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# Shopping List

• Fresh Start! •



## Honey Bear Bars

Makes 12

- 4 tablespoons butter
- 1/4 cup honey
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 3 cups quick oats (not old-fashioned rolled oats)
- 1/4 cup chocolate chips



## Green Eggs & Ham

Serves 1-2

- 1/2 tablespoon butter
- 2 eggs
- 2 tablespoons shredded Cheddar cheese
- 2 tablespoons chopped ham
- 1 cup fresh spinach
- 2 tablespoons chopped onion
- Salt & pepper

### Optional fillings:

- See page 5 for ingredients needed for a Greek, Western, or Fancy Herb Omelet!



## Happy Heart Pancakes

Serves 4

- 2 eggs
- 2 1/2 cups buttermilk
- 2 tablespoons butter
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

### Optional toppings:

- Maple syrup, fruit, and/or powdered sugar

Check off each item when you find it!

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Want to keep this page in your cookbook? Punch out the 3 holes!

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