

Peaches & Cream Oats

With cinnamon and almonds

 2 servings  15 minutes



INGREDIENTS



1 can peaches
(in 100% juice)



1 cup old fashioned
oats



1 can unsweetened
coconut milk



1 cup water



1 tsp cinnamon



Honey, to taste



Sliced almonds, to taste

EQUIPMENT



Knife &
cutting board



Burner &
medium pot



Strainer



Measuring cups &
spoons



Can opener



Mixing spoon

NUTRITION FACTS

Coconut Milk



- Improves heart health
- Decreases inflammation
- Fights viruses and bacteria

Oats



- Lowers cholesterol
- Reduces risk of heart diseases
- Help you feel full

Peaches



- Improves digestion
- Promotes skin health
- Boosts immune system

INSTRUCTIONS

1

Gather all ingredients and equipment.



3

Use a cutting board and knife to chop the peaches into small pieces.



5

Divide the oatmeal evenly between two bowls. Top with almonds, more honey, and cinnamon if desired. Enjoy!



2

Open the coconut milk and peaches. Drain the juice from the peaches using the colander.



4

To a pot add the coconut milk, water, oats, cinnamon, peaches and honey. Stir to combine.



Heat on medium until the oatmeal is thick and creamy, about 5-10 minutes.



NOTES

- Leftover oatmeal can be stored in the fridge. Eat cold or reheat in the microwave adding a few tablespoons of water to rehydrate.
- Swap out the honey for maple syrup or brown sugar.
- Swap out the coconut milk for cows milk or any non-dairy milk.

Chicken Pot Pie Soup

 2 servings  15 minutes



INGREDIENTS



1 can of chicken



1 cream of chicken soup can



1 cup carrots & peas, frozen or fresh



1 cup corn, canned fresh or frozen



2 cups water



2 chicken bouillon cubes



1 cup chopped onions, frozen or fresh



2 TBSP butter or oil of choice



Herbs & spices to taste



Biscuits or Crescent rolls (optional)

EQUIPMENT



Burner & pot



Strainer



Measuring cup



Can opener



Mixing spoon

NUTRITION FACTS

Canned Chicken



- Rich source of lean protein
- Low in fat
- Contains zinc, B6, and iron

Peas & Carrots



- High in fiber and beta-carotene
- Contains vitamin A, C, K
- Provides folate and potassium

Onions



- Supports immune health
- Rich in B vitamins

INSTRUCTIONS

- 1** Heat a pot over medium heat.
Add 2 tablespoon butter.



- 2** To the pot add onions, drained corn, carrots, and peas. Cook for 5 minutes or until soft.



- 3** Add one can of drained chicken to the veggie mixture.
Stir to combine.



- 4** Add water and cream of chicken soup. Bring to a boil.



- 5** Once the broth has come to a boil stir in two chicken bouillon cubes.



- 6** Cook until the bouillon cubes are dissolved. Season with herbs if desired. Serve with a biscuit. Enjoy!



→ *Two cups of chicken broth or stock can be use as a substitute for the bouillon cubes*

