

Walking Tacos

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Ingredients

- 1 1/2 lb Ground Beef
- 2 tbsp Taco Seasoning
- 7 Lunch size bags Nacho Doritos Cool Ranch Doritos and/or Fritos
- Shredded Lettuce
- Shredded Cheese
- Diced Tomatoes
- Jalapeno Slices
- Taco Sauce
- Sour Cream

Instructions

1. Brown ground beef and drain.
2. Add seasoning and 1/4 cup water.
3. Simmer for 15-20 minutes.
4. Gently crush chips in each bag.
5. Open top and roll down edges of bag.
6. Add a meat and cheese and your favorite toppings and gently toss with a plastic fork.

Baked Bananas With Honey & Cinnamon

Ingredients

- 1 ripe DOLE® Banana, peeled and sliced lengthwise
- 4 tbsp Lemon juice
- 2 teaspoons honey
- 1 tbsp Ground cinnamon

Directions

Makes 2 Servings

* Line toaster over tray with nonstick aluminum foil. Preheat oven to 350°F.

* Lightly brush banana halves with lemon juice. Place cut-sides up on toaster tray.

* Spoon honey over banana halves and sprinkle lightly with cinnamon. Bake for 10 minutes. Remove from oven; cut into 1-inch pieces.

* Topping Ideas(Not included in Nutrition): peppermint chocolate, pumpkin spice & marshmallows, dried cranberries & dark chocolate, dried cranberries, chocolate syrup & pecans/walnuts, peanut butter & chocolate chips, chocolate chips, graham cracker crumble & marshmallows, peanut butter & jam, variety of chocolate candy bar chopped, honey & peanut butter, honey & lime



YIELD: 18 LARGE COOKIES

Carrot Cake Breakfast Cookies

PREP:20 MINS

COOK:15 MINS

TOTAL:35 MINS

Thick, soft, and full of fresh carrot and apple, these Carrot Cake Breakfast Cookies are a healthy make ahead breakfast or snack. They're whole grain and refined sugar free, and they keep well in the freezer for meal prep.

INGREDIENTS:

- 2 1/4 cups old-fashioned oats
- 1 cup oat flour or whole wheat flour*
- 1/2 cup ground flaxseed
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup unsweetened applesauce

1/2 cup honey or pure maple syrup
1 large egg
2 teaspoons vanilla extract
1/4 cup (4 tablespoons) unsalted butter, melted and cooled slightly
1 cup grated carrot, chopped smaller if desired (2 medium carrots)**
1 cup finely chopped (or grated) apple (1 medium), no need to peel

DIRECTIONS:

Preheat oven to 350 degrees F. Line baking sheets with parchment paper.

In a large bowl, stir together oats, flour, flaxseed, cinnamon, nutmeg, baking soda and salt.

In a medium bowl or liquid measuring cup, whisk together applesauce, honey (or maple syrup), egg and vanilla. Mix in the melted butter.

Pour the wet ingredients into the dry and stir until just combined.

Gently fold in the grated carrot and apple.

Use a large scoop or measuring cup to drop 1/4-cup portions of dough onto the prepared baking sheets. Use your fingers to gently shape the cookies and flatten slightly, as they won't flatten on their own during baking.

Bake 14-15 minutes, until set and lightly golden. (If baking more than one pan at a time, be sure to rotate the pans halfway through the baking time.)

Let cookies cool on the baking sheet for a few minutes before removing to a wire rack to cool completely.

Cookies can be stored in an airtight container in the freezer for up to 2 months.

Nutrition information calculated using an online calculator and will vary based on ingredients/brands used.