

homemade hot cocoa

ingredients



instructions

1. Pour the cocoa powder, sugar and cinnamon in a microwave-safe mug, and stir to combine.
2. Add 2 teaspoons of milk to the mug and stir with a spoon until a smooth paste forms.
3. Stir in the rest of the milk.
4. Heat in the microwave on high for one minute.
5. Take the cup out of the microwave, stir with a spoon, then heat on high for another minute.

© thecraftathomefamily.com

for personal or school use only

banana oat pancakes

ingredients



instructions

1. Use a fork or potato masher to mash up the bananas.
2. Whisk in the eggs into the mashed bananas one by one.
3. Whisk in the oat flour in small batches.
4. Stir in the chocolate chips.
5. Preheat a frying pan for several minutes. Add a bit of coconut oil, then scoop ¼ cup of batter onto the pan for each pancake. Cook each side for 2-3 minutes on medium-low heat.