

Recipes **From the Blue Zones® Kitchen**

Oatmeal Breakfast Cookies

From The Blue Zones Kitchen

- Ingredients:**
- 3 large ripe bananas
 - 1 ¾ cup quick oats
 - ¼ cup chocolate chips
 - ¼ cup applesauce
 - Honey (optional)
 - Crushed nuts (optional)

- Directions:**
- Preheat oven to 350 degrees.
 - Line a baking sheet with parchment paper or grease with cooking spray.
 - Mash bananas in a bowl; add oats and mix well to combine. Fold in chocolate chips and applesauce.
 - Use a tablespoon to measure out portions of the dough, dropping onto the baking sheet. You can shape these into balls or press and flatten each cookie with a spoon. (It will not spread out much during baking).
 - Bake for about 15 minutes or until cookies are lightly browned on top.
 - Remove and let cook on a rack.
 - Roll in honey and then crushed nuts, if using, when cool enough to handle.

Who says you can't have cookies for breakfast? These nutrient rich cookies are dietitian approved to pack a powerful punch of energy to fuel your morning (or any time of the day). Oatmeal and bananas are rich sources of carbohydrates, which is our brain and muscles' first source of fuel. After a full night's sleep, our brains need fuel from carbohydrates! Oatmeal and bananas are two ways to give our brains what they need. Oatmeal also contains a hearty dose of fiber, which is beneficial for cardiovascular and digestive health. Bananas contain potassium, which can be helpful in regulating nerve function and blood pressure. The chocolate chips add just the right amount of sweetness, and if you add nuts, you're adding plant-based protein, zinc and heart healthy fats.

Tips by by Marissa Martorana, RDN

Recipes **From the Blue Zones® Kitchen**

Longevity Smoothie Bowl

Modified from The Blue Zones Kitchen

- Ingredients:**
- 1 ½ cups of almond milk or soy milk
 - 1 large frozen banana, cut into 1" pieces
 - 1 cup blackberries or blueberries
 - ½ cup chopped kale
 - ½ cup baby spinach leaves
 - 1 tablespoon almond butter
 - 1 tablespoon flaxseeds
 - ¼ teaspoon turmeric
 - ½ cup ice
 - 1 teaspoon cinnamon, optional
 - Suggested toppings: Granola, fresh sliced fruits, sliced almonds, flax seeds, honey

- Directions:**
- Blend smoothie ingredients until smooth, adding more milk if necessary. The consistency should be a bit thicker than a drinkable smoothie, since you will eat this with a spoon.
 - Pour into a bowl and add toppings.
 - Be sure to use a large frozen banana or the texture of the smoothie bowl won't be thick enough.

Smoothie bowls are a fun and creative way to enjoy a balanced breakfast complete with carbohydrates, plant-based proteins and heart healthy fats. This smoothie bowl offers a colorful array of fruits and veggies which are rich sources of fiber, antioxidants and potassium. Fiber is important for cardiovascular and digestive health, and potassium helps to keep our nerves and blood pressure normal. Plant-based proteins in the soy milk and almond butter offer immune support, muscle repair and balanced blood sugars. The topping options are endless and can offer even more nutrition such as additional fiber, protein or heart healthy fats.

Tips by by Marissa Martorana, RDN

Recipes **From the Blue Zones® Kitchen**

Fruit Popsicle

From Beach Cities Health District's LiveWell Kids program

- Ingredients:**
- Plain Greek yogurt
 - Any variation of fruit (strawberries, blueberries, peaches, pineapple, banana, watermelon, etc.)
 - 3 oz paper cups
 - Popsicle sticks

- Directions:**
- Slice the fruit into small pieces.
 - Add small pieces of each fruit into paper cups.
 - Fill each cup with yogurt until fruit is covered.
 - Place popsicle sticks in the center of each yogurt filled cup.
 - Freeze cups for a few hours and then serve when ready.

If you struggle to find quick and creative ways to feed yourself or your child a nutritional breakfast, these fruit popsicles may be part of your solution. Greek yogurt contains protein which is important for muscle and tissue repair, as well as probiotics, which can help our gut bacteria stay balanced. Greek yogurt also provides a rich source of calcium, which is needed for strong bones and teeth. The fruit adds substantial amounts of fiber and antioxidants, which are essential for cardiovascular and immune health respectively. When these popsicles are paired with toast, oatmeal or another fiber rich whole grain, you're giving your body a fully balanced meal which will fuel your morning.

Tips by by Marissa Martorana, RDN

