season.)
- 3 medium-sized spicy banana peppers, seeded and diced (Please wear gloves while handling spicy peppers!)
- 1 small jalapeño pepper, seeded and diced (Please wear gloves!)
- 1 small onion, peeled and diced (about 1/2 cup)
- 4 cloves garlic, minced
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 1/4 teaspoon crushed red pepper

Directions

1. Brown ground beef, and add to your slow cooker.
2. Add remaining ingredients to slow cooker.
3. Cover, and cook on low for 4-6 hours.

Serve with tortilla chips and freshly shredded cheddar cheese.

Beef Stew

Ingredients

- 2 pounds beef stew meat, cut into 1 inch cubes
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 onion, chopped
- 1 1/2 cups beef broth
- 3 potatoes, diced
- 4 carrots, sliced
- 1 stalk celery, chopped

Directions

1. Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
2. Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

Lasagna

Ingredients:

- 2 pounds lean ground beef
- 1 pound Italian sausage
- 2 (24 ounce) jars marinara sauce
- 1 (15 ounce) can tomato sauce
- 1 medium onion, chopped
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 15 no-boil lasagna noodles (1-2 packages should be good.)
- 2 (15 ounce) containers Ricotta
- 1 cup grated Parmesan cheese
- 1 teaspoon dried parsley flakes
- 5-6 cups mozzarella cheese, shredded

Directions:

In a large saucepan or pot, combine ground beef, sausage, onion, salt and garlic powder. Cook on medium-high heat until browned, crumbled and cooked through. Drain off any excess fat. Add marinara sauce, tomato sauce, and Italian seasoning. Stir to combine. Simmer for 15 minutes, stirring occasionally. Remove from heat and allow to cool.

Meanwhile, in a medium size bowl combine the ricotta, Parmesan cheese, and parsley. Stir to combine.

Lightly spray pans with cooking spray. For each pan of lasagna, spread a little sauce into the bottom of each pan. Top with a layer of 2 lasagna noodles. Spoon more sauce over the noodles. Top with dollops of the ricotta cheese mixture. Sprinkle with mozzarella cheese. Repeat.

Bake (thawed) lasagna, covered in foil, on 350 degrees for about 45 minutes. Remove the foil and continue baking an additional 15 minutes. Enjoy!

Cheesy Broccoli Soup

Prep Time 10 mins

Cook Time 30 mins

Total Time 40 mins

Ingredients

- 5 cups chicken broth preferably homemade
- 1 cup onion pureed or finely chopped
- 3 cups finely chopped fresh broccoli
- 1 cup chopped fresh broccoli medium sized for texture
- 1 cup grated carrots
- 3 cloves large garlic
- 1 bay leaf
- 1/4 cup butter
- 1/4 cup flour
- 1 cup half and half I used fat free
- Dash of garlic salt
- 1 cup shredded Gouda cheese I used apple smoked
- cup ½ shredded sharp cheddar cheese
- Salt and pepper to taste

Instructions

1. Add the broccoli, onion, garlic, carrots, bay leaf and chicken broth to a pot. Bring to a boil, then reduce heat simmering for 15 minutes. I have the lid half on the pot so steam can escape a little.
2. When you have about 5 minutes left of the broccoli mixture start the cream sauce.
3. In a large pot over medium heat, melt butter and add flour. Whisk together while it cooks for 3-4 minutes. When your veggies are done, slowly pour in just the liquid from the boiling vegetables. It's totally fine if a few veggies slip inside the pot. Wisk quickly as soon as the liquid hits the butter/flour mixture. After that thickens a little add in the vegetables, half n half and dash of garlic salt. Mix slowly until heated though. Remove from heat and add in shredded cheeses. Then add salt and pepper if you think it needs it.
4. **Freezing Directions:** Prepare soup as directed above and allow to cool. Divide into quart or gallon freezer bags, label, and freeze. To serve: reheat on stove top or microwave until heated through. Enjoy.

Pesto Chicken Stuffed Shells

12-16 jumbo pasta shells
water for boiling pasta
4oz cream cheese, softened
1 cup freshly grated Parmesan or Asiago cheese + 1/4 cup for topping
3 tablespoons prepared pesto (homemade or store bought)
2 cups shredded cooked chicken
2 cloves garlic, minced
salt and pepper to taste

In a large pot over high heat, boil water and prepare pasta shells as directed on package. Cook pasta shells only until al dente. The pasta will finish cooking when the dish is baked. Drain the pasta shells and set aside.

In a large bowl, combine the rest of the ingredients, except the 1/4 cup of cheese for the topping. Fill the pasta shells with the filling and place in a baking dish. Sprinkle the remaining 1/4 cup of cheese over filled shells.

Preheat oven to 350 degrees and bake shells uncovered for 30 minutes or until shells are bubbling hot and cheese melts.

*** To make ahead/freezer meals** - Prepare as directed but place filled shells in an oven- and freezer-proof baking dish. Top with remaining 1/4 cup of cheese over filled shells, cover and freeze. When ready to prepare, defrost. Preheat oven to 350 degrees and bake shells uncovered for 35-40 minutes or until shells are bubbling hot and cheese melts.

Chicken Enchiladas

Prep Time - 20 mins

Cook Time - 30 mins

Total Time - 50 mins

Ingredients

- 4 Chicken Breasts
- 1 Medium Onion diced
- 3 Cups Cheddar Cheese Shredded
- 10 Medium Flour Tortillas
- 2 Cans Red Enchilada Sauce
- Optional:
- 1 Can Black Beans
- Jalapenos
- White Rice

Instructions

1. Preheat oven to 350
2. Place 4 raw chicken breasts into a pot of water.
3. Boil on high for 20 minutes, or until chicken is shreddable.
4. Then using a cutting board, shred the chicken.
5. Mix cheese, onion, chicken and 1 can red enchilada sauce in a bowl. (Optional ingredients can be added at this point.)
6. With a large scooper, fill each tortilla with mixture. Roll it up and place it in large 9x13 baking dish with seams down. Repeat until all chicken mixture is used.
7. Pour the second can of enchilada sauce over the top.
8. Top with cheese.
9. Bake for 25 - 30 minutes, until melted and bubbly.
10. Serve with sour cream, salsa, lettuce beans or rice.

Favorite Chocolate Chip Cookie Recipe - Joy Food Sunshine

1 cup salted butter softened
1 cup granulated sugar
1 cup light brown sugar packed
2 teaspoons pure vanilla extract
2 large eggs
3 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
1 teaspoon sea salt
2 cups chocolate chips (12 oz)

Instructions

1. Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius). Line three baking sheets with parchment paper and set aside.
2. In a medium bowl mix flour, baking soda, baking powder and salt. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until light (about 1 minute).
5. Mix in the dry ingredients until combined.
6. Add chocolate chips and mix well.
7. Roll 2-3 Tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.
8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just barely starting to turn brown.
9. Let them sit on the baking pan for 5 minutes before moving to cooling rack.