



DAY 2

Breakfast	Peanut Butter Granola Bars
Lunch	Spinach, Pineapple, and Strawberry Salad
Dinner	Stir-Fried Noodles with Veggies

PEANUT BUTTER GRANOLA BARS

Prep Time: 5 min
Total Time: 20 min

Ingredients

- 1/2 cup smooth peanut butter
- 1/4 cup pure maple syrup
- 1/4 cup brown rice syrup
- 1 tsp vanilla extract
- 2 cups rolled oats
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cinnamon

Instructions

1. Preheat oven to 350° F.

2. Line 8-inch square baking pan with parchment paper.
3. In medium saucepan, combine peanut butter, maple syrup, and brown rice syrup.
4. Heat over low just until smooth, whisking constantly with fork.
5. Cool slightly.
6. Stir in vanilla.
7. Stir in oats, salt, and cinnamon until combined.
8. Press mixture into prepared pan.
9. Bake 18 minutes until edges are light brown.
10. Cool, then cut into bars.
11. Store in airtight container at room temperature.

SPINACH, PINEAPPLE, AND STRAWBERRY SALAD

Prep Time: 30 min
Total Time: 30 min

Ingredients

- 3 cups strawberries, hulled and halved
- 3 tablespoons white wine vinegar
- 2 teaspoons sugar
- 1 teaspoon Dijon mustard
- 1 teaspoon poppy seeds
- 4 slices pineapple, diced
- 2 cup baby spinach
- 1 cup edamame
- 1/4 cup chives, cut
- 1/4 cup sliced almonds

Instructions

1. For the dressing, blend 1 cup strawberries, vinegar, sugar, and mustard until smooth. Stir in poppy seeds.
2. Grill pineapple over medium high heat 6-8 min, turning once. Cut into bite sized pieces.
3. In extra large bowl, combine remaining strawberries, pineapple, spinach, edamame, and chives.
4. Drizzle with dressing; toss.
5. Top with almonds.



STIR-FRIED NOODLES WITH VEGGIES

Prep Time: 10 min

Total Time: 20 min

Ingredients

1/3 cup soy sauce

1/3 cup vegetable broth

1/4 cup date molasses

2 teaspoon fresh ginger

2 cloves ginger

2 cloves garlic

1 teaspoons cornstarch

8 oz dried brown rice noodles

1/2 cup yellow onions

1-1/2 cup snow pea pods

1 cup asparagus, cut into 1-inch pieces

1/2 cup carrots

1/2 cup chives

Salt, pepper to taste

Instructions

1. Combine soy sauce, vegetable stock, brown rice syrup, ginger, garlic, and cornstarch in medium saucepan. Cook over medium heat until thickened, about 5 minutes.
2. Meanwhile, cook noodles according to package directions. Drain and keep warm.
3. Heat large skillet over high heat. Add onion; cook and stir 4 minutes, adding water 1 table-spoon at a time to prevent sticking.
4. Add pea pods, asparagus, and carrots. Cook and stir 3 minutes.
5. Add sauce made in step 1; cook 2 minutes, stirring occasionally.
6. Add noodles and chives; toss to coat.
7. Cook until heated through, approximately 1 minute.
8. Season with salt and pepper, as needed.



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