

PEANUT BUTTER BANANA BLISS

2 TBSP PEANUT BUTTER
1 BANANA
1 GREEK YOGURT
2 TSP MILLED FLAXSEED

DIRECTIONS:

CUT BANANA INTO SMALL CHUNKS, PLACE PIECES IN A BOWL AND SMASH. EMPTY CONTAINER OF GREEK YOGURT INTO THE BOWL AND MIX WELL WITH THE BANANA. PUT PEANUT BUTTER INTO THE BOWL AND MIX WELL BEFORE ADDING THE FLAXSEED. STIR AND ENJOY!

GREEK YOGURT WITH A FIG, DATE, AND HONEY SWIRL

1/4 CUP WALNUTS
1/4 CUP ALMONDS
1/4 CUP PINE NUTS
6 FIGS, FRESH OR DRIED, CUT INTO QUARTERS
6 DATES, PITTED AND CHOPPED
1/2 CUP HONEY
1/4 CUP WATER
1 LEMON, JUICED
1 CINNAMON STICK
2 CUPS GREEK YOGURT
2 TSP MILLED FLAXSEED
MINT LEAVES FOR GARNISH

DIRECTIONS:

TOAST THE NUTS IN A SAUTE PAN OVER MEDIUM HEAT UNTIL THEY BECOME FRAGRANT. PUT THE NUTS ONTO A PLATE AND SET ASIDE; WHEN COOL ENOUGH TO HANDLE, CHOP THEM ROUGHLY.

IN A SMALL SAUCEPAN OVER MEDIUM HEAT, ADD THE FIGS, DATES, HONEY, WATER, LEMON JUICE, AND CINNAMON STICK. COOK FOR ABOUT 10 MINUTES UNTIL FRUIT IS SOFT. SET ASIDE AND LET IT COOL SLIGHTLY; REMOVE THE CINNAMON STICK. PLACE THE YOGURT IN A BIG BOWL. SPOON THE WARM FRUIT ONTO THE YOGURT AND GENTLY SWIRL THE FRUIT THROUGH THE YOGURT. SPRINKLE ON THE NUTS AND GARNISH WITH MINT LEAVES.