



## Challenge Day 13

# Chew's Challenge



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## Glorious Oatmeal

### Ingredients

- |                             |                     |
|-----------------------------|---------------------|
| 1½ cups regular rolled oats | 1 cups strawberries |
| ¾ cup raisins               | 2 cups water        |
| ¼ tsp salt                  | 1 tsp vanilla       |
| 1 medium bananas, sliced    | 1 Tbsp Maple syrup  |



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## Chili Chew Baked Beans

### Ingredients

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|-------------------------------------|--------------------------|
| 4 cup cooked pinto<br>/kidney beans | 2 Tbsp olive oil         |
| 1/2 cup onion                       | Pinch of chipotle pepper |
| 1 cup kale                          | 1 tsp cumin              |
| 1 cup squash                        | 1 tsp oregano            |
| 1 tsp salt                          | 1 tsp onion powder       |
|                                     | 1 cup tomato sauce       |

