

Whipped Banana “Ice Cream”: (Dessert/Snack)

Ingredients

- 2 bananas, peeled and sliced
- Add all ingredients to list

Directions

1. Place sliced bananas in an airtight container and freeze until solid, about 1 1/2 hours.
2. Blend frozen bananas in blender until whipped and smooth.



Crock Pot Italian Meatball Subs: (Supper)



Ingredients:

- 1 pound lean ground beef or ground turkey
- 1 pound italian sausage
- 1 cup Italian breadcrumbs
- 1 cup marinara + rest of jar to pour over meatballs when cooking
- 1/2 cup fresh grated Parmesan cheese
- 2 teaspoon garlic powder
- 2 teaspoon onion powder
- 2 tablespoon dried Italian seasoning
- 1/2 teaspoon kosher salt
- 1/2 teaspoon fresh cracked black pepper
- 2 large egg, lightly beaten
- Sub rolls
- Slices of provolone cheese

Directions:

1. In a large mixing bowl, combine all ingredients. Mix well, do not over mix or you will have tough meatballs.
2. Using a spoon, scoop out mixture and roll into ball. Do this for all the mixture. Place meatballs into crock pot once rolled. When you stack meatballs for additional layers be sure to put marinara on top before stacking.
3. Once all meatballs are in crock pot, top with rest of sauce
4. Cook on low for 6-8 hours
5. Serve in sub rolls and top with provolone cheese. Enjoy!

**You can make ahead and freeze the meatballs and then stick in crock frozen when ready to cook.