



Challenge Day 13

Chew's Challenge



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Glorious Oatmeal

Ingredients

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|-----------------------------|---------------------|
| 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 |



Chili Chew Baked Beans

Ingredients

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| 4 cup cooked pinto
/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 |

