



Pillars can help improve your quality of life.

Healthy Eating in 3 Ingredients Recipes

Yogurt Biscuits

(Credit: Sinful Nutrition) Ingredients: 1 Cup White Whole Wheat Flour, 2 Tsp Baking Powder, 1/2 Tsp Salt, 1 Cup Greek Yogurt Instructions 1. Preheat oven to 400 degrees. (200 Celsius) 2. Combine all ingredients in a large bowl. 3. Spoon the mixture onto a greased skillet. 4. Bake biscuits for 15-20 minutes

3 Ingredient Brownies

(Credit: Kirbie Cravings) Ingredients: 1.5 cups over-ripened bananas, pureed, 1/2 cup creamy nut butter such as almond or cashew, 1/2 cup unsweetened cocoa powder 1. Preheat oven to 350 degrees. 2. Line an 8x8 inch baking pan with parchment 3. Blend the three ingredients until smooth. 4. Pour the mixture into the pan and bake for 20 minutes, until a fork inserted into the mix comes out clean.

Marinated Chicken Skewers

(Credit: Pinch of Yum) Ingredients: Marinade: 3/4 cup soy sauce, 3/4 cup honey, 3/4 cup water, 4 cloves garlic minced, Skewers: 1 pound chicken thighs cubed, cilantro and lime for serving. 1. Whisk soy sauce, honey, water, and garlic in a large bowl until incorporated. 2. Place chicken in a zip lock bag. Reserve 3/4 cup of marinade and add the rest to the bag. 3. Marinate chicken for at least 4 hours. 4. Preheat a grill to medium-high. 5. Drain the marinade from the chicken and place it on skewers. 6. Brush chicken with reserved marinade and place skewers on the grill. Every 3-5 minutes, brush chicken with marinade and flip. Cook until thoroughly browned. 7. Serve with cilantro and lime.

Sweet Potato Brussel Sprout Hash

(Credit: Eating Well) Ingredients: 2 Cups sweet potatoes cubed, 2 precooked chicken sausages diced, 10 oz shaved brussels sprouts, 3 tbsp cooking oil. 1. Place sweet potatoes in a dish with a quarter inch of water. Cover with plastic wrap. Microwave on high for 3 minutes, and then drain. 2. Heat oil over medium heat and cook sausages, stirring until golden brown. Drain and remove to a plate. 3. Heat oil over medium heat and cook brussels sprouts, stirring for 3 minutes. 4. Stir cooked ingredients and season to taste with salt and pepper.

