



Cooking Demonstrations

Fruit Chia Seed Jam

Ingredients:

- 2 cups pitted fresh or frozen sweet cherries (may use other fruit)
- 1 cup
- ripe pineapple cubes
- 2 tablespoons chia seeds

Directions:

Add the fruit into a small saucepan. (If you're using frozen fruit, slightly thaw them first.) Cook the fruit over medium heat for about 7 minutes, continuously stirring, chopping, and mashing it with the back of a spoon to break up its skin and release the natural juices.

Remove the fruit from the heat and pick out any remaining large chunks. *(Don't discard them—they're delicious mixed into oatmeal, yogurt, or cottage cheese.)*

Add chia seeds to the fruit and mix well. Transfer the mixture to a mason jar with a lid and refrigerate overnight. The chia seeds will immediately start to form a gel, hence the jelly-like consistency.

Tips: You can store this jam in the fridge for up to 10 days.

Nutrition Info: Makes about 1¾ cups; 1 tablespoon per serving. 1 TBS= 15 calories

(Recipe adapted from Joy Bauer, RD)



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Chia Seed Pudding

Ingredients:

Base Chia Pudding Recipe (makes 4):

- 1 + 3/4 cup unsweetened vanilla almond milk
- 1/2 cup chia seeds
- 2–3 tablespoons maple syrup (to taste)
- 1/2 teaspoon ground cinnamon

Fruit Layer Options (makes 4 each):

- **Mango:** 2 cups frozen mango chunks, slightly thawed
- **Strawberry Banana:** 2 cups frozen strawberries, slightly thawed; 1 small banana, peeled and sliced
- **Peach:** 2 cups frozen peaches, slightly thawed
- **Blue Raspberry:** 1 cup fresh raspberries, packed and then mashed to make a 'jam'; 1/4 cup fresh blueberries

Directions:

1. **Make the base chia pudding:** Combine almond milk, chia seeds, maple syrup, and cinnamon in a medium bowl. Whisk vigorously until the mixture is well combined. Store the chia pudding mixture in an airtight container for at least 4 hours to overnight before assembling the chia pudding breakfast parfaits. *Note: If you are not interested in making parfaits, feel free to eat the pudding any time after it has thickened!*
2. **Make the fruit layer:** Blend your selected fruit until smooth (or mash up fresh berries to make a 'jam') to create your fruit purée. If you let the frozen fruit thaw on the counter for a few minutes or in the fridge overnight, the moisture from the fruit will help it blend. Use about 1/4 fruit purée for each parfait.
3. **Assemble the parfaits:** Stir the chia pudding mixture, then add 2 large spoonful's of the pudding to each parfait container. Next, spoon your blended or mashed fruit into each container to make a fruit layer. Finally, spoon the rest of the chia pudding mixture to make the final layer of parfait.



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Tips: Store in airtight sealed containers in the fridge and enjoy with 5 days!

Nutrition Info: serving size: chia pudding parfait; Calories 245; Fiber 10 g, Protein 10 g

(Recipe adapted from [Rachael's Good Eats.](#))



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Fruit Smoothie Basics

Ingredients:

- 1 ripe banana (prefer frozen!)
- 1 TBS nut butter (peanut or almond or other)
- ½ cup milk (any)
- may add any other fruit
- *optional*- 1 cup spinach
- *optional*- add 1-2 scoops protein powder

Directions:

Combine all ingredients in blender and blend until smooth. *May add ice if fruit not frozen.*

Tips: Prepare individual smoothies in freezer (see below) so have a healthy blend-and-go breakfast at all times. **Fill all but milk** for an individual portion to keep in the freezer. In the morning, just add milk and blend. The smoothies come out like a milkshake!





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Vegan Blueberry Muffins

Ingredients:

- 2 cup whole wheat flour (can use oat or almond)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 cup maple syrup
- 2 teaspoons vanilla extract
- 1/4 cup applesauce
- 1 cup blueberries
- 1 ripe banana mashed
- 1 cup soy milk (or other non-dairy milk)



Directions:

1. Preheat oven to 400 degrees.
2. Mix dry ingredients in a bowl large enough to hold all the ingredients.
3. Mix in the remaining ingredients taking care not to crush the blueberries.
4. Bake in a greased (or use paper liners) muffin pan for 25 minutes or until brown.

Tips: Cool and freeze and reheat for quick breakfast or snack

Allow the muffins cool for 5-10 minutes before removing them from the pan. Run a knife around the outside of the cup if you're having trouble getting them out.

Nutrition Info (per muffin): calories 115; total fat 1g; no cholesterol; Fiber 3 g; Protein 4 g

(Source: [Vegan Blueberry Banana Muffins | Kaiser Permanente](#))



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Healthy Egg Muffin Cups

Ingredients:

- 1 tablespoon olive oil
- Mixture of vegetables. *May include any of the following or your own!*
- 1 cup diced pepper (green, yellow, orange or red)
- 1 cup diced yellow onion
- 2 cups baby spinach—roughly chopped
- 1 cup mushrooms
- 2 cloves garlic, minced
- Seasoning to taste
- 6 large eggs **or** 4 large eggs and 4 egg whites
- Optional: hot sauce or salsa for on top!

Directions:

Once the vegetables are chopped, this healthy breakfast comes together very quickly!

1. Preheat oven to 350 degrees F and generously grease a standard non stick [12-slot muffin tin](#) with cooking spray. Set aside.
2. In a large [non-stick cooking pan](#), cook peppers and onion in oil until softened, then add in spinach, mushrooms, and garlic and continue cooking for 2 minutes. Season then set aside.
3. Whisk together eggs until smooth, then stir in the cooked vegetables.
4. Pour the egg/veggie mixture evenly into the prepared muffin pan, then bake until the eggs have cooked through (about 10-12 min, test with a toothpick that should come out clean)

Tips: *Prep the veggies in advance to save on prep time! Store washed, dried and chopped vegetables in an airtight container in the fridge until ready to use.*

Let the muffins cool for 5-10 minutes before removing them from the pan. Run a knife around the outside of the cup if you're having trouble getting them out. Will keep in the fridge for 4-5 days or in the freezer for 3-4 months. You may see extra liquid in the bottom of your storage container, this is



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from the vegetables. Don't worry, it's totally normal. If the excess liquid bothers you, blot the muffin before you warm them up

To reheat, wrap egg muffins in a paper towel and microwave for 30-60 seconds until warm. You can also reheat these in the oven or air fryer at 350 degrees.

Variations

- **Add protein.** Stir in your favorite cooked protein to the vegetable mixture.
- **Make them cheesy.** Shredded pepper-jack, cheddar, or even crumbled feta or goat cheese would provide additional flavor and creaminess.
- **Add seasonings.** Mix it up with fresh herbs like basil or dried spices like red pepper flakes.
- **Use different vegetables.** Not a fan of peppers? Replace with equal parts diced broccoli. Hate mushrooms? Try chopped zucchini instead!
- **Add toppings.** Serve warm egg muffins with hot sauce, greek yogurt, diced tomato, avocado, chives, salsa, etc.

Nutrition Info: serving size: Per egg bite; Calories 50

(Recipe adapted from "Show Me the Yummy!")