

Gone Bananas?

Stocked up on too many bananas? Don't discard these natural sweeteners! Here are three recipes to utilize overripe bananas.

Baked Oatmeal Cups

- | | |
|---------------------------|----------------------------|
| 3 cups rolled oats | ¼ cup canola oil |
| ½ teaspoon salt | 2 large eggs |
| 2 teaspoons baking powder | 1 teaspoon vanilla extract |
| ½ teaspoon cinnamon | 2 cups almond milk |
| 3 ripe bananas, mashed | ½ cup chopped walnuts |

1. Preheat oven to 350 °F and spray muffin tin with cooking spray
2. Combine oats, salt, baking powder and cinnamon in large bowl
3. Whisk bananas, oil, eggs, vanilla extract and milk in a bowl
4. Pour the banana mixture into the oat mixture
5. Add walnuts and stir well to combine
6. Fill the muffins cups with ¼ cup of batter
7. Bake for 16-18 minutes
8. Remove muffins and let cool on wire rack for 5 minutes

Banana Chips

- 2 bananas
 - 1 teaspoon lemon juice
1. Preheat oven to 225 °F
 2. Cover sheet pan with foil and lightly grease with cooking spray
 3. Thinly slice bananas (about 1/8 thick coins) and toss in lemon juice
 4. Arrange bananas in single layer on sheet pan
 5. Bake for 1 hour then flip the sides and bake for another hour or until desired crispness

Banana Peanut Butter N-ice Cream

- 4 large ripe bananas
 - 2 tablespoons natural peanut butter
 - ¼ teaspoon vanilla extract
 - ¼ teaspoon cinnamon
 - Sea salt to taste
 - Roasted peanuts for topping
1. Cut banana into slices and freeze until solid (at least 1-2 hours)
 2. Transfer bananas to powerful blender or food processor and blend until creamy and smooth
 3. Add peanut butter, vanilla extract, cinnamon and sea salt, then pulse until all ingredients are blended
 4. Serve immediately topped with roasted peanuts

Give me a *Stretch* Break!



Feeling *achy* sitting at your desk?
Losing focus from *fatigue* after
spending hours at your computer?

These are signs that your body
needs to get up and move! Go for
a walk, take a dance break or try
this 6 minute routine to gently
stretch your whole body. Benefits
to taking a stretch break include:

- Hitting the refresh button on your posture
- Reinvigorating your body to improve your productivity
- Decrease muscle tension
- Improve flexibility

While holding these stretches, you may feel slightly uncomfortable but you should never stretch to the point of pain. Feel free to add or substitute an exercise for your favorite stretch.

Access to this workout:

Patient Portal:

northwestern.medbridgego.com

Access Code: 6AR2ZC2W