



Banana Bread with a Twist

A classic with a customizable twist add walnuts, chocolate chips, or a sprinkle of cinnamon. Banana bread is warm, comforting, and perfect for sharing!

Ingredients

3 ripe bananas, mashed
1/3 cup melted butter
3/4 cup sugar
1 egg, beaten
1 teaspoon vanilla extract
1 teaspoon baking soda
A pinch of salt
1 1/2 cups all-purpose flour

Optional: 1/2 cup chocolate
chips or nuts

Directions

1. Preheat oven to 350°F (175°C). Grease a loaf pan.
2. Mix mashed bananas and melted butter in a bowl. Stir in sugar, egg, and vanilla.
3. Add baking soda, salt, and flour, mixing until just combined.
4. Pour into pan and bake for 50-60 minutes, or until a toothpick comes out clean.

Notes

- You can add a dollop of whipped cream or vanilla ice cream.



CDBY
CoyDog Botanicals & Yoga



Vegetable & Herb Soup

This cozy, nourishing soup is packed with veggies and can be tailored to whatever you have on hand. Great for friends or neighbors needing a little comfort!

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 carrots, sliced
2 celery stalks, sliced
2 cloves garlic, minced
1 zucchini, chopped
1 potato, diced
1 can diced tomatoes
4 cups vegetable broth
Fresh herbs (thyme, parsley, basil), chopped
Salt and pepper to taste

Directions

1. Heat oil in a large pot. Add onion, carrots, celery, and garlic; cook until soft.
2. Add zucchini, potato, tomatoes, and broth. Simmer for 20-25 minutes.
3. Season with salt, pepper, and fresh herbs. Serve warm with bread or crackers.





Chewy Oatmeal Raisin Cookies

These cookies are soft, chewy, and a wonderful treat to give to anyone who could use a little sweetness. The recipe also works well with dried cranberries or chocolate chips instead of raisins.

Ingredients

1/2 cup butter, softened
3/4 cup brown sugar
1/4 cup granulated sugar
1 egg
1 teaspoon vanilla extract
3/4 cup flour
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon salt
1 1/2 cups old-fashioned oats
3/4 cup raisins

Directions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Cream butter and sugars until fluffy. Add egg and vanilla; mix well.
3. Stir in flour, baking soda, cinnamon, and salt. Add oats and raisins.
4. Drop spoonfuls onto the baking sheet and bake for 10-12 minutes.

