

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Bake a Batch, Hand them Out to The Family and Watch Them Disappear!

They Freeze Great, Too!

Banana Almond Blueberry Snack Bars

2 Cups *Toasted Oatmeal
 ½ Cup Finely Chopped *Toasted Almond
 2 Cups Non Fat Dry Skim Milk
 4 OZ Light Cream Cheese, Room Temperature
 2 Large Eggs
 4 Large Egg Whites
 2 Cups Bananas, mashed (About 3 Large Bananas)
 2 ½ Cups Blueberries
 ½ Cup Freshly Squeezed Orange Juice
 2 Tsp Vanilla
 ¼ Cup Canola or Grapeseed Oil
 Preheat the oven to 325F. Combine

the oatmeal, chopped almonds and dry milk in one bowl. In the bowl of a standing mixer, combine the cream cheese, eggs and whites, bananas, blueberries, water, and oil; beat until well blended and then fold in the dry ingredients. Pour the batter onto a sprayed and parchment paper lined half baking sheet. Bake for 30 to 35 minutes. Remove from the oven and let cool before cutting into squares.

2 Kitchen Smidgen

*Toasting Oatmeal gives it a richer more nutty flavor. To toast oatmeal, spread it out on a half sheet pan, slide it into a 350F oven and let it bake for about 15 minutes. To toast nuts, put them on a half sheet pan

and slide them into the 350F oven, and set the timer for 8 - 10 minutes. Harder nuts like almonds will take longer than soft nuts like fresh almonds or pine nuts.

3 Get Creative

This quick recipe is made to be creative - you can use any kind of berry, even strawberries, (quarter them first). Try using different kinds of nuts, too. Even an assortment of freshly toasted finely chopped nuts will taste great. In the winter, try using dried fruit like cherries, cranberries or raisins. Not matter what fruit and nuts you use in these bars - they will be packed with energy, and easy to tuck in your purse or computer bag for a healthy snack later in the day.

4 WINE of the Week

Cono Sur Chardonnay

Valle Central, Chile
 Kroger about \$11

Sustainable agriculture, integrated vineyard management and carbon footprint reduction projects have taken Cono Sur to the forefront of environmentally friendly winemaking around the world. This Chilean with its light, crisp, citrusy taste and peach and mineral aromas is the perfect pair for many simple dishes like cheese, simple veggie pasta, almonds or a not-too-sweet snack like these banana almond snack bars!