

## 2 Ingredient Brownies

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*This recipe does not have the sugar that doesn't make it the healthiest snack, but by replacing eggs, oil, and water with pumpkin, you are adding fiber, beta carotene, vitamin C, anti-oxidants, and more to a decadent treat.*

### **Ingredients:**

1 box      Brownie mix  
1 can      15 oz. Pumpkin Puree (plain)  
            Cooking spray, coconut oil, or butter

### **Directions:**

Preheat the oven according to the mix directions, and grease an 8x8 pan using cooking spray, coconut oil, or butter.

Gently fold the brownie mix into the pumpkin puree in a bowl until all of the mix is moistened by the pumpkin puree.

Bake according to box directions, checking for doneness. Bake in additional increments of 5 minutes until a butter knife comes out from the center without batter on it.



## Banana Oatmeal Cookies

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*These 2 ingredient cookies are great for breakfast or a snack!*

### **Ingredients:**

2            Ripe bananas  
1 cup      Quick-cooking Oats

### **Directions:**

Preheat oven to 350 degrees & cover a cookie sheet with parchment or non-stick cooking spray.

Mash bananas in a large bowl and fold in raw quick-cooking oats.

Spoon cookie-sized dollops on the cookie sheet, leaving space between them to expand a bit, and cook for 15 minutes in the oven.

Remove the cookie sheet to a cooling rack or pad, then use a spatula to remove cookies and enjoy!

This is the basic recipe – but you can add chocolate chips, dried fruit, nuts, cinnamon, coconut, or other fixings to make them how you like!

