



Recipe ideas based on this week's Shares bag

High Altitude Banana Bread

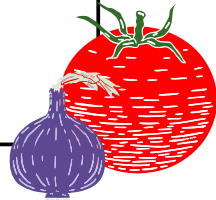
Ingredient List

- 1 2/3 cup AP flour
- 3/4 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt
- 3/4 cup sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 tsp. vanilla extract
- 4 very ripe bananas, mashed
- 3 Tbsp. plain yogurt (optional)
- 2/3 cup chopped walnuts (optional)

Want to upgrade your traditional banana bread? Try adding chocolate chips, coconut, pumpkin, fresh ginger, other spices, cocoa, dried fruit, or zucchini!

Cooking Instructions

1. Preheat oven to 350°F.
2. Grease a loaf pan and set aside.
3. In a medium bowl, whisk flour, baking soda, cinnamon, and salt.
4. In a large bowl, beat sugar, eggs, and oil until light and fluffy.
5. Stir in mashed bananas, vanilla, and yogurt.
6. Fold in dry ingredient and walnuts.
7. Pour batter into prepared pan and bake for 45 minutes, or until a toothpick inserted into the middle of the loaf comes out clean.
8. Remove from the oven, allow to cool, and enjoy!



Avocado Queso Fresco Salad

Ingredient List

- 2 ripe avocados, cubed
- 1/4 cup crumbled queso fresco or feta cheese
- 2 Tbsp. olive oil
- Salt and pepper (to taste)
- 1/2 tsp. dried oregano
- Lime juice (to taste)

Cooking Instructions

1. Stir together all of the ingredients and serve.

Can be eaten as is or added to lettuce or other salads, on a sandwich or a burger, or in a taco!

What are some of your favorite ways to prepare the food in this week's bag?

Email Hanna at hanna@feedinglaramievalley.org to volunteer and share your recipes or visit

www.feedinglaramievalley.org/sharerecipeproject