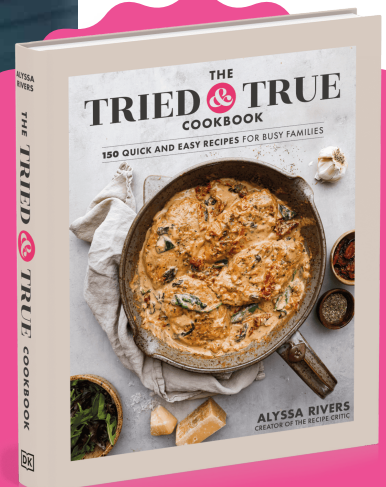




THE
RECIPE
CRITIC • TRIED & TRUE

Easy Recipes For College Students





Meet Alyssa

Welcome to my kitchen! I am Alyssa Rivers, published cookbook author of **'The Tried and True Cookbook'** and I am the foodie behind **The Recipe Critic**. This website launched in 2012 as a place to share my passion for cooking. The Recipe Critic is home to thousands of recipes that have been tried, tested, and approved by the world's most honest critics...kids and families from all over the world.

My goal is to provide families with quick and easy meals that don't sacrifice taste. From slow cooker meals to one-pot meals, air fryer recipes, baked casseroles, grilled delights, and desserts galore, my recipes are everything that you need! Your family and guests will keep coming back for more!

Korean Ground Beef and Rice Bowls

Korean Ground Beef and Rice Bowls are so incredibly easy to make and will become a family favorite! This makes the perfect weeknight meal.



PREP TIME: 5 minutes
COOK TIME: 15 minutes
TOTAL TIME: 20 minutes

SERVINGS: 4



INGREDIENTS

1 pound lean ground beef 90% lean
3 garlic cloves minced
1/4 cup packed brown sugar
1/4 cup reduced-sodium soy sauce
2 teaspoons sesame oil
1/4 teaspoon ground ginger
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon pepper
2 cups hot cooked white or brown rice
Sliced green onions and sesame seeds for garnish

INSTRUCTIONS

- 1** In a large skillet cook the ground beef and garlic breaking it into crumbles over medium heat until no longer pink. Drain the grease.
- 2** In a small bowl whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two.
- 3** Serve over hot rice and garnish with green onions and sesame seeds.



TIPS

Balancing Sweetness: Adjust the brown sugar amount according to your taste. If you prefer a less sweet dish, you can reduce the brown sugar slightly.

Add Veggies: Mix in some vegetables like bell peppers or broccoli for extra nutrition.

Meal Prep Friendly: This dish is great for meal prep. Cook a large batch of beef and rice ahead of time and portion it out into containers for easy lunches or dinners throughout the week.

Easy Fried Rice

Fried Rice is a combination of long grained rice, mixture of warm peas, carrots and onions with scrambled eggs mixed all together! You will not be getting take out any longer!



PREP TIME: 15 minutes
COOK TIME: 20 minutes
TOTAL TIME: 35 minutes

SERVINGS: 8



INGREDIENTS

3 cups cooked rice
2 tablespoons sesame oil
1 small white onion, chopped
1 cup frozen peas and carrots, thawed
2-3 tablespoons soy sauce more or less to taste
2 eggs, lightly beaten
2 tablespoons green onions, chopped, optional

INSTRUCTIONS

- 1** Preheat a large skillet or wok to medium heat. Add the sesame oil, onion, peas, and carrots. Cook until tender.
- 2** Slide the onion, peas, and carrots to the side, and pour the beaten eggs onto the other side of the skillet. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
- 3** Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until warmed through and combined.
- 4** Add chopped green onions if desired.



TIP: MAKE THIS RECIPE AS A SINGLE SERVING

1 Tablespoon sesame oil
2 Tablespoons frozen diced onion can use fresh
1/4 cup frozen peas and carrots thawed
1 egg lightly beaten
18.5 ounce package uncle Ben's ready rice or 1 cup cooked cold rice
1-2 Tablespoons soy sauce more or less to taste
Diced green onions for garnish optional

The Ultimate Air Fryer Nachos

Air fryer nachos are loaded with cheese and vegetables and cooked to absolute perfection. This quick and easy appetizer is perfect for game day or any family get-together!



PREP TIME: 5 minutes
COOK TIME: 5 minutes
TOTAL TIME: 10 minutes
SERVINGS: 4



INGREDIENTS

3 cups homemade tortilla chips
1/3 cup black beans
1/4 cup olives
1 jalapeno sliced
1 cup shredded cheese I used Colby jack
1 roma tomato sliced
1 avocado sliced
Sour cream
Chopped cilantro

INSTRUCTIONS

- 1 Add the tortilla chips to the bottom of the air fryer basket. Top with beans, olives, jalapeños, and shredded cheese.
- 2 Cook at 350 degrees in the air fryer for 3-5 minutes or until cheese is melted.
- 3 Top with tomato, avocado, sour cream, and chopped cilantro.



HOW TO REHEAT NACHOS IN THE AIR FRYER

If you have some leftover nachos that you want to reheat the next day then the air fryer will be your best friend! Air fryers are the BEST for reheating leftovers and making them taste completely fresh! Just set your air fryer to 320 degrees and then cook your nachos for 2-3 minutes. They should come out as fresh as when you first made them!

Buffalo Chicken Enchiladas

A new enchilada is in town! Get ready for the bold flavors in these buffalo chicken enchiladas! Chicken enchiladas loaded with cheese and smothered in a creamy buffalo enchilada sauce.



PREP TIME: 10 minutes
COOK TIME: 20 minutes
TOTAL TIME: 30 minutes
SERVINGS: 8



INGREDIENTS

2 cups shredded chicken, rotisserie will work great
14.5 ounce canned diced tomatoes
8 ounces canned tomato sauce
4 ounce can diced green chiles
1 cup buffalo sauce
4 ounces cream cheese
8-10 6 inch tortillas
2 cups Monterey Jack or Cheddar Cheese

Optional Toppings

Blue cheese dressing
Green onions
Cilantro
Blue cheese crumbles

INSTRUCTIONS

- 1 Preheat oven to 350 degrees Fahrenheit. Spray a 9x13 baking dish with cooking spray and set aside.
- 2 In a medium saucepan, combine the diced tomatoes, tomato sauce, green chilis, and buffalo sauce then bring to a simmer. Pour 1/2 cup of the sauce mixture into the baking dish to coat the bottom. Then, reserve 2/3 cup of the sauce for the top and set aside.
- 3 Add the cream cheese to the remaining sauce mixture in the saucepan. Heat on low and stir until the cream cheese melts into the sauce. Add the chicken and stir to combine.

Assembly

- 1 Place about 1/4 cup of the chicken mixture off center to each tortilla. Roll up and place in the prepared pan seam side down. Repeat with remaining tortillas.
- 2 Top with reserved 2/3 cup of sauce and the Monterey jack cheese.
- 3 Bake for 15-20 minutes until the cheese is bubbly.
- 4 Serve with optional toppings and enjoy!



BUFFALO CHICKEN ENCHILADA TIPS AND VARIATIONS

Make these buffalo chicken enchiladas your own! Here are a few ideas on how to customize and perfect them.

Warm The Tortillas: Before you assemble the enchiladas, warm up the flour tortillas. This makes them more pliable and less likely to tear when rolling. Easily warm them in the microwave for 10-15 seconds until they become soft and easier to work with. You can also use corn tortillas or whole wheat tortillas if you prefer.

Swap Out Chilies: If you want more heat, then swap out the green chilies for diced jalapenos, chipotle peppers, or serrano peppers.

More Toppings: Instead of blue cheese dressing, drizzle the enchiladas with ranch dressing. Try topping the enchiladas with sliced avocados or salsa!

Serve With: These enchiladas are great on their own, but you can also serve them with grilled corn, black beans, or Mexican rice.

Pita Pizzas (NOT LIVE YET)

This bacon ranch pasta pizza is filled with colorful veggies and perfectly contrasting textures and flavors! Every bite is so satisfying it will be an incredible hit with anyone lucky enough to enjoy it!



PREP TIME: 10 minutes
COOK TIME: 10 minutes
TOTAL TIME: 20 minutes
SERVINGS: 12



INGREDIENTS

16 ounces fusilli tri-color pasta, or pasta of choice
10 slices bacon, cooked and crumbled
3 Roma tomatoes, diced
5 ounces sliced olives
2 cups cheddar cheese, shredded
1 cup mayonnaise, Greek yogurt
1 packet dry ranch seasoning (about 2 tablespoons)

INSTRUCTIONS

- 1 Cook the pasta according to package directions. Drain and rinse in cold water.
- 2 Cut up your broccoli, olives, and tomatoes and add them to a large bowl.
- 3 Combine the pasta, bacon, and cheese with the veggies.
- 4 In a small bowl whisk the mayonnaise and dry ranch seasoning. Add it to the bowl of pasta and veggies and mix until combined.



TIP

The pepperoni might blow around as it cooks in the air fryer. A trick my son taught me was to switch up the layering. Layer the sauce, pepperoni, and then the cheese. The cheese will help weigh down the pepperoni and keep it from blowing around.

Air Fryer Quesadilla

This air fryer quesadilla recipe is the BEST and ONLY way to make a quesadilla. A perfectly crisp tortilla on the outside bursting with cheesy goodness on the inside, you will love how easy you can make a quesadilla in just minutes!



PREP TIME: 2 minutes
COOK TIME: 6 minutes
TOTAL TIME: 8 minutes
SERVINGS: 2



INGREDIENTS

2 8-inch flour tortillas
1 cup Colby-jack cheese, shredded

INSTRUCTIONS

- 1 Sprinkle the cheese on top of each tortilla, then fold the tortilla in half. Divide the cheese between each tortilla using more or less to your liking.
- 2 Carefully place the folded tortillas in the air fryer basket and cook at 350° Fahrenheit for 3 minutes. Flip the quesadillas and continue to cook for an additional 3 minutes or cook longer to the desired doneness.
- 3 Serve immediately and enjoy with toppings on the side!



TIP: STORING LEFTOVERS

Leftover air fryer quesadillas are great for quick snacks or meals! Rewarming them in the air fryer doesn't take long at all. You can make a fresh quesadilla in the time it takes you to rewarm the leftovers, but if you do have leftover quesadillas just follow the directions below to enjoy them later.

In the Refrigerator: Place leftovers in an airtight container or sealable bag. Store in the fridge for up to 3 days. I like to separate them with paper towels to help them not get soggy.

In the Freezer: Wrap the quesadillas individually in parchment paper then place them in a freezer-safe Ziploc bag or sealable container. Make sure to lay them flat in the freezer. Store in the freezer for up to 3 months.

To Reheat: You can reheat them in the microwave but the tortilla will become soft. To keep the crisp outside, reheat the quesadilla in the air fryer. Cook at 350° Fahrenheit for about 3 minutes or until warmed through.

Tender And Juicy Air Fryer Chicken Breasts

Tender and Juicy Air Fryer Chicken Breasts turn out perfect every time! Golden and crispy on the outside and moist and delicious on the inside. It's so easy and bursting with flavor!



PREP TIME: 5 minutes
COOK TIME: 18 minutes
TOTAL TIME: 23 minutes
SERVINGS: 4



INGREDIENTS

2 boneless skinless chicken breasts
1 tablespoon olive oil
1 tablespoon Italian seasoning
1 teaspoon garlic powder
1/2 teaspoon paprika
Salt and pepper, to taste
Optional: brussels sprouts

INSTRUCTIONS

- 1 Place the chicken in the air fryer basket. Rub olive oil on the chicken.
- 2 In a small bowl add the Italian seasoning, garlic powder, paprika, salt and pepper. Rub on each sides of the chicken.
- 3 Bake at 360 degrees Fahrenheit for 9 minutes then flip the chicken and add Brussels sprouts, if using. Cook for an additional 9 minutes or until the internal temp is 165 degrees Fahrenheit.
- 4 Allow the chicken to rest for 5 minutes before slicing and enjoying!



TIPS FOR THE JUICIEST AIR FRYER CHICKEN

Let's make the **BEST** juicy and tender air fryer chicken breasts! The air fryer can work wonders, so here are my tips for making this recipe a success!

Olive Oil: This helps to crisp the skin and helps the spices and herbs to adhere to the meat.

Space: Make sure you create room between the chicken breasts to ensure even cooking. Don't overcrowd the chicken and cook in batches if you need to.

Temperature: Check the temperature earlier than you think because you don't want to overcook the chicken. Appliances can vary so go by the temperature of your chicken to ensure it's done.

Rest: Let the chicken rest for about 5 minutes before cutting into it. This allows the juices to reabsorb into the chicken instead of spilling onto your plate.

Spices: Mix it up depending on your menu. You can use Mexican spices, BBQ spices, sauce, Indian spices, etc. Whatever your menu calls for this is a quick delicious way to cook your chicken.

Moist: Want to make sure your chicken is super moist and tender? Try marinating or brining your chicken for even greater juiciness and flavor.

Quick and Easy Stromboli

This quick and easy Stromboli gets loaded with Italian salami, pepperoni, pizza sauce and cheese. It's so simple and delicious, you will want to make it again and again!



PREP TIME: 10 minutes
COOK TIME: 20 minutes
TOTAL TIME: 30 minutes
SERVINGS: 6



INGREDIENTS

1 tube Pillsbury refrigerated pizza dough
1/2 cup pizza sauce
12 slices Italian salami
16 slices pepperoni
1 1/4 cup mozzarella cheese
1 egg, beaten
1 teaspoon Italian seasoning
2 tablespoons grated parmesan cheese
2 tablespoons fresh chopped parsley, optional

INSTRUCTIONS

- 1 Preheat oven to 400 degrees Fahrenheit. Line a baking sheet pan with parchment paper.
- 2 Roll the dough out and stretch it out on the prepared baking sheet pan. Spread the pizza sauce onto the dough leaving about 2 inches from the edge.
- 3 Top with Italian salami, then the cheese, and end with pepperoni slices.
- 4 Roll up the dough like a cinnamon roll and pinch the edges to seal and fold where the seam is. Lay the stromboli seam side down.
- 5 Brush with the beaten egg and cut small slats across the top.
- 6 Sprinkle the Italian seasoning and grated parmesan cheese on top of the stromboli.
- 7 Bake for 15–20 minutes or until golden brown on top. Slice and serve with warm pizza sauce.



TIP: CHECK OVEN TEMPERATURE

If your Stromboli burns before the inside is baked, your oven may run hot! Be sure to bake stromboli in the lower half of the oven for best results.

The Absolute Best BLT

It's not hard to see why this classic summer sandwich is an American staple. BLTs are toasty, juicy, crispy, and flavorful – everything you could want from a sandwich! It's the perfect tasty lunch for a hot summer afternoon.



PREP TIME: 10 minutes
TOTAL TIME: 10 minutes
SERVINGS: 1



INGREDIENTS

2 slices bread, toasted
2 tbsp mayonnaise
3 slices bacon, cooked
Green leaf lettuce
1/4 small tomato, sliced

INSTRUCTIONS

- 1** Cook your bacon according to package instructions. I like to save on time and use pre-cooked bacon and warm it in my air fryer.
- 2** Slice the tomato and wash the lettuce. If you want to enhance the flavor of the tomato, season it with salt and pepper.
- 3** To assemble the sandwich, toast the bread and spread the mayonnaise on one side of each slice.
- 4** Layer the bacon, lettuce, and tomato on one slice of bread. Top with the other slice of bread and enjoy!



WAYS TO CUSTOMIZE YOUR BLT

Kick your BLT up a notch with these easy tips and tricks!

What Can I Put on a BLT Besides Mayo? Add a little extra flavor to your sandwich by swapping your mayo for honey mustard, garlic aioli, sriracha mayo, or this copycat Chick-fil-A sauce!

More Topping Ideas: You can add creaminess and healthy fats to your BLT with some sliced avocados! A slice of cheese or a fried egg are also great options.

8 Can Chicken Taco Soup

You are going to fall in love with this quick and easy 8 Can Chicken Taco Soup recipe! It is the perfect dinner when there is no time to run to the grocery store but the family needs dinner, like, NOW. Grab these ingredients right out of your pantry and whip up a delicious and flavorful soup!



PREP TIME: 10 minutes
COOK TIME: 20 minutes
TOTAL TIME: 30 minutes
SERVINGS: 8



INGREDIENTS

- 1 (15 ounce) can tomatoes, diced
- 1 (15 ounce) can corn, drained
- 1 (15 ounce) can black beans, rinsed
- 1 (15 ounce) can pinto beans, rinsed
- 1 (10 3/4 ounce) can cream of chicken soup
- 1 (12 ounce) can chicken breast, drained
- 1 (10 ounce) can green enchilada sauce
- 1 (15 ounce) can chicken broth
- 2 Tablespoons (or 1 packet) taco seasoning

Optional Toppings

- Olives, sliced
- Avocado, diced
- Sour cream
- Tortilla strips
- Lime wedges

INSTRUCTIONS

- 1 In a large pot add the diced tomatoes, corn, black beans, pinto beans, cream of chicken, chicken breast, green enchilada sauce, chicken broth, and homemade taco seasoning.
- 2 Bring to a boil and reduce to a simmer over medium heat. Let simmer for 5 minutes and serve with desired toppings.



TIP: STORING LEFTOVERS

This 8 can taco soup recipe is a favorite at my house because it is easy and so full of flavor. Not to mention super filling! If you do happen to have some leftover, then you will be really happy with how great these leftovers taste. Here is how to store them.

In the Refrigerator: You can store your leftover taco soup in an airtight container in the refrigerator for up to 5 days.

Pizza Stuffed Crescent Rolls

Pizza Stuffed Crescent Rolls are loaded with gooey mozzarella cheese and pepperoni. Serve with warm marinara for dipping!



PREP TIME: 10 minutes
COOK TIME: 12 minutes
TOTAL TIME: 22 minutes
SERVINGS: 4



INGREDIENTS

1 8-ounce can crescents rolls
1/2 cup pepperoni
4 mozzarella cheese sticks, cut in half
2 tablespoons unsalted butter, melted
Italian seasoning, for sprinkling on top
Garlic powder, for sprinkling on top
Marinara sauce, for dipping

INSTRUCTIONS

- 1 Preheat the oven to 375 degrees Fahrenheit and line a baking sheet with parchment paper.
- 2 Open the can of rolls and unroll each crescent roll.
- 3 Place pepperoni on the widest side of the triangle.
- 4 Place a 1/2 of a mozzarella stick on top.
- 5 Roll the wide end to the smaller tip of the crescent.
- 6 Brush melted butter on top of the crescent rolls.
- 7 Sprinkle with Italian seasoning and garlic powder, if desired.
- 8 Bake for 10-14 minutes or until golden brown.
- 9 Serve warm with marinara sauce for dipping.



TIP: STORING AND REHEATING LEFTOVERS

These pizza stuffed crescent rolls are best served fresh and warm out of the oven! If you have leftovers, they heat up perfectly in the microwave or air fryer. Here's how:

In the Refrigerator: Once cooled, transfer the pizza stuffed crescent rolls to an airtight container and store for up to 3 days.

Reheat In the Air Fryer: Air fry at 375 degrees Fahrenheit for 3-5 minutes, keeping an eye on the pizza rolls to avoid overcooking.

Reheat in the Microwave: For a snack in a pinch, microwave for 30-second intervals or until warm.

English Muffin Breakfast Sandwich

Homemade English Muffin Breakfast Sandwiches are the best thing to happen to your mornings! These are super easy, freezer friendly, and absolutely delicious!



PREP TIME: 10 minutes
COOK TIME: 10 minutes
TOTAL TIME: 20 minutes
SERVINGS: 1 sandwich



INGREDIENTS

1 English muffins
1 homemade sausage
4 large eggs
1 Tablespoon heavy whipping cream
4 slices American cheese

INSTRUCTIONS

- 1** Make the English muffins and sausage according to recipe.
- 2 Make the eggs:**
Whisk together eggs and heavy cream. Add to a medium non stick skillet over medium heat. Flip when the egg starts to set and flip again.
- 3 Assemble:**
Slice the egg into fourths and fold on the bottom of the English muffin. Top with cheese, and sausage patty and English muffin top.



HOW TO FREEZE ENGLISH MUFFIN BREAKFAST SANDWICHES

This is so worth the extra effort. If you are going to make one of the breakfast sandwiches, you might as well make a dozen or more for those times you really need a meal idea. These are so easy to freeze and reheat, it's a real-time saver!

To Freeze: Wrap each sandwich in plastic, parchment, or tin foil and place in a gallon sealable freezer-safe bag. Freeze for up to 2 months.

Thaw: If you can thaw in the fridge overnight. Or remove the outer covering and wrap it in a paper towel. Heat the sandwich in the microwave at 50% for 40 seconds to 1 min. Flip and repeat. Once warmed, heat it for 15 seconds on full power to heat it all the way through. They can also be heated in the oven at 350 degrees for 10-15 minutes without the paper towel. Or in a toaster oven.

Slow Cooker Mississippi Pot Roast

Slow Cooker Mississippi Pork Roast is a savory, sweet and spicy pork roast that is tender to the touch and falls apart with ease. It takes minutes to prepare and can be paired with a variety of sides. Your family will fall in love with this incredibly flavorful, melt-in-your-mouth dinner!



PREP TIME: 5 minutes
COOK TIME: 6 hours
TOTAL TIME: 6 hours, 5 minutes
SERVINGS: 6



INGREDIENTS

2 pounds marinated fresh pork roast
1 packet ranch seasonings
1 packet au jus gravy mix
1/2 stick butter
8-10 pepperoncini peppers

INSTRUCTIONS

- 1 Add pork roast to the slow cooker. Sprinkle ranch and au jus packages on top. Top with butter and peppers.
- 2 Cook on low for 6 hours.
- 3 Shred with a fork and serve.



WHAT TEMPERATURE TO COOK A PORK ROAST

The National Pork Board recommends cooking pork chops, Mississippi pork roasts, and tenderloins to an internal temperature between 145 degrees Fahrenheit (medium rare) and 160 degrees Fahrenheit (medium), followed by a 3-minute rest. Since large cuts increase in temperature by about 10 degrees Fahrenheit while resting, remove them from the heat at 150 degrees Fahrenheit, followed by a 10-minute rest.

Crockpot Olive Garden Chicken With Pasta

This crockpot Olive Garden chicken is to die for! The juicy and tender chicken cooked with some pasta is insanely delicious! Plus, it's super easy which is a total win-win!



PREP TIME: 5 minutes
COOK TIME: 6 hours, 15 minutes
TOTAL TIME: 6 hours, 20 minutes
SERVINGS: 6



INGREDIENTS

1.5 pounds chicken breasts
1 (16 ounce bottle) Olive Garden Italian dressing or homemade Olive Garden Italian Dressing
1/2 cup grated parmesan
8 ounces cream cheese
16 ounces cooked pasta

INSTRUCTIONS

- 1 Place the chicken breasts in a slow cooker laying flat. Pour the whole bottle or homemade olive garden dressing over top the chicken.
- 2 Sprinkle parmesan over top the chicken and dressing. Place the block of cream cheese on top. Cover the slow cooker with the lid and cook for 6 hours on low or 4 hours on high.
- 3 Cook the pasta according to package directions. Drain and set aside.
- 4 Using 2 forks or shredders, shred the chicken evenly. Use 1/4 cup parmesan and sprinkle over top the chicken. Add in the pasta and stir until well combined. Serve while hot.



TIPS FOR COOKING WITH A CROCKPOT

Using a crockpot is easy but try out these tips and it will make cooking with one even easier! You may never go back to cooking on your stove again! This crockpot Olive Garden chicken is the perfect place to start!

Keep the lid ON: I know it's tempting to want to take the lid off and check on your food! But a crockpot is designed to do its thing with the lid ON. Keep the lid on and don't let out all of that heat that has been built up! Just look through the glass and trust your recipe!

Preheat your crockpot: A lot of people don't do this and it really is a step that should always be taken. Turn your crockpot on to the correct setting about 20 minutes before you plan on putting your food in. You can just turn it on while you prep your food!

Spray it: If you spray your slow cooker with cooking spray before you put your food in, then your cleanup will be so much easier! This helps so that your food doesn't stick to the sides. Trust me, it's an easy step that you will appreciate doing later!

Peanut Butter Banana Smoothie

Peanut Butter Banana Smoothie is a rich refreshing drink that is good for you too! Full of protein, vitamins, and minerals use it as a workout recovery drink or a snack.



PREP TIME: 10 minutes
TOTAL TIME: 10 minutes
SERVINGS: 2 smoothies



INGREDIENTS

3 cups frozen bananas
1/3 cup peanut butter
1 Tablespoon Honey
1/4 cup greek yogurt
1/2-1 cup milk

INSTRUCTIONS

Add the frozen bananas, peanut butter, honey, greek yogurt, and milk to a blender. Blend until smooth and creamy.



THE BEST TIPS AND TRICKS FOR PEANUT BUTTER BANANA SMOOTHIE

Super creamy and tastes like peanut butter banana ice cream instead of a smoothie, this is going to become a staple in your breakfast rotation, or snack rotation!

Bananas: This is the perfect way to use up those overripe bananas when you do not have time to make bread. Peel the bananas cut them in half, and place them in a freezer bag. Release as much air as possible out of the bag. I will freeze bunches at a time so I have frozen bananas at all times. We make a lot of smoothies! They will keep for up to 2 months.

Peanut Butter: I like to use natural peanut butter that has fewer added sugars and oils. You can also use peanut butter powder if you are trying to cut calories and fat. Keep in mind the fat in peanut butter is good for you.

Greek Yogurt: Creamy and tangy, Greek yogurt adds protein and rich thick consistency. If you need more sweetness, use vanilla-flavored Greek yogurt.

Honey: Nature's sweetener is perfect in this smoothie. You can use liquid stevia or agave as well.

Milk: Feel free to use non-dairy milk if you desire

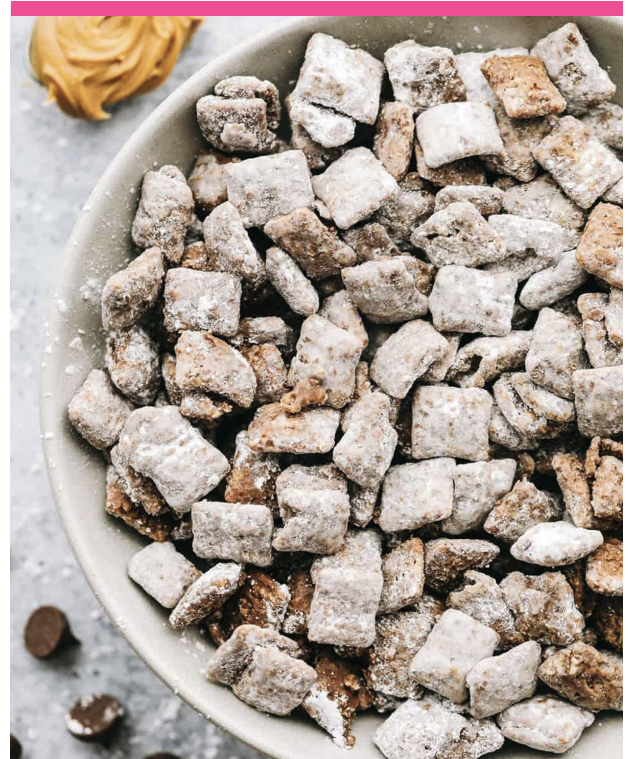
Ice: Add ice to the blending if you want it even colder, you may want to reduce the milk if you do.

Classic Muddy Buddies

Muddy Buddies are quick and easy, no bake sweet treat that is a combination of cereal, chocolate and peanut butter and tossed in powdered sugar. It's snack attack perfection! Whether you call it puppy chow or muddy buddies or reindeer chow this is crowd favorite.



PREP TIME: 10 minutes
COOK TIME: 5 minutes
TOTAL TIME: 15 minutes
SERVINGS: 8 Cups



INGREDIENTS

8 cups rice Chex cereal
1 cup chocolate chips
1/2 cup creamy peanut butter
4 Tablespoons butter
1 teaspoon vanilla
1 1/2 cups powdered sugar

INSTRUCTIONS

- 1 In a large bowl add the Chex cereal.
- 2 In a medium microwave safe bowl add the chocolate chips, peanut butter, and butter. Microwave 30 seconds at a time stirring until smooth. Stir in the vanilla.
- 3 Pour the chocolate over the cereal and stir until cereal is coated in the chocolate.
- 4 Add the powdered sugar to a gallon sized bag and add the cereal. Shake to coat in the powdered sugar.



TIPS FOR STORING THIS EASY SNACK MIX

Double: Easily double the recipe or half for it for whatever kind of crowd your feeding.

For storing: Store in an airtight container for up to 3-4 days. The sooner it's eaten the better.

Fridge: Try keeping it in the fridge for extra crunch and that little bit chill is just yummy.

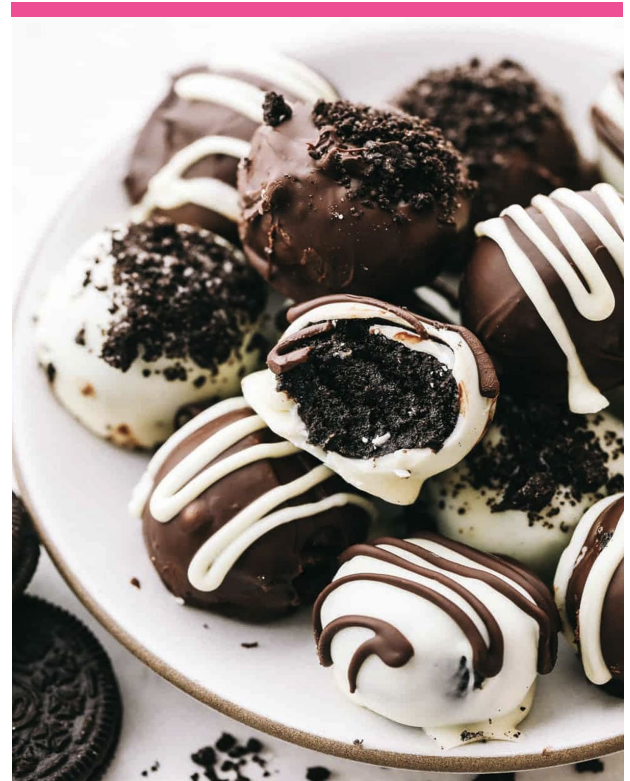
Freeze: You can freeze this in an airtight container for up to 3 months, thaw at room temperature

No-Bake Oreo Balls

Easy no bake Oreo balls are decadent little truffles covered in a chocolate shell. Oreo crumbs and cream cheese create a sweet creamy texture on the inside. It only takes 3 simple ingredients to make this perfect party treat!



PREP TIME: 15 minutes
TOTAL TIME: 15 minutes
SERVINGS: 24 Oreo balls



INGREDIENTS

1 14 ounce package Oreo cookies
1 8 ounce package cream cheese, softened
2 cups white chocolate chips
2 cups semi sweet chocolate chips
Crushed Oreos for topping

INSTRUCTIONS

- 1 In a food processor, add the Oreos and pulse until fine crumbs. Add in the cream cheese and continue to mix until fully combined.
- 2 Using a small cookie scoop, scoop out 1-inch balls and roll them into balls. place on a baking sheet lined with parchment paper. Freeze for about 20 minutes.
- 3 In two separate microwave-safe bowls melt the chocolate chips in the microwave. Stir every 30 seconds until smooth and melted.
- 4 Using a fork, dip each ball into the chocolate and place it on the prepared pan to let set. You can refrigerate them to speed up the process! Drizzle with extra chocolate or sprinkle with crushed Oreos if desired.



TIPS FOR MAKING NO BAKE OREO BALLS

Get creative with these Oreo balls. Make them each unique with different toppings and chocolate drizzles. There is no wrong way to make them, so have fun!

Coating Truffles: Use a toothpick to dip the Oreo balls in the melted chocolate. It's the best way to get a perfectly smooth coat.

Toppings: Crushed Oreo sprinkled on top of these truffles gives a great crunch. Also try nuts, sprinkles, or coconut to add different flavors and textures.

Chocolate: Candy melts or cooking bars are also great to use for the chocolate coating if that is what you have on hand. Add vegetable oil to thin out the chocolate if it's thicker than you prefer.

Size: Make your truffles big or small! They are pretty rich, so don't make them too big. Feel free to use any cookie scoop. Mine is about 1 tablespoon.

Rice Krispie Treats

Everyone loves a good rice Krispie treat. Sweet, soft, and extra ooey goeey, these Perfect Rice Krispie Treats will become your new favorite!



PREP TIME: 5 minutes
COOK TIME: 10 minutes
TOTAL TIME: 15 minutes
SERVINGS: 16 slices



INGREDIENTS

1/2 cup butter
1 (10 ounce bag) mini marshmallows
5 cups Rice Krispies cereal
1 cup mini marshmallows optional

INSTRUCTIONS

- 1 Line a 8x8 inch pan with parchment paper or spray with non stick cooking spray. Set aside.
- 2 In a large pot melt 1/2 cup butter over medium low.
- 3 Add in marshmallows and stir until melted and smooth.
- 4 Remove from heat and add in cereal. Mix until combined. Add in the 1 cup additional marshmallows if desired.
- 5 Press firmly into the prepared pan. Let set for an hour until cooled.



TIPS FOR MAKING THIS EASY SNACK MIX

Here are tips to enhance and perfect your rice Krispie treats! These will help create the perfect treat every time!

Rice Krispies are Too Dry: If your rice krispies come out too dry, this means that you have used too much cereal.

Rice Krispies are Too Sticky: This likely means that you have used too many marshmallows.

Brown Butter: Adding brown butter to your rice krispies gives them a delicious nutty flavor! See full recipe here.

Toppings: To spice up your rice krispies, you can top them with things like oreo pieces, chopped candy, chocolate, caramel, and nuts. Mix and match to create things like turtle and butterscotch peanut butter treats!

In the Microwave: You can use the microwave to melt down your butter and marshmallows. Add butter and marshmallows to a microwave-safe bowl and cook on high for 1 minute. Cook for additional 10-15 second intervals until the mixture is melted and smooth.

Overcooking Marshmallows: Be sure not to overcook your marshmallows. This will make your rice krispies too hard.

No Bake Cookies

The Very Best No Bake Cookies are a quick and simple chocolaty, peanut butter cookie with a soft oatmeal texture that is a classic favorite! Ready in under 15 minutes!



PREP TIME: 10 minutes
COOK TIME: 5 minutes
TOTAL TIME: 15 minutes
SERVINGS: 12



INGREDIENTS

1/2 cup butter
2 cups sugar
1/2 cup milk
4 Tablespoons cocoa powder
1/2 cup peanut butter
3 1/2 cups quick oats
1 Tablespoon vanilla

INSTRUCTIONS

- 1** In a medium size sauce pan over medium high heat, add the butter, sugar, milk and cocoa powder. Bring to a rolling boil for about 2 minutes. Remove from heat.
- 2** Stir in peanut butter, oats, and vanilla and mix until incorporated.
- 3** Line a cookie sheet with parchment paper. Use a medium sized cookie scoop, scoop the cookies and drop them onto the parchment paper. Let set and cool to room temperature or refrigerate.



TIPS FOR NO BAKE COOKIES

How long can you store No Bake Cookies?

No Bake Cookies can be stored at room temperature in an airtight container or Ziploc® bag for about a week, or two weeks in the refrigerator. You can also refrigerate no bake cookies to help them cool faster, but that is not required.

Can you freeze No Bake Cookies?

Yes! No Bake Cookies are perfect for making ahead and freezing.

Can you add or substitute extras to No Bake Cookies?

Yes! I love to make these fun and different from time to time.

- Nutella®
- Shredded coconut
- Almond extract instead of vanilla
- Chocolate peanut butter instead of peanut butter
- Brown sugar instead of white sugar
- Sea Salt for a salty/sweet combination
- Add 1/2 cup semisweet chocolate chips

Cookie in a Mug

Everyone loves a good rice Krispie treat. Sweet, soft, and extra ooey-gooey, these Perfect Rice Krispie Treats will become your new favorite!



PREP TIME: 5 minutes
COOK TIME: 10 minutes
TOTAL TIME: 15 minutes
SERVINGS: 16 slices



INGREDIENTS

- 1/2 cup butter
- 1 (10 ounce bag) mini marshmallows
- 5 cups rice Krispies cereal
- 1 cup mini marshmallows optional

INSTRUCTIONS

- 1 Line a 8x8 inch pan with parchment paper or spray with non stick cooking spray. Set aside.
- 2 In a large pot melt 1/2 cup butter over medium low.
- 3 Add in marshmallows and stir until melted and smooth.
- 4 Remove from heat and add in cereal. Mix until combined. Add in the 1 cup additional marshmallows if desired.
- 5 Press firmly into the prepared pan. Let set for an hour until cooled.



TIPS FOR COOKIE IN A MUG

Make sure to use a microwave-safe mug that isn't too small. I like the wide rimmed mug so I have room to add ice cream and toppings!

Air Fryer Tips and Easy Frozen Food Recipes



- 1 No preheating necessary:** Air fryers generally work just fine without preheating. Some manuals will suggest preheating before cooking, but I don't ever preheat mine!
- 2 Don't overcrowd the basket:** Avoid crowding your air fryer basket! Always leave space between the items in the air fryer for the hot air to move between. You never want to stack food in the basket. This will ensure your food is fully cooked through and that you get a crispy outside texture!
- 3 Shake and flip:** Most recipes will have you shake the food or flip items halfway through the cooking time. Flipping is essential to certain recipes getting evenly cooked and crispy on both sides.
- 4 Clean often:** Clean out any leftover crumbs or food particles before using your air fryer. It's sanitary and safe to have a clean air fryer.
- 5 Well-ventilated area:** When using your air fryer, always place it in a well-ventilated open area, away from walls. This way the ventilation system in the air fryer can work properly.
- 6 Easy uses:** My favorite way to use the air fryer to reheat leftovers and to cook frozen foods. It's also a healthy alternative to using less oil!

Here are some more easy air fryer recipes using frozen foods!



Air Fryer Frozen
Taquitos



Air Fryer Pizza Rolls



Air Fryer Corn Dogs



Air Fryer Frozen
Chicken Wings