

The Friends of Rail Road Flat School Present

Healthy Recipes



Carob Brownies

2 eggs

1tsp vanilla

½ cup applesauce (true recipe calls for oil)

1 cup brown sugar (I use ¾ brown sugar or brown rice syrup)

6 Tablespoons Carob Powder

1 cup flour

½ cup walnuts or any other type of nuts

Mix first 5 ingredients, then fold in flour and nuts

Bake in 8X8:" pan for approximately 20 minutes

Note: Add an additional egg to make more cake like

"ICE CREAM"

When bananas become too ripe, cut them in small chunks and freeze.

Whenever you want "ice cream," place frozen banana chunks into a blender with a small amount of cow, almond, oat, hazelnut or hemp milk. Our favorite is vanilla hemp milk. Blend well (usually about 2-3 minutes), scrapping the sides of the blender. Blend until the consistency resembles ice cream. Sometimes, I add a little vanilla, chocolate raspberry, or lemon stevia to change the flavor.

Recipes provided by: Sheri Noble