

## Employee Wellness Cooking Demo: 10/21/2020

### Ingredients List

#### Reduced-Sugar, Gluten-Free Banana & Zucchini Muffins

- 3 extra ripe medium bananas
- 2 eggs
- 1 cup grated zucchini (1 medium zucchini)
- 1/3 cup canola oil
- ½ cup plain Greek yogurt
- 1 tsp vanilla
- 1.5 cups all-purpose flour (can be gluten-free)
- 1/3 cup brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt

#### Homemade Marinara Sauce

- 2 Tbsp extra virgin olive oil
- 1/2 medium yellow onion 1/2 cup chopped
- 3 garlic cloves finely minced
- 28 oz crushed tomatoes
- 1/2 tsp dried oregano
- 1/2 tsp sea salt
- 1/4 tsp black pepper freshly ground
- 1 Tbsp fresh basil or parsley, finely minced, plus more to garnish