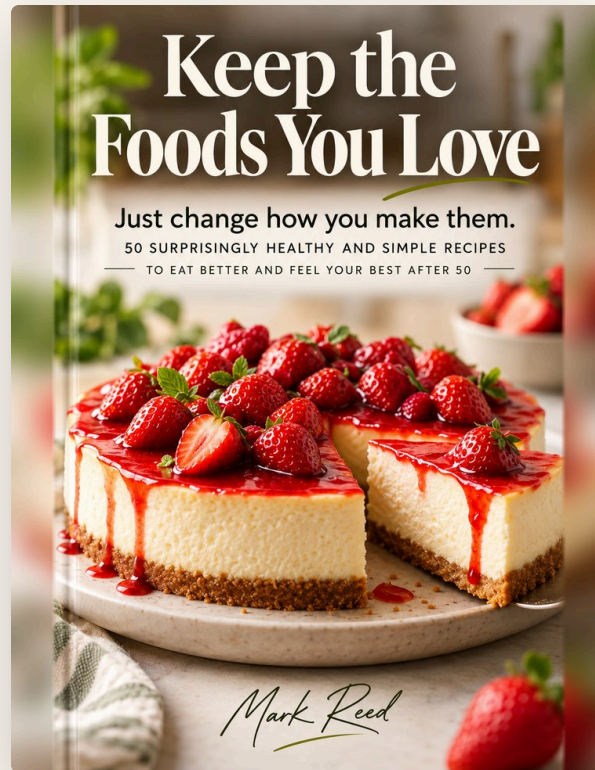




A FREE TASTE OF THE BOOK

3 recipes from Keep the Foods You Love

Just change how you make them.

Fluffy Sunday Pancakes

Banana Bread Cookies

Creamy Tomato Pasta

Mark Reed



Fluffy Sunday Pancakes

Soft, golden pancakes worth slowing down for.

THE BETTER-WAY INGREDIENTS

Cottage cheese • eggs • oats • banana

ACTIVE 15 MIN • TOTAL 25-30 MIN • SERVES 2

EASY • COOK'S NOTES P. 79

THE RECIPE

Fluffy Sunday Pancakes

ACTIVE 15 MIN · TOTAL 25-30 min · SERVES 2

Easy · [Cook's notes p. 79](#)

INGREDIENTS

1 cup (225 g) 2% cottage cheese
 2 large eggs
 ¾ cup (60 g) rolled oats
 1 very ripe banana (120 g peeled)
 1 teaspoon baking powder
 1 teaspoon vanilla extract
 ½ teaspoon cinnamon
 ⅛ teaspoon fine salt
 1 teaspoon (5 g) unsalted butter,
 for the pan

MAKE IT

1. Blend the cottage cheese, eggs, oats, banana, baking powder, vanilla, cinnamon, and salt until smooth. Rest 5 minutes while a skillet heats over medium-low.
2. Lightly butter the skillet. Add about ¼ cup batter per pancake, leaving space to turn them. Cook 2-3 minutes, until the edges set and the underside is golden.
3. Flip and cook 1-2 minutes more, until the centers are firm with no wet batter. Lower the heat if the outside browns too quickly. Repeat with the remaining batter and serve warm.

IF YOU NEED A FIX

Brown outside, wet inside? Use smaller pancakes and lower the heat; give the center time to set.

ESTIMATED PER SERVING · ½ recipe (about 4 small pancakes)

356 kcal · Protein 22.7 g · Carbs 41.0 g · Fiber 4.9 g
 Sugars 12.6 g · Fat 11.5 g · Sat. fat 4.6 g · Sodium 724 mg

PLAN THE NEXT SERVING

Make ahead: Cook the full batch and freeze portions. Blend batter just before cooking.

Serve with: Pair with berries. Add plain yogurt if you want a more substantial breakfast.



THE RECIPE

Banana Bread Cookies

ACTIVE 15 MIN · TOTAL 35-45 min · SERVES 10

Easy · [Cook's notes p. 81](#)

Oats, walnuts and peanut butter contribute fiber and fat; banana and dates provide sweetness. These are soft cookies.



INGREDIENTS

1 ripe banana (115 g peeled)
 1 large egg
 ¼ cup (64 g) smooth natural peanut butter
 1 teaspoon vanilla extract
 1 cup plus 2 tablespoons (90 g) rolled oats, divided
 ½ teaspoon baking powder
 ½ teaspoon cinnamon
 ¼ teaspoon fine salt
 ¼ cup (28 g) chopped walnuts
 2 soft pitted dates (35 g), finely chopped

MAKE IT

1. Heat the oven to 350°F / 175°C and line a baking sheet. Grind 60 g of the oats into flour, leaving the remaining 30 g whole.
2. Mash the banana and mix with the egg, peanut butter, and vanilla. Stir in the ground oats, baking powder, cinnamon, and salt. Fold in the whole oats, walnuts, and chopped dates.
3. Divide into 10 cookies on the sheet and flatten to about ½ inch thick; they spread very little. Bake 12-15 minutes, or until set with lightly browned edges. Cool on the sheet 5 minutes, then transfer to a rack.

IF YOU NEED A FIX

Cookies barely spread. Flatten before baking; let them set on the sheet before lifting. Expect a soft texture.

ESTIMATED PER SERVING · 1 cookie

119 kcal · Protein 3.9 g · Carbs 13.4 g · Fiber 2.0 g
 Sugars 4.6 g · Fat 6.2 g · Sat. fat 1.1 g · Sodium 83 mg

THE RECIPE

Creamy Tomato Pasta

ACTIVE 10 MIN · TOTAL 20-25 min · SERVES 4

Easy · [Cook's notes p. 90](#)

Cottage cheese adds protein to the tomato sauce. Choose the pasta you enjoy; the estimate uses the listed dry pasta amount.



INGREDIENTS

8 oz (225 g) dry short pasta
 1½ cups (360 g) marinara sauce
 1 cup (225 g) 2% cottage cheese
 ¼ cup (25 g) finely grated Parmesan
 2 teaspoons (10 ml) olive oil
 2 garlic cloves, minced
 ¼ teaspoon red pepper flakes, optional
 ¼ teaspoon black pepper
 ¼-½ cup (60-120 ml) reserved pasta water, as needed

MAKE IT

1. Cook the pasta until just tender, following its package directions. Reserve ½ cup cooking water before draining. Blend the cottage cheese until completely smooth.
2. Warm the oil in a saucepan over medium-low. Add the garlic and optional pepper flakes; stir 30-60 seconds without browning. Add the marinara and simmer 3-4 minutes.
3. Reduce the heat to low. Stir in the cottage cheese, Parmesan, and black pepper without letting the finished sauce boil. Add the pasta and cooking water 1 tablespoon at a time, only as needed for a glossy sauce. Serve promptly.

IF YOU NEED A FIX

Curdled sauce? Lower heat before adding dairy and avoid a boil. Reserve pasta water before draining.

ESTIMATED PER SERVING · ¼ recipe

346 kcal · Protein 16.8 g · Carbs 52.2 g · Fiber 3.5 g
 Sugars 8.2 g · Fat 7.4 g · Sat. fat 2.3 g · Sodium 644 mg

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