

## Captain CREATE Recipes to Try at Home

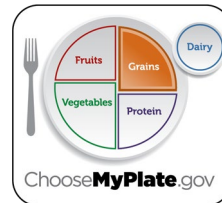
### INGREDIENTS:

- ¾ cup mashed white beans
- ½ cup unsweetened applesauce
- ¾ cup brown sugar
- ½ cup granulated sugar
- 1 egg
- 3 cups oats
- 1 cup whole wheat flour
- 1 tsp cinnamon
- 1 tsp salt
- ½ tsp baking soda
- 1 tsp vanilla
- 2 Tbsp canola oil (optional)

### DIRECTIONS

Preheat oven to 350° F. Beat mashed white beans, oil, brown sugar, granulated sugar, egg, applesauce, and vanilla until smooth and creamy. Combine remaining dry ingredients in a separate bowl and mix. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 8-10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.



## Captain CREATE Recipes to Try at Home

### INGREDIENTS

- ½ cup all-purpose flour
- 1 Tbsp vegetable oil
- ½ cup whole-wheat flour
- 1 egg
- 1 tsp baking powder
- 1 cup plain yogurt
- ½ tsp baking soda
- ½ cup low-fat milk
- ¾ cup blueberries

### DIRECTIONS

In a large mixing bowl, combine flours, baking powder, and baking soda. In another mixing bowl, mix together oil, egg, yogurt, and milk. Add the yogurt mixture to the flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick. Fold in blueberries. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto the hot griddle. When bubbles appear, flip pancakes and cook until done.

**Source:** Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program – Grain Lesson, The University of Vermont Extension.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

