



MAKE MEAL-TIME A FUN FAMILY EVENT WITH THESE SIMPLE FIVE-INGREDIENT RECIPES!

Are you short on supplies and looking for some simple recipes to satisfy your family? Is the grocery store out of ingredients you need? We've all been there in the last couple of weeks-heading into the grocery store only to discover a shortage of just about everything. Well now, here is the time to raid in the dark corners of your pantries and dig into the very bottom of your freezers to discover those "forgotten" ingredients and put them to use.



*Be sure to share these recipes with family and friends!
They are so easy to make and super delicious!*



BUILD-YOUR-OWN-SMOOTHIE BAR (Super Kid Friendly)

Lay out all your ingredient options and let your kids help you choose what ingredients they want in their smoothies. Such a fun and creative way to get kids involved while teaching them how to make healthy choices using simple ingredients.

INGREDIENTS

- 1 1/4 cup almond milk, coconut milk or whole milk (low fat, 2%, etc.)
- 1 cup frozen berries (strawberries, blueberries, mixed berries, mangos, raspberries, peaches, anything will do!)
- 1 fresh or frozen banana
- 1 1/2 tablespoon peanut butter, almond butter or cashew butter (whatever nut butter you have on hand)

DIRECTIONS

1. Choose desired ingredients and add all to a blender.
2. Blend, pour into a cup and enjoy.

More Ideas:

- For a cinnamon roll smoothie, blend together milk, frozen banana, dash of maple syrup, nut butter and cinnamon for a fun twist on a morning classic.
- For extra protein, add 1/4 cup of protein powder if you have it on hand (either vanilla or chocolate will work).



ONE-BOWL BAKED OATMEAL

This baked oatmeal recipe is loaded with wholesome ingredients-oats, maple syrup, banana and some cinnamon. So healthy, delicious and super easy to make!

INGREDIENTS

3 cups dry oats (quick or rolled)
1 3/4 cups almond milk, whole, lot fat or 2%
1/2 cup maple syrup
1 banana (mashed)
1 teaspoon cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Add all wet ingredients into a bowl, including the mashed banana.
3. Stir in dry oats and cinnamon.
4. Pour into greased 8x8 or 9x9 baking pan and bake for about 30 minutes until just about set.
5. Serve and enjoy.

More Ideas:

- Garnish with berries (fresh or frozen).
- Drizzle melted nut butter (peanut, almond or cashew) over oatmeal when done baking.
- Add protein powder into the mix before baking for an extra boost of protein.



SIMPLE SPAGHETTI

This is a very simple and delicious recipe that takes less than 30 minutes to prepare. This will quickly become a family favorite!

INGREDIENTS

1 pound fresh or frozen ground turkey or beef
1 jar (24 oz.) spaghetti or marinara sauce
1/2 teaspoon garlic powder
1 teaspoon Italian seasoning
1 box (12 oz.) spaghetti noodles of any type

DIRECTIONS

1. Thaw frozen meat if necessary.
2. Cook spaghetti noodles until they are al dente.
3. While the noodles are cooking, preheat large skillet over medium high heat.
4. Cook ground turkey or beef until thoroughly cooked (and sprinkle with salt and pepper while the meat is cooking).
5. Pour the jar of spaghetti sauce in with the cooked meat and keep over low heat until hot.
6. Add garlic powder and Italian seasoning to the meat mixture.
7. Add in the cooked noodles and stir until thoroughly mixed.
8. Serve and enjoy.



SHEET PAN CHICKEN & VEGGIES

Once you realize you can cook a recipe this tasty, fresh and healthy that happens to leave you with one pan to wash at the end of dinner, you will be making this over and over again!

INGREDIENTS

- 1 pound chicken breast or tenderloins - can be fresh or frozen
- 1 cup veggies - use anything you have available-fresh or frozen. Consider broccoli, asparagus, cauliflower, mixed vegetables, carrots, green beans, Brussel sprouts, etc.
- 2 tablespoons avocado or olive oil
- 1 1/2 teaspoons garlic powder
- 1 teaspoon salt and pepper

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Add chicken and veggies to sheet pan.
3. Drizzle oil over ingredients and add seasonings.
4. Bake for 20-25 minutes (make sure the vegetables are roasted and the chicken is cooked all the way through).
5. Serve and enjoy!



MEXICAN RICE

If you want a Mexican dinner on the table fast - this recipe is right up your alley. It is full of flavor, vegetables and as simple as it comes. This will be a go-to recipe you make over and over again.

INGREDIENTS

1 can (15 oz.) black beans drained and rinsed
1 1/2 cups corn - fresh or frozen
3 cups cooked brown rice - instant or dry (if dry, prepare according to directions on package)
1 tablespoon chili powder
1 cup salsa

DIRECTIONS

1. Preheat large skillet over medium high heat.
2. Add black beans and corn, cook until heated through.
3. Stir in chili powder and salsa.
4. Serve and enjoy!

More Ideas:

- Add in cooked chicken breast, ground turkey or beef for a boost of protein.
- Garnish with sliced avocado for some healthy fat.
- Use the rice mixture as stuffing for an easy burrito - just add the mixture to a whole wheat tortilla.

There are plenty of simple, 5-ingredient recipes that you can use to satisfy your whole family! Be sure to snap a picture of any of these recipes that you share with your family and share them with us. Bon appetit!