

BRONANA BREAD

INGREDIENTS

- 2 c flour
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- ½ c brown sugar
- ¼ c sugar
- ½ c vegetable oil
- 2 eggs
- 1 tsp vanilla
- 1 ½ c mashed bananas
- Optional toppings:
walnuts, dried cherries, oats



INSTRUCTIONS

- Combine all dry ingredients together.
- Separately combine all wet ingredients together, mixing in the bananas last.
- Combine dry and wet ingredients together and mix thoroughly.
- Prep your pan with non-stick grease and lightly flour the inside.
- Transfer your mixture to the pan.
- Optional: add toppings.
- Bake in the oven for 50 mins at 350°.
- Let cool for 20 mins.
- Slice and add butter, hazelnut spread, or jam and enjoy.

*Adult Supervision Required.



SHARK MILK

INGREDIENTS

- 1 c almond milk
- ½ c coconut milk
- 1 c blueberries
- 2 frozen bananas
- 1 c spinach
- 2 c ice
- Garnish with shark-fin
pineapple slices

INSTRUCTIONS

- Clean and measure all your ingredients.
- Chop bananas into small cubes.
- Blend all ingredients together until smooth (except pineapple).

FOR PINEAPPLES

- Cut the pineapple into rounds.
- Using a cookie cutter, stamp out a shark fin — or any shape you'd like!
- When the drink is complete, place the pineapple in the drink — or on the side.