



Cooking with Lisa

Ingredients and Supplies

***Note:** Mashed ripe bananas will be used all week. We suggest buying bananas ahead of time. Once bananas turn brown, they can be frozen and then thawed before being used in class.

Day 1 - Chocolate-Tahini Banana Bread

- 1 1/2 Cups mashed ripe banana (about 3 bananas)
- 1/3 Cup plain nonfat yogurt (NOT Greek- Style)
- 1/3 Cup Tahini (well-stirred)
- 3 Tbsp. unsalted melted butter
- 1 tsp vanilla extract
- 2 large eggs
- 1/2 Cup white sugar
- 1/2 Cup light brown sugar
- 1 1/2 Cups white Whole Wheat flour
- 3/4 tsp baking soda
- 1/2 tsp kosher salt
- 2 ounces bittersweet baking chocolate, finely chopped
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds
- Need
 - Loaf Pan
 - Cooking Spray

Day 2 - Peanut Butter, Banana & Oat Cookies

- 1/2 Cup flaxseed meal
- 1/2 Cup Oat flour
- 2 3/4 Cups old fashioned rolled oats
- 1 tsp baking soda
- 3/4 Cup peanut butter
- 2 Tbsp. Butter (or dairy free like Earth Balance)
- 1/3 Cup sugar
- 1/3 Cup brown sugar
- 1/2 Cup mashed ripe banana
- 1/2 tsp vanilla extract
- 2 large eggs
- 1/3 Cup semi sweet chocolate minichips
- 1/4 Cup unsalted roasted sunflower seeds
- Need:
 - Cooking baking sheet
 - Cooking spray

Day 3 - Cranberry, Orange, and Pistachio Muffins

- 1 1/2 Cups whole wheat flour
- 1/4 cup wheat bran
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp kosher salt
- 2 Tbsp. unsalted butter
- 1 Cup plain low fat yogurt
- 1/2 Cup light brown sugar
- 1 tsp vanilla
- 1/2 Cup mashed banana
- 1 large egg
- 1/2 Cup dried cranberries
- 1/2 Cup chopped unsalted pistachios
- 1 1/2 tsps. grated orange rind
- 1/4 Cup fresh orange juice
- Need:
 - Muffin tin
 - Cooking spray

Day 4 - Coco-Zucchini Bread

- 1 1/2 Cups shredded zucchini
- 3/4 Cup brown sugar
- 2/3 Cup light coconut milk
- 1/4 Cup coconut oil
- 2 large eggs
- 2 Cups whole wheat flour
- 1 tsp baking soda
- 3/4 tsp salt
- 3/4 tsp cinnamon
- Need:
 - Loaf pan
 - Cooking spray

If time permits - Rice Cereal Slice

- 1/2 Cup butter
- 1/4 Cup sugar
- 3 Tbsp honey
- 1 tsp. vanilla
- 5 Cups rice cereal
- Need:
 - 8x10 baking pan
 - Baking spray