

# Recipes

## Two-Ingredient Banana Pancakes

Serves: 2

### Ingredients

- 2 large Eggs
- 1 medium banana



Photo courtesy of <https://www.eatingwell.com/recipe/268783/two-ingredient-banana-pancakes/>

### How To Make It

1. Puree eggs and banana in a blender until smooth.
2. Lightly oil a large nonstick skillet (see Tip) and heat over medium heat. Using 2 tablespoons of batter for each pancake, drop 4 mounds of batter into the pan. Cook until bubbles appear on the surface and the edges look dry, 2 to 4 minutes. Using a thin spatula, gently flip the pancakes and cook until browned on the bottom, 1 to 2 minutes more. Transfer the pancakes to a plate. Lightly oil the pan again and repeat with the remaining batter.

**Tip:** To lightly oil a nonstick skillet, dab a piece of crumpled paper towel with oil and rub the oil over the surface of the skillet.

## Nutrition Facts

Servings Per Recipe: 2

Calories: 124

	<b>% Daily Value *</b>
<b>Total Carbohydrate</b> 14g	5%
<b>Dietary Fiber</b> 2g	5%
<b>Total Sugars</b> 7g	
<b>Protein</b> 7g	14%
<b>Total Fat</b> 5g	6%
<b>Saturated Fat</b> 2g	8%
<b>Cholesterol</b> 186mg	62%
<b>Vitamin A</b> 308IU	6%
<b>Vitamin C</b> 5mg	6%
<b>Folate</b> 35mcg	9%
<b>Sodium</b> 72mg	3%
<b>Calcium</b> 31mg	2%
<b>Iron</b> 1mg	6%
<b>Magnesium</b> 22mg	5%
<b>Potassium</b> 280mg	6%



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## Veggie Sandwich

**Serves:** 1 sandwich & clementine

### Ingredients

- 2 slices sprouted-grain or whole wheat bread, toasted if desired
- ¼ avocado, mashed
- 1 tablespoon hummus
- Pinch of salt
- 4 slices cucumber
- 2 slices tomato
- 2 tablespoons shredded carrot
- 1 clementine, peeled



Photo courtesy of <https://www.eatingwell.com/recipe/259818/veggie-sandwich/>

### How to Make It

1. Spread one slice of bread with avocado and the other with hummus. Sprinkle with salt. Fill the sandwich with cucumber, tomato and carrot. Slice in half and serve with clementine on the side.

**Tips:** To make ahead: Refrigerate sandwich for up to 4 hours.

## Nutrition Information

Servings Per Recipe: 1

Serving Size: 1 sandwich & 1 clementine

Calories: 315

	<b>% Daily Value</b>
<b>*Total Carbohydrate</b> 49g	18%
<b>Dietary Fiber</b> 13g	45%
<b>Total Sugars</b> 9g	
<b>Protein</b> 11g	23%
<b>Total Fat</b> 10g	13%
<b>Saturated Fat</b> 1g	7%
<b>Vitamin A</b> 2718IU	54%
<b>Vitamin C</b> 48mg	53%
<b>Folate</b> 81mcg	20%
<b>Sodium</b> 371mg	16%
<b>Calcium</b> 44mg	3%
<b>Iron</b> 2mg	13%
<b>Magnesium</b> 40mg	10%
<b>Potassium</b> 723mg	15%