



FIT Meals Week of 4.29.19

Mix & Match Week

This week is awesome! You have a chance to look through your Easy Summer Meal Plans from the last 3 weeks and catch up on anything you didn't get a chance to make or mix and match your favs! And I have a couple of add-in recipes below!

- Choose some of your family favorites from your FIT Meals experience so far.
- Make anything from your FIT Meals plans that you didn't have the chance to prep and make before!
- Continue to plan ahead! Remember to shop and prep this weekend!

Chocolate Chip Chickpea Brownies (prep time 5 min; cook time 20)

Ingredients:

- 15oz chickpeas, rinsed and drained
- ½ cup nut butter
- 1/3 cup pure maple syrup
- 2 tsp vanilla
- ½ tsp salt
- ¼ tsp baking powder
- ¼ tsp baking soda
- 1/3 cup + 2 tbsp dark chocolate chips

Preparations:

1. Preheat oven to 350 and prepare 8x8 dish with olive oil spray.
2. In a food processor, add all ingredients except chocolate chips and process until batter is smooth. Fold in 1/3 cup of dark chocolate chips. Batter will be thick.
3. Spread batter evenly in prepared pan then sprinkle 2 tablespoons of chocolate chips on top. (The batter may stick to your spatula, so I like to spray my spatula with nonstick cooking spray first.) Bake for 20 minutes or until toothpick comes out clean and edges are a tiny bit brown. The batter may look underdone, but you don't want them to dry out!
4. Cool pan then cut into squares. Makes 16 blondies.

Chocolate Nice Cream

Ingredients:

- 2 bananas
- 1 tbsp unsweetened cocoa powder
- Chocolate chips
- Additional mix-ins: nut butter, unsweetened coconut flakes, walnuts, cocoa nibs

Preparations:

1. Slice bananas and place them in freezer for at least 2 hours.
2. Add banana and cocoa powder in food processor. If adding coconut, add it here. Don't overblend, bananas will be chunky.
3. Top with chocolate chips and other toppings. mix-ins. Chill dough for 10 minutes while preheating oven to 350.