

RECIPES | STRESS-SOOTHERS | INSPIRATION

W Healthy @ home

Banana
lover's
flourless
pancakes

50
little
ways to
stay well now



You've got this.

These days, home is where the... *everything* is: the office, gym, school—all of it! Combining 24/7 access to the fridge and the stress of trying to maintain a sense of normalcy when the world feels upside down is tough. But here's

the thing: The right tips and tools can make everything from mindful eating to self-compassion come easier. To give you an extra wellness boost, WW is serving up 50 simple ways to keep on track, stay active, and eat well (even when the

supermarkets aren't fully stocked). Give 'em a go—and stay healthy!

1 WAY TO STAY MOTIVATED

Support is key for fueling weight-loss success at any time—and especially now. Stay in touch with your crew via social media (including Connect and our live Virtual Workshops).

5 dinners

that lean on your freezer and pantry



Pasta with creamy broccoli sauce

Made from just five ingredients!



Ravioli lasagna cups

You'll love this rich riff on ravioli.

For all recipes, click [here](#).



Mexican-style brown rice casserole

A burrito in a bowl—but lighter!



One-skillet cheesy sausage, rice, & cauliflower casserole

Use whatever veggies you have!

Turkey and white bean chili
Canned beans and frozen ground turkey feature in this cozy meal.



FREEZING LEFTOVERS?

Choose containers that close tightly to prevent ice crystals from forming. Plastic freezer bags, tightly wrapped aluminum pans, glass jars with screw-on tops, and reusable hard plastic food containers are all good options.

4 ways to cure cabin fever with kids at home

Find a few moments of calm and burn off bouncy energy with these ideas.

Take a virtual field trip

You can't exactly hop on a plane to Paris and cruise the Louvre right now, but thanks to virtual tours, you and your kids can still marvel at the museum's iconic Galerie d'Apollon right from the family laptop. It's one of many free virtual field trips being offered by cultural sites, zoos, aquariums, and other attractions around the world, proving you don't need to leave home—or even the couch—to broaden your family's horizons.

Try free teaching tools

Whether your family is in full homeschool mode or you just want your kids to enjoy some extra enrichment while you tackle your own to-do list, check out some of the educational companies that are offering up free (yes, free!) online subscriptions right now. Participating companies include BrainPop, Scholastic, Khan Academy, and many more.

Share some TikToks

If you have tweens or teens in your household, chances are you've heard of TikTok, the wildly popular platform for sharing short-form dance, lip sync, and comedy videos. Next time your family needs a laugh, try choreographing some clips together. Yes, you'll probably look ridiculous, but that's the point. Plus, these moves totally count as exercise!

Get cooking together

Even when you're not social distancing, it's a great idea to put your kiddos to work in the kitchen: Research shows that involving children in food prep can increase their veggie intake. Peer into the fridge together, have your kids pick a few favourite ingredients, then delegate age-appropriate tasks, such as measuring, cracking eggs, and washing produce. True, there may be a little more mess, but it's worth it.



MAKE A MOVE

Wrestling with restless kiddos? Learn a TikTok routine together for a hilarious dose of fun.

3 canned soup hacks

Whether you're cranking open a can of tomato or chicken noodle, these tricks can make the not-so-homemade meal taste *amazing*.

Top it with something crispy

After ladling out the soup into bowls, add exciting texture to each bite by sprinkling on a crunchy topper. Try homemade croutons, a few crumbled tortilla chips—even a handful of plain popcorn.



Add something savoury

Boost the depth of flavour in your favourite canned soup with a sprinkle of grated cheese, a spoonful of brine-y capers or chopped olives, or some chopped sun-dried tomatoes. Every bite will taste a little more special.



Squeeze on something acidic

If you're serving a veggie variety of soup, try adding a squeeze of fresh lemon or lime juice just before serving to make the flavours pop. For Mexican- or Asian-style soup, squeeze on Sriracha or another hot sauce. And a splash of balsamic vinegar complements everything from lentil soup to tomato bisque.



3 STAY-ON-TRACK TIPS

We asked WW Coaches what they're doing to continue toward their goals. Permission to steal their strategies!

Plan in advance

I pre-track—even if I know I'll go over my SmartPoints® Budget.

Jocelyn S.

Set a schedule

I keep to a morning routine when working from home to make healthy habits easier.

Anita S.

Stay positive

I reframe negative thoughts. For example, *I'm stuck inside* becomes *I get to stay at home because I'm safe*.

Diamond W.

1 DIY way to get your coffee shop fix

Miss your Starbucks run? Become your own barista with this simple, frothy hazelnut latte. The key to the creamy whipped topping? A blender!

STEP 1. In a small saucepan, heat $\frac{2}{3}$ cup water and 2 tbsp espresso powder over medium-high heat until simmering, 3 to 4 minutes. Stir in 1 cup unsweetened almond milk and cook until very warm but not boiling, about 1 minute.

STEP 2. Transfer hot coffee mixture to a blender. Add 4 tsp chocolate-hazelnut spread and blend on high speed until very frothy, about 1 minute. Divide mixture between 2 mugs.



1 GREAT YOGA WORKOUT

Stretch out stress by striking a (warrior) pose or downward dogging. Regularly practicing yoga has been shown to help reduce feelings of depression and anxiety. (WW members can access free audio yoga routines right from the WW app thanks to our partner, Aaptiv. Some workouts take less than five minutes!)



4 baking projects for when you're bored

Satisfy a sweet tooth (and take a break from all that Netflix) by whipping up one of these treats.

For all
recipes,
click
here.



Easy cinnamon rolls
Greek yogurt lightens up this treat.



Chocolate chip-walnut cookies
Crunchy edges, soft in the middle!



Individual mixed berry crisps
Frozen berries star in this dessert.

CANNED BLACK BEANS
add fibre and help keep
these treats moist.



Rich chocolate brownies
These take seven minutes to prep!

4 ways to set up a healthier living room

Spending more time on the couch these days? Here's how to make it a healthier zone in your home.



Scale back on trays and side tables. They can make mindless eating way too convenient. Consider this: If there's no place to rest a bag of potato chips, you may be less likely to bring it into the room to begin with.

Skip the candy bowl. Some of us keep a bowl filled with sweets or other eats out on display. Just don't—there are only so many times you're going to be able to walk past the bowl without grabbing a handful or two.

Clear space in the center of the room. It'll allow you to stretch and tone while you watch your favourite shows. Even better, keep a yoga mat tucked away by the TV so that you have a cushy, sweat-safe surface to work out on.

Consider your candles. Just smelling a delicious aroma (a "birthday cake" or "cinnamon bun" candle, say) can make you physically crave food. Keep the food-scented candles out of the room to avoid the urge to eat something sweet.

3 mindset techniques for easing stress

Turn to these science-backed strategies when it all feels too much. Deep breaths—you can do this.

Figure out what you can—and can't—control

Usually, the more in control we feel over what's happening in our lives, the happier, less stressed, and more motivated we are. So, at a time when things can feel completely out of your hands, it's helpful to shift your focus and actions to what you can control, day-to-day.

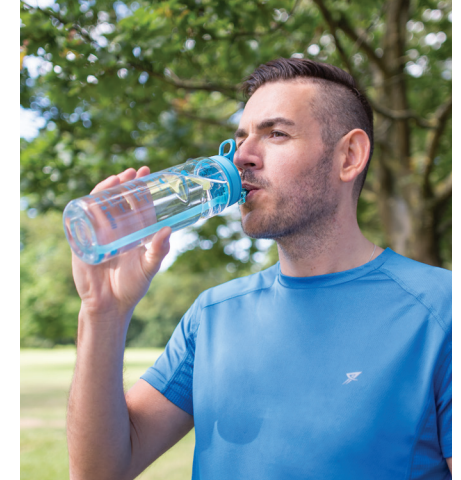


Practice 3 good things

It's human nature to feel stressed right now, but it can lead us to respond in unhelpful ways—like turning to food for comfort—and ultimately move us further from our goals. By responding to stress in more helpful ways, we can find a sense of balance. **One way you can ease stress right now:** Shift your perspective. Write down three things you're grateful for—no matter how small or silly they might seem. Every dose of gratitude helps.

Think progress, not perfection

Trying to be perfect is unrealistic—and possibly a waste of time. Science shows that being kind to yourself when things don't go as planned can actually help you get back on track with eating better and moving more. Frustrated because you've veered off course? Cut yourself some slack by imagining what you'd say to a friend in the same situation. Then repeat those words to yourself!



3 hydration musts

Don't forget to sip while you're staying indoors! These tips can clue you in to whether you're guzzling enough water these days.

Look out for these symptoms

Thirst, headache, dry mouth, and fatigue are all signs of dehydration and an indication that you need to sip more.

Do a colour check Take a quick look at your urine. If it's pale yellow, you're probably drinking enough water. A dark yellow colour, however, could be a sign that you need to amp up your water intake.

Keep track Count how many glasses of H₂O you swig each day so you can see if you're falling short. WW members can use the fun new water tracking feature in our app.

2

ways to use up bananas (that aren't banana bread)

These healthier breakfasts are a great way to use up going-brown bananas.

For all recipes, click [here](#).



Creamy banana French toast casserole

Banana lover's flourless pancakes

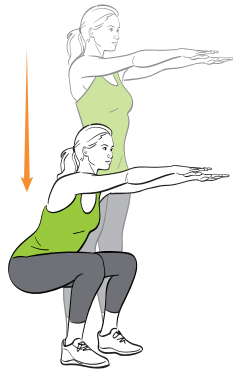


5 moves that pretty much do it all

Strengthen and tone from head to toe in just 10 minutes.

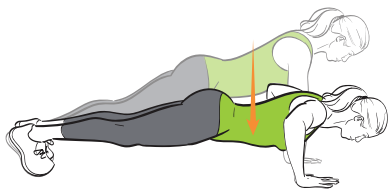
Squat

- ▶ Stand with feet slightly wider than shoulders, and arms extended at shoulder height in front of you, palms toward the floor.
- ▶ Push hips back and bend knees, keeping back straight and squatting until thighs are parallel to the floor.
- ▶ Rise to complete 1 rep. Do 15 reps.



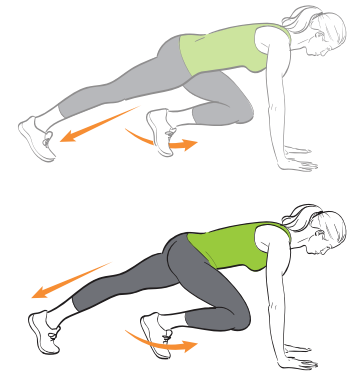
Push-up

- ▶ Begin in a high plank position with palms shoulder-width apart on the floor, legs extended behind you. (To make it easier, you can lower your knees to the floor.)
- ▶ Keeping body straight from head to heels (or knees), bend elbows, lowering chest toward the floor.
- ▶ Push up to start position to complete 1 rep. Do 15 reps.



Mountain climber

- ▶ Begin in a plank position with palms shoulder-width apart on the floor, legs extended behind you.
- ▶ Jump right foot forward, bringing right knee toward your arms. Immediately switch legs, jumping left foot forward as you extend right leg behind you.
- ▶ Switch legs again to complete 1 rep. Do 15 reps.



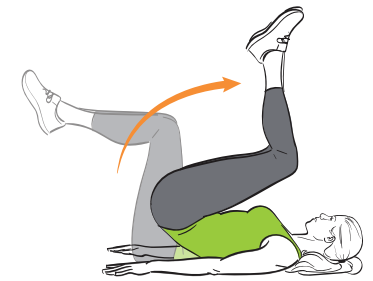
Lunge

- ▶ Stand with feet a stride's length apart, right foot forward and left heel lifted; place hands on your hips.
- ▶ Keeping shoulders aligned over hips, bend knees until front thigh is parallel to the floor.
- ▶ Return to start position to complete 1 rep. Do 10 reps, then repeat on opposite side.



Reverse crunch

- ▶ Lie face up on the floor with arms extended at your sides, palms on the floor next to hips.
- ▶ Bend knees 90 degrees and raise legs until shins are parallel to the floor and knees are aligned over hips.
- ▶ Curl knees toward chest as you lift hips and lower back, then lower to start position to complete 1 rep. Do 15 reps.





3 ideas for getting in more steps at home

- **March in place** while watching TV. For proper form, engage your core (like someone is about to sock you in the stomach), drive your knees up, and pump your arms.
- **Pace around** when you're on the phone catching up with friends and family or while taking non-Zoom work calls. Make it a rule that you take every phone call standing up!
- **Dance!** Put on some tunes and bop around to hike up your step count.

HEADED OUTSIDE?

Get more from outdoor walks by adding short bursts of speed. Here's how: Find a spot in the distance and pick up your pace until you reach it. Go back to your usual pace for a minute, then repeat five to ten times.

4 ZeroPoint™ foods that are cooking superstars

Stock the fridge and pantry with these kitchen heroes.

Applesauce

Use it for baking! Applesauce can be used in place of oil (in equal amounts) or melted butter (replacing half of the butter) to cut back on fat and SmartPoints.

TRY: Mini brownie cupcakes, page 29

Cauliflower rice

If you can't buy this white rice substitute frozen, make it fresh. Wash and dry a whole cauliflower, remove greens, and cut into quarters. Grate those quarters into rice-sized pieces.

TRY: Sheet-pan fried cauliflower rice with chicken, page 30

Frozen berries

You don't need to defrost the fruit when using in baked goods, but because frozen berries tend to release more liquid than fresh fruit, you may want to cut the liquid you add to, say, a batter.

TRY: Blueberry-banana oatmeal breakfast bread, page 30

Tomato purée

Use it as a pizza sauce or, to add depth to dishes like quinoa and farro, stir in a dollop while cooking the grains.

TRY: Slow-cooker red beans and rice, page 31

For all recipes, click [here](#).

Applesauce is the secret ingredient in these mini brownie cupcakes.



4 things to do when you can't sleep

Tossing and turning? Try these tips.

GET OUT OF BED

It may seem counterproductive, but for some people, lying in bed trying to sleep will only make it harder to drift off. If you can't fall asleep in the first 15 to 20 minutes, you should do things that are non-stimulating in dim light. Whatever you choose to do, just make sure it doesn't involve a screen. Blue light emitted from certain electronics, like cell phones and tablets, can suppress the secretion of melatonin, the hormone that tells your body it's time to fall asleep.

DON'T WATCH THE CLOCK

If you wake up in the middle of the night, avoid looking at the clock. Counting how much time you have until your alarm goes off isn't going to get you anywhere. In fact, it could increase your anxiety, making it even more difficult to fall asleep. Remind yourself of that the next time you're counting sheep and are tempted to check your phone. Instead, focus on relaxing. When the stress of knowing how much sleep you're missing out on disappears, you may find it's easier to nod off!

BREATHE DEEPLY

There's a reason yoga and meditation can make you feel so relaxed: When you focus on breathing, it's hard to focus on anything else. Cutting out some of the noise in your mind is an important step toward falling asleep. Try this: Inhale slowly for the count of four, hold your breath for the count of seven, then exhale slowly for the count of eight. Continue until you feel more relaxed—once you are, it should be easier for you to drift off to dreamland.

START A WORRY LIST

Mind racing these days? You're not alone! But taking your worries to bed can keep you up at night. Instead, set aside a few minutes each evening to jot down what's on your mind, then put the list aside and head to bed. Research shows that just five minutes of writing out your to-do list before bed can help you fall asleep faster.

BETTER SLEEP STARTS HERE 

Check the temperature.

18°C is the thermal sweet spot that seems to keep sleepers comfortably warm without overheating.

Dim the lights.

Turning down the lights about an hour before bedtime gives your body the cue that it's time for sleep. If light shines into your bedroom, consider using an eye mask.

Skip the nightcap.

While a glass or two of wine might seem to promote zzz's by making people feel pleasantly drowsy, alcohol can actually undermine sleep quality in the second half of the night.

RECIPES

5 dinners (pages 4–5)

Pasta with creamy broccoli sauce

Prep 15 min Cook 15 min Serves 4

8 8 3

- 6 cups frozen chopped broccoli florets
- 8 oz chickpea pasta (rotini, penne, cavatappi, or casarecce)
- $\frac{1}{2}$ cup grated Parmesan, divided
- 1 large garlic clove, coarsely chopped
- 1 tsp plus $\frac{1}{2}$ tsp olive oil
- 1 tsp grated lemon zest
- 1 tbsp fresh lemon juice
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ medium lemon, cut into wedges (optional)

1 Bring a large pot of water to a boil. Add broccoli; cook 3 minutes. Using a slotted spoon, transfer broccoli to a plate; set aside. Add pasta to boiling water; cook, stirring occasionally, until al dente, 7 to 9 minutes. Using a ladle, reserve $\frac{1}{2}$ cup pasta water. Drain pasta.

2 In a blender, blend $2\frac{1}{2}$ cups broccoli, $\frac{1}{2}$ cup reserved pasta water, 2 tbsp cheese, garlic, oil, lemon zest and juice, salt, and pepper on high speed until creamy and smooth, about 1 minute.

3 Return pasta and remaining broccoli to pot. Add sauce and toss gently to coat. Sprinkle with remaining cheese. Serve with lemon wedges (if desired).

Serving size: $1\frac{1}{2}$ cups

Ravioli lasagna cups

Prep 10 min Cook 20 min Serves 6

7 7 7

Nonstick spray

- 15 oz frozen cheese ravioli
- $1\frac{1}{2}$ tsp olive oil
- 3 medium garlic cloves, minced
- 10 oz chopped frozen spinach, thawed
- $1\frac{1}{2}$ cups jarred fat-free marinara sauce, divided
- 3 oz part-skim mozzarella, shredded (about $\frac{3}{4}$ cup)

1 Preheat oven to 375°F. Coat a 12-cup muffin pan with nonstick spray.

2 Bring a large pot of water to a boil. Add ravioli; cook 2 minutes. Drain and pat dry with paper towels.

3 In a small skillet over medium heat, warm oil. Cook garlic, stirring, until fragrant and barely golden brown, about 2 minutes. Remove from heat. Squeeze as much liquid as possible from spinach and “fluff” spinach with fingers. Stir spinach into garlic.

4 Into each muffin cup, layer 1 ravioli, 1 tbsp marinara sauce, about $1\frac{1}{2}$ tbsp spinach mixture, 1 ravioli, 1 tbsp marinara sauce, and 1 tbsp mozzarella. Bake, uncovered, until sauce is bubbly and cheese melts, about 15 minutes. Turn on broiler and broil until cheese is lightly browned, 1 to 2 minutes (if desired).

Serving size: 2 lasagna cups

Mexican-style brown rice casserole

Prep 25 min Cook 30 min Serves 6

9 8 3

Nonstick spray

- 4 cups cooked long-grain brown rice
- $1\frac{1}{4}$ cups fat-free salsa
- 1 tsp ground cumin
- 1 (15-oz) can refried beans
- 1 (10-oz) can frozen corn kernels, thawed
- 4 oz canned mild green chili peppers, diced
- 1 tbsp chili powder
- 10 oz chopped frozen spinach or collard greens, thawed and drained
- $\frac{3}{4}$ cup reduced-fat Mexican-style shredded cheese, divided
- 2 tbsp chopped cilantro (optional)

1 Preheat oven to 375°F. Coat a 2-quart rectangular, round, or oval baking dish with nonstick spray.

2 In a large bowl, combine rice, salsa, and cumin. Spoon 2 cups rice mixture into prepared baking dish and spread to cover bottom of dish. In another large bowl, combine beans, corn, chili peppers, and chili powder.

3 Using a rubber spatula, scrape bean mixture over rice layer; smooth top.

4 Squeeze out any excess water from spinach or collard greens, then spread on top of bean layer; sprinkle with 6 tbsp cheese. Top with remaining rice mixture; smooth top. Sprinkle with remaining 6 tbsp cheese.

5 Place dish on a large rimmed baking sheet to catch any spillage. Bake casserole until heated through and cheese is browned and bubbling, about 30 minutes. Sprinkle with cilantro (if desired). Cut into 6 pieces.

Serving size: 1 piece

One-skillet cheesy sausage, rice, & cauliflower casserole

Prep 15 min Cook 50 min Serves 4

7 7 4

Nonstick spray

- 1 cup chopped onion
- 2 medium garlic cloves, minced
- 6 oz cooked chicken sausage, diced
- 3 cups no-salt-added chicken stock, divided
- $\frac{3}{4}$ cup brown basmati rice
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 10 oz frozen cauliflower florets, thawed
- 4 tsp all-purpose flour
- $\frac{3}{4}$ cup shredded reduced-fat cheddar
- 2 tbsp chopped parsley (optional)

1 Coat a large ovenproof skillet with nonstick spray. Warm skillet over medium heat. Add onion and garlic; cook, stirring occasionally, until softened and fragrant, about 5 minutes. Add sausage and cook, stirring frequently, until light brown, about 3 minutes. Add 2 cups stock, rice, salt, and pepper; bring to a boil. Reduce heat to medium-low and cook until rice is almost tender, about 30 minutes. Stir in cauliflower; cover and cook until cauliflower and rice are tender, about 5 minutes.

2 Turn on broiler. In a small bowl, whisk together flour and remaining 1 cup stock. Stir stock mixture into rice mixture. Increase heat to medium-high and bring to a boil; cook, stirring occasionally, until sauce thickens, about 2 minutes.

3 Sprinkle cheese over rice mixture. Broil until cheese melts, 1 to 2 minutes. Garnish with parsley (if desired).

Serving size: about 1 cup

Turkey and white bean chili

Prep 15 min Cook 22 min Serves 4

8 5 5

- 2 tsp canola oil
- 1 lb (93% lean) ground turkey
- ½ tsp salt
- 1 medium red onion, chopped
- 1 large orange or red bell pepper, diced
- 1 medium garlic clove, crushed through a garlic press
- 1½ tsp ground cumin
- ½ tsp dried oregano
- ¼ tsp ground cinnamon
- ⅓ tsp cayenne pepper
- 1 (15-oz) can Great Northern beans, rinsed and drained
- 1½ cups jarred salsa verde
- 1 cup reduced-sodium chicken broth
- ¼ cup plain nonfat Greek yogurt
- 2 tbsp chopped cilantro
- ½ lime, cut into wedges

1 In a Dutch oven over medium-high heat, warm oil. Add turkey and salt and cook, breaking turkey apart with a wooden spoon, until no longer pink, 2 to 3 minutes.

2 Add onion and bell pepper; cook, covered and stirring occasionally, until vegetables are tender, 3 to 4 minutes. Add garlic, cumin, oregano, cinnamon, and cayenne; cook, stirring constantly, until fragrant, about 30 seconds. Stir in beans, salsa, and broth and bring to a boil. Reduce heat to low and simmer, covered, 10 minutes.

3 Divide chili among bowls. Top with yogurt and sprinkle with cilantro. Serve with lime wedges.

Serving size: 1½ cups chili and 1 tbsp yogurt

4 baking projects (page 11)

Easy cinnamon rolls

Prep 13 min Cook 22 min Serves 12

5 5 5

- Nonstick spray
- 2 cups white self-rising flour, plus more for dusting
- ½ cup plus 2 tbsp powdered sugar, divided
- 1 large egg
- 1½ cups plus 2 tbsp plain nonfat Greek yogurt, divided
- 1 tbsp plus ¼ tsp vanilla extract, divided
- ¼ cup packed brown sugar
- 1 tsp ground cinnamon

1 Preheat oven to 350°F. In a large bowl, combine flour and 2 tbsp powdered sugar. In a medium bowl, whisk together egg, 1½ cups yogurt, and 1 tbsp vanilla. Add yogurt mixture to flour mixture; stir well with a wooden spoon until just combined, then knead dough in bowl with your hands until smooth, about 2 minutes. If dough is too sticky to knead, add more flour, 1 tbsp at a time, until pliable.

2 Place a large sheet of parchment paper on a work surface and sprinkle with a little flour. Place dough on parchment and roll to a 12 x 9-inch rectangle. Sprinkle with brown sugar and cinnamon all the way to the edges. Starting with a long edge, roll up dough tightly (use parchment to help you) to form a 12-inch-long roll. Cut roll into 12 (1-inch) slices. Arrange slices in an 11 x 7-inch baking dish coated with nonstick spray. Bake rolls until lightly browned, 22 to 25 minutes. Let cool 10 minutes.

3 Meanwhile, in a medium bowl, combine remaining ½ cup powdered sugar, 2 tbsp yogurt, and ¼ tsp vanilla until smooth. Drizzle glaze over cinnamon rolls. Serve warm.

Serving size: 1 cinnamon roll

Chocolate chip-walnut cookies

Prep 20 min Cook 45 min Serves 36

5 4 4

- 1 cup canned chickpeas, rinsed and drained
- 1½ tsp vanilla extract
- ½ tsp apple-cider vinegar
- 4 tbsp unsalted butter, softened
- ¾ cup packed brown sugar
- ⅓ cup granulated sugar
- 1 large egg
- 2 cups all-purpose flour
- ½ cup rolled oats
- 1 tsp baking soda
- 1 tsp salt
- ¼ tsp ground cinnamon
- 1 cup semisweet chocolate chips
- ½ cup chopped toasted walnuts

1 Preheat oven to 350°F. Line a large sheet pan with parchment paper.

2 In a mini food processor, process chickpeas until almost smooth, about 30 seconds. Add vanilla, vinegar, and 1 tbsp water; process until smooth and creamy, about 1 minute. Into a large bowl, spoon chickpea mixture. Add butter; beat with an electric mixer on medium speed until fluffy and smooth, about 1 minute. Add brown sugar and granulated sugar; continue to beat on medium speed until well blended, about 1 minute. Beat in egg.

3 In a medium bowl, whisk together flour, oats, baking soda, salt, and cinnamon. Add flour mixture to sugar mixture. Beat on low speed until almost fully combined but some streaks of flour remain. Add chocolate chips and walnuts and beat on low speed just until combined. Onto prepared pan, scoop slightly rounded tablespoons of dough, spacing 1 inch apart, to form 12 cookies. Slightly flatten dough.

4 Bake cookies until lightly browned around the edges, 15 to 17 minutes. Transfer cookies to a wire rack and let cool. Repeat with remaining dough.

Serving size: 1 cookie

Individual mixed berry crisps

Prep 15 min Cook 30 min Serves 4

8 8 7

- Nonstick spray
- 2 cups frozen unsweetened mixed berries (do not use strawberries)
- 2 tbsp plus 1½ tsp granulated sugar
- 2 tsp instant tapioca
- 3 tbsp rolled oats (do not use quick-cooking or steel-cut)
- 2 tbsp plus 1½ tsp all-purpose flour
- 2 tbsp plus 1½ tsp chopped walnuts
- 2 tsp packed dark brown sugar
- 4 tsp walnut oil
- 2 tsp maple syrup
- ¼ tsp salt
- ¼ tsp ground cinnamon

1 Position a rack in center of oven; preheat to 350°F. Coat 4 small ramekins with nonstick spray.

2 In a large bowl, combine berries, granulated sugar, and tapioca; divide among ramekins.

3 In same bowl, stir oats, flour, walnuts, brown sugar, oil, syrup, salt, and cinnamon until crumbly (mixture should resemble coarse meal); spoon over fruit filling. Bake crisps until browned and bubbling, about 30 minutes. Let cool 5 minutes.

Serving size: 1 crisp

Black bean brownies

Prep 7 min Cook 33 min Serves 24



Nonstick spray

- ½ cup canned black beans, rinsed and drained
- ¼ cup strong black coffee
- ½ cup unsalted butter
- 4 oz bittersweet chocolate, chopped
- 4 large eggs
- 1¼ cups sugar
- 1 tsp vanilla extract
- ½ tsp salt
- 1 cup all-purpose flour

1 Preheat oven to 350°F. Coat a 13 x 9-inch pan with nonstick spray; line with foil and coat foil with nonstick spray.

2 In a blender or mini food processor, process beans and coffee until smooth; set aside.

3 In a double-boiler over very low heat, heat butter and chocolate until melted and smooth.

4 Meanwhile, in a medium bowl, using an electric mixer on medium-high speed, beat eggs and sugar until light and fluffy. Reduce mixer speed to low, add melted chocolate, and beat until incorporated. Add bean mixture, vanilla, and salt; beat well to combine. Add flour; reduce mixer speed to low and beat until thoroughly combined.

5 Pour batter into prepared pan. Bake brownies until a tester inserted into the center comes out clean, 25 to 30 minutes. Transfer pan to a wire rack and let cool 10 minutes. Remove brownies from pan by pulling up on foil and placing brownies on rack. Let cool completely, then cut into 24 pieces.

Serving size: 1 piece

2 ways to use up bananas

(cover; pages 16–17)

Creamy banana French toast casserole

Prep 20 min Cook 35 min Serves 12



Nonstick spray

- 12 slices whole-wheat or oatmeal bread, cut into quarters
- 6 large eggs
- 4 medium ripe bananas, divided
- 1 cup 2% reduced-fat milk
- ½ cup maple syrup
- 4 oz Neufchâtel cheese
- 1 tbsp rum
- 2 tsp fresh lemon juice
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp salt
- 3 tbsp powdered sugar

1 Coat a 13 x 9-inch baking dish with nonstick spray. Stand bread quarters up in prepared dish so they line the sides and bottom in a single layer.

2 In a blender, process eggs, 2 bananas, milk, syrup, cream cheese, rum, lemon juice, vanilla, cinnamon, nutmeg, and salt until smooth, 1 to 2 minutes. Slowly pour egg mixture over bread; press bread into egg mixture, making sure it is completely submerged. Cover with foil; chill 30 minutes (or up to overnight).

3 Preheat oven to 350°F.

4 Just before baking, thinly slice remaining 2 bananas; tuck slices in between pieces of bread. Cover pan with foil and bake 25 minutes. Uncover and continue to bake until golden brown and set, about 10 minutes more. Sprinkle top of casserole with powdered sugar; slice into 12 pieces.

Serving size: 1 piece

Banana lover's flourless pancakes

Prep 16 min Cook 4 min Serves 2



Nonstick spray

- 2 medium ripe bananas, divided
- 3 large eggs, beaten
- ½ tsp vanilla extract
- ¼ tsp baking powder
- ½ tsp ground cinnamon
- 1 pinch ground nutmeg
- ½ cup fresh blueberries
- 2 tsp powdered sugar

1 In a medium bowl, mash 1½ bananas; slice remaining ½ banana and set aside. To bowl with mashed bananas, add eggs, vanilla, baking powder, cinnamon, and nutmeg; whisk until blended.

2 Coat a large nonstick skillet with nonstick spray; warm over medium heat. Spoon 2 tbsp batter into skillet. (You may need to do this in 2 batches.) Cook over medium heat until edges are set and bottoms are golden, about 1 minute. Carefully flip pancakes with a thin spatula and cook on the other side until bottoms are golden, about 1 minute more.

3 Top pancakes with berries and reserved sliced bananas. Dust with powdered sugar.

Serving size: 8 pancakes, ½ cup fruit, and 1 tsp sugar

4 ZeroPoint™ foods that are cooking superstars

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Mini brownie cupcakes

Prep 7 min Cook 15 min Serves 36



- 1 (21-oz) box regular brownie dry mix
- ½ cup unsweetened applesauce
- 2 large egg whites, lightly beaten
- 1 tbsp powdered sugar

1 Preheat oven to 350°F. Line 36 mini muffin tin holes with mini cupcake wrappers.

2 In a large bowl, stir brownie mix, applesauce, egg whites, and ½ cup water with a wooden spoon 50 times (use 50 strokes); do not under- or overmix. Into prepared muffin tin holes, pour brownie mixture, about 1 tbsp each.

3 Bake cupcakes until a tester inserted into the center of a cupcake comes out clean, 12 to 15 minutes. Let cool completely, then remove cupcakes from pan. Dust with powdered sugar.

Serving size: 1 cupcake



Sheet-pan fried cauliflower rice with chicken

Prep 12 min Cook 23 min Serves 4

6 4 4

Nonstick spray

- 1 lb boneless skinless chicken breasts, cut into thin strips
- 6 tbsp teriyaki sauce, divided
- 3 tbsp toasted sesame oil, divided
- 3 cups small broccoli florets
- 3 cups sugar snap peas
- 1 cup matchstick-cut carrots
- 1 cup (2-inch-long) thin sweet red bell pepper strips
- 24 oz cauliflower rice
- ½ cup thinly sliced scallions

1 In a medium bowl, toss chicken strips, 3 tbsp teriyaki sauce, and 1½ tsp oil until coated; let marinate while oven heats.

2 Line a large rimmed sheet pan with foil. Place pan in oven and preheat oven (with pan in it) to 400°F.

3 In a large bowl, toss broccoli, snap peas, carrots, bell pepper, and 1 tbsp oil until combined. Carefully remove pan from oven. Arrange chicken mixture and broccoli mixture in pan. Bake 15 minutes.

4 In a large bowl, toss cauliflower rice and remaining 1 tbsp plus 1½ tsp oil until coated. Carefully remove pan from oven. Add cauliflower rice to pan and stir gently until just combined. Continue to bake until an instant-read thermometer inserted into chicken strip registers 165°F, about 5 minutes more.

5 Turn on broiler. Remove pan from oven and drizzle with remaining 3 tbsp teriyaki sauce. Broil until chicken is browned, about 3 minutes. Sprinkle with scallions.

Serving size: about 2½ cups



Blueberry-banana oatmeal breakfast bread

Prep 10 min Cook 20 min Serves 4

4 3 3

Nonstick spray

- ⅓ cup white self-rising flour
- 2 containers WW Maple Brown Sugar Oatmeal
- 1 large egg
- ¼ cup skim milk
- 1 medium ripe banana, mashed with a fork
- ½ cup frozen or fresh blueberries
- 1 tsp powdered sugar

1 Preheat oven to 350°F. Coat 4 mini loaf pans with nonstick spray.

2 In a medium bowl, sift flour over oatmeal. In a small bowl, whisk egg and milk; stir into oat mixture. Add banana and blueberries; stir to combine. Divide batter among prepared pans; smooth in an even layer.

3 Bake until a tester inserted into the center of a loaf comes out clean, 20 to 25 minutes.

4 Let cool slightly in pan; sprinkle with powdered sugar.

Serving size: 1 loaf



Slow-cooker red beans and rice

Prep 20 min Cook 3 hr 30 min Serves 4

6 3 3

Nonstick spray

- 1 small onion, chopped
- 1 medium garlic clove, minced
- 1 (15-oz) can kidney beans, drained and rinsed
- 1 (14½-oz) can roasted tomato purée
- 1½ cups fat-free chicken broth
- ½ cup white rice
- 2 slices cooked reduced-fat crisp bacon, crumbled

- 2 tbsp canned chipotle sauce
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped cilantro
- 1 tbsp chopped scallions (green parts only)

1 Coat a large nonstick skillet with nonstick spray; warm over medium-high heat. Add onion and garlic; cook, stirring constantly, until slightly softened, 2 to 3 minutes.

2 Meanwhile, in a 3- to 4-quart slow cooker, combine beans, tomato purée, broth, rice, bacon, chipotle sauce, oregano, salt, and pepper; stir in onion mixture. Cover and cook on Low 3½ hours. Stir in cilantro and scallions just before serving.

Serving size: 1 cup



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