

— THE EVERYDAY KITCHEN —

Everyday Snacks & Sweet Treats

Small batches. Everyday favorites.

40
RECIPES



— EVELYN BROOKS —

WELCOME

Start with a recipe you want to make

A practical collection

Choose one breakfast, meal or snack that fits your day. The recipes use familiar ingredients and explicit portions. Start with a recipe you like, and add food or adjust portions for your own appetite and needs.

Enjoy the portion

Sweet foods do not need a guilt label. Honey and maple syrup are still added sugars, and fruit or nuts do not automatically make a dessert lower in calories. The useful detail is the stated portion and ingredient amount.

How the recipes were developed

These original formulations use established home-cooking methods and an editorial review of quantities, sequence, doneness and storage. They have not been represented as physically kitchen-tested. Cooking times and texture are estimates; use the doneness cues and a thermometer where instructed.

One person, two people, or a small batch

One-serving cards list quantities for one and two. Recipes using a whole egg or a small bake may have a fixed batch yield instead. The card tells you how many cookies, muffins, bars or portions make one serving.

Reading the numbers

Nutrition is estimated from ingredient weights and USDA references, with documented related-ingredient or manufacturer proxies where direct data are incomplete. Count all measured oil, salt and sweetener. Exact brands, substitutions and cooking losses change the numbers. Missing data are not silently set to zero.

About Evelyn and the visuals

Evelyn Brooks is a fictional, AI-created character. Food images are AI-generated illustrations, not photographs of cooking tests. These recipes offer general food ideas, not an individualized diet or medical treatment.

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EK3-N01 / SNACK

Peanut Butter Banana Oat Cookies



PREP	COOK	WAIT	TOTAL
8 min	20 min	10 min	38 min

6 soft cookies; 2 cookies per serving

Equipment: oven, baking sheet.

• **Your ingredients**

Ingredient	Whole batch
Rolled or quick oats, dry	about 1 cup 80 g
Peeled banana	4.2 oz by weight 120 g
Unsalted smooth peanut butter, no added sugar	about 2 tbsp 32 g
Large egg, out of shell	1 large egg 50 g
Ground cinnamon	about 0.38 tsp 1 g

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

Cook, enjoy & keep

Make it

1. Heat the oven to 350 F (175 C) and line a baking sheet. Mash banana until smooth, then beat in the egg, peanut butter and cinnamon.
2. Stir in oats and leave 10 minutes to hydrate. Divide into six equal mounds and flatten to about 1/2 inch thick; they will not spread like butter cookies.
3. Bake 15-20 minutes until set through, with no wet centers; the egg mixture must reach 160 F (71 C). Cool 10 minutes on the tray. One serving is two soft, chewy cookies.

Why this recipe fits

These are banana-oat cookies, not crisp sugar cookies. The banana and peanut butter bring energy as well as flavor; the portion is explicit.

Estimated nutrition / serving

Calories 225 kcal	Protein 8.4 g	Carbohydrate 30.0 g
Fiber 4.4 g	Fat 8.9 g	Saturated fat 2.0 g
Total sugars 6.3 g	Added sugars 0.0 g	Sodium 28 mg

Allergen / ingredient notes: egg, peanut. Check all packaged ingredients and cross-contact for your needs.

Flexible choice: Keep the listed egg, flour and liquid proportions for this formulation. If you need an egg-free or wheat-free choice, choose a different indexed recipe rather than assuming a one-for-one baking substitute will work.

Keep and reheat: Refrigerate promptly in a covered container at 40 F (4 C) or below, within 2 hours of preparation (1 hour above 90 F / 32 C). Count from the original cooking or preparation date. Use refrigerated leftovers within 3 days, or earlier if an ingredient was already partway through its safe storage period. Freeze suitable plain cooked portions promptly for longer holding; aim to use within 1 month for quality. Texture after freezing is an estimate, not a tested result. Reheat hot leftovers to 165 F (74 C) throughout, checking several spots. Add a little water only if the texture needs loosening. Reheat the needed portion; the original storage clock does not restart.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See the opening notes for calculation assumptions.