

GET UP AND GO WITH A SMOOTHIE!

Choose your ingredients, combine in a blender, and blend till smooth!

Banana Berry Smoothie

Ingredients

1	Banana
1 ¼ cups	Orange juice
1 cup	Blueberries
1 cup	Strawberries
½ cup	Cottage Cheese or Tofu
1 cup	Ice
1 tbsp	Sugar, optional



Creamsicle Smoothie

Ingredients

1	Banana
½	Mango, peeled & diced
1 cup	Greek Yogurt
½ cup	Coconut Water
½ cup	Orange Juice
1 tsp	Vanilla Extract

Green Smoothie

Ingredients

2	Bananas
1	Pear, diced
2 cups	Kale, Chopped
½ cup	Orange Juice
1 cup	Ice
1 tbsp	Ground Flax Seeds



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Grab and Go Oats



Apple and Pomegranate Overnight Oatmeal

Ingredients

1/3 cup	Rolled Oats
1/3 cup	Plain Yogurt
1/3 cup	Milk, or Almond Milk
¼ cup	Pomegranate Seeds
½ each	Apple, diced
2 tbsp.	Granola
½ tsp	Brown Sugar

Directions

1. Mix oats, milk and yogurt and place in a cover food container in refrigerator overnight
2. In the morning top with apples, granola, pomegranate and brown sugar



Strawberry Oat Bars

Ingredients

1 ½ cups	Flour, all purpose
1 ½ cups	Oats, rolled
¾ cup	Brown Sugar
1 tsp	Baking Powder
½ tsp	Salt
7 oz	Butter, cut into small pieces
½ cup	Shredded Coconut
4 cups	Strawberries, chopped
¼ cup	Sugar, granulated
2 tbsp.	Cornstarch
1 tsp	Vanilla
2 tsp	Lemon Zest



Directions

1. Lightly grease 8"x 12" baking pan and line with parchment paper
2. Mix flour, oats, brown sugar, baking powder, salt and then mix in butter with pastry blender until it resembles coarse crumbs
3. Fold in coconut and press two thirds of mixture into the prepared pan
4. Combine strawberries, cornstarch, sugar and vanilla, toss until strawberry mixture absorbs the sugar
5. Spread strawberry mixture evenly over prepared crust. Sprinkle remaining mixture over top of strawberry and pat lightly
6. Bake at 350° until lightly browned, 45 -50 minutes, let cool completely and cut into squares

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