



# Overnight Oats

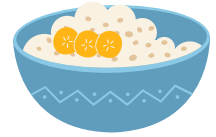


**Prep Time:** 5 minutes    **Total Time:** 8 hours, give or take

**Yield:** 1 serving    *Make breakfast the night before to make the morning go smoothly!*

## Ingredients:

- 1/2 cup old-fashioned rolled oats
- 1/2 cup dairy milk or unsweetened almond milk or your milk of choice
- Optional: 1/4 cup plain Greek yogurt (adds creaminess, calcium & protein)
- Optional: 3/4 teaspoon chia seeds (thickens and adds protein, fiber, & omega-3 fatty acids)
- 3/4 tablespoon honey or pure maple syrup
- 1/4 teaspoon pure vanilla extract
- A pinch of ground cinnamon
- A pinch of kosher salt
- Optional toppings: 1/4 cup blueberries or your favorite berry, banana, other fruit, nuts, nut butter, 1/2 teaspoon flaxseed meal, a drizzle of honey or maple syrup



## Directions:

1. In a 8-12 oz mason jar (or tupperware, or bowl with lid), combine the rolled oats, milk, optional Greek yogurt, chia seeds, honey, vanilla extract, cinnamon, and salt. Stir, cover with the lid, and place the jar in the refrigerator overnight or at least 4-5 hours.
2. In the morning, stir up the mixture, add a little more liquid if you prefer a thinner consistency, then top with fresh fruit, a drizzle of honey, your favorite nuts or seeds, flaxseed meal, and/or nut butter. It's best to add toppings right before eating so they don't get mushy.
3. Overnight oats will keep in the refrigerator for 4 to 5 days.



## Tip:

This recipe is for one serving, but you can easily make more by following the simple ratio: 1 part oats + 1 part milk + optional 1/2 part Greek yogurt + toppings. Easily scale this recipe up by combining ingredients in a large bowl to make a few breakfasts at a time!



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# Tofu Scramble

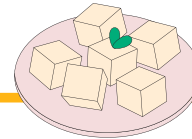


Prep Time: 10 minutes    Cook Time: 10 minutes    Serves: 4

*This recipe can really be a kitchen sink - a great way to use up vegetables you have on hand. Use the suggested veggies below, plus broccoli, potatoes, sweet potatoes...really any veggies you like!*

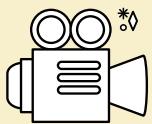
## Ingredients:

- 1 small onion, finely chopped
- 1/2 bell pepper, finely chopped
- 2 cloves garlic, minced
- 2 or 3 mushrooms, sliced
- 1 block firm or extra firm tofu, drained
- 1/4 teaspoon turmeric (for color)
- Seasonings to taste: onion and garlic powder, paprika, cumin, chili powder or cayenne for spice
- 1 tomato, chopped
- A handful of spinach, chopped
- Optional: 1/4 cup nutritional yeast for vegan cheesiness, or your own favorite cheese
- Salt and pepper
- Any other veggies you like! Artichokes, roasted red peppers...the sky's the limit!
- For serving: tastes great on avocado toast!



## Directions:

1. Heat a little water or oil in a non-stick sauce pan or coat the pan with cooking spray.
2. Saute the onion and bell pepper over medium heat until the onion is translucent (4-5 minutes) then add the mushrooms and garlic and cook another 30-60 seconds until fragrant.
3. Using your hands, crumble the drained tofu into the pan so that it resembles the texture of scrambled eggs. Stir everything together and allow the tofu to cook for a couple of minutes.
4. Add in the optional nutritional yeast or cheese, turmeric and seasonings and stir everything to combine. Then fold in the spinach (or other leafy greens) and tomato and cook for another 2 minutes.
5. Season with sea salt and pepper. Serve warm. Tastes great on top of avocado toast!
6. Tofu scramble will keep up to 5 days in the fridge. Can be reheated in the microwave (~30 seconds) or on top of the stove. It can be frozen, although this will change the texture.



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