Vegan Banana Muffin Tops

- 2 large ripe bananas
- ½ cup packed pitted dates
- ¼ cup coconut oil
- 1tsp vanilla
- 1tsp cinnamon
- 1tsp baking powder
- ¼ tsp salt
- 2 cups rolled oats
- Chocolate chips (as desired)

1. Preheat oven to 350*
2. Add bananas, dates, coconut oil and vanilla into food processor. Run until smooth
3. Add cinnamon, baking powder and salt, run again for a few seconds
4. Add half of the oats to the food processor and run again for a few seconds
5. Remove the blades and stir in remaining oats and chocolate
6. Spoon large balls onto oiled sheet tray * Do not flatten them*
7. Bake for 10 minutes, rotate, and bake another 7-10 minutes until golden brown.

Reducing animal byproducts in our diets a few times a week helps to reduce the emissions created from the animals, as well as reduce deforestation from the housing of, and growing of feed needed for the animals.

Spiced Fruit Salad

- One banana
- One apple
- One orange
- A handful of strawberries or other berries
- Chopped almond
- A dressing made from lime juice, honey and cardamom or cinnamon

This recipe is comprised largely of foods that rely on bees for pollination. No bees? You can still eat bananas.