

MANGO Mania WEEK #2

Making Healthy Snacks Fun!

From planning to packing, get children involved!

- Try new foods and recipes to add variety and pleasure.
- Let children help prepare their snacks it will increase their interest in eating them.
- Children can also help with grocery shopping and suggestions for snack items.
- Include stickers, notes or cartoons in lunch box to brighten up their day!

Be friends with your kitchen

- Commercially made baked goods (i.e. Muffins, banana bread, etc.) are easy but they may be high in fat, sugar and salt. So why not make your own?
- Fruit snacks, fruit sticks and fruit gummies are convenient but contain lots of sugar and very little fruit. Fruit slices, unsweetened applesauce or fruit cups packed in water or 100% pure juice are better choices and are just as easy.
- Granola bars can be high in fat and sugar. Bake them yourself or look for granola bars that contain less 10 grams of sugar and that sugar is not the first ingredient. Also look for those that are lower in fat and higher in fibre.

Here are some recipes:

Banana nut muffin

Serves: 12

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS:

4 very ripe bananas	2 tbsp flax meal
1/2 cup white sugar	1 tsp baking soda
1/3 cup non-hydrogenated margarine, melted	1 tsp baking powder
1 egg	½ tsp cinnamon
¾ cup all purpose flour	¼ tsp nutmeg
¾ cup whole wheat flour	½ cup walnuts, chopped (optional)
¼ cup wheat germ	

INSTRUCTIONS:

Preheat oven to 375°F

1. Mash bananas in a large bowl with an electric mixer or potato masher.
2. Beat in sugar, and then stir in melted margarine.
3. Beat in egg.
4. In a medium bowl, combine flours, wheat germ, baking powder, baking soda, nutmeg and cinnamon. Add the dry ingredients to the wet and very gently fold the ingredients together with a rubber spatula. Add in chopped nuts (optional). Do not over-mix muffins or they will be tough.
5. Spoon batter into 12 paper lined muffins cups and bake about 20 min or until the muffin tops are firm to the touch.
6. Cool pan for 5 minutes and then remove muffins to cooling rack.

Note: You can peel and freeze over-ripe bananas in small zippered bags.

Recipe from Chefs! Getting a Head Start on Healthy Living

Homemade granola

Serves: 14 (1/2 cup servings)

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS:

1.5 tsp cinnamon	¾ tsp salt
1 tsp ground ginger	2/3 cup maple syrup or honey
½ tsp nutmeg	1/3 cup vegetable oil
3 cups old fashioned rolled oats	½ tsp almond extract
½ cup oat bran	1 tsp vanilla extract
½ cup wheat germ	1 cup shredded coconut (optional)
1 cup unsalted sunflower seeds	1 cup dried cranberries (added after cooking)

INSTRUCTIONS:

Preheat oven to 350°F.

1. Line a large baking sheet with parchment or foil.
2. In a large bowl, combine oats, bran, wheat germ, sunflower seeds, coconut (if using).
3. In a small bowl, combine cinnamon, ginger, nutmeg and salt.
4. In a small saucepan over low heat, stir syrup with oil until warm (2–3 min). Remove from heat, stir in almond extract, vanilla and spice mix. Pour syrup mixture over oat mixture, mix well with a wooden spoon or rubber spatula.
5. Pour granola onto baking sheet, spreading out as evenly as you can. Bake until golden about 30 minutes, stirring every 10 minutes. Remove from oven and stir in cranberries.
6. Cool, store in an airtight container up to 2 weeks.

Note: Layer low-fat yogurt and granola in a parfait glass for a healthy snack or dessert. Make it even better by adding fresh or frozen fruit.

Recipe from Chefs! Getting a Head Start on Healthy Living

Smoothie

Serves: 2

INGREDIENTS:

1 banana	1 cup fresh or frozen berries (any combination)
1 cup milk or vanilla flavored soy beverage	¾ cup lower-fat yogurt (vanilla or other flavor that complements berries)

INSTRUCTIONS:

1. In a blender, liquefy fruit with small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency,

Recipe from Dietitians of Canada: <http://www.dietitians.ca/Recipes/Banana-Berry-Wake-Up-Shake.aspx>

Vanilla Maple Yogurt Dip

Serves: 4

INGREDIENTS:

¼ cup low-fat vanilla yogurt	¼ cup light sour cream
1 tbs pure maple syrup	Pinch of ground cinnamon

INSTRUCTIONS:

1. In a small bowl, combine yogurt, sour cream, maple syrup and cinnamon. Use immediately or cover and refrigerate for up to 3 days.
2. Use for dipping fruits or as a dressing for a fruit salad.

Recipe adapted from Dietitians of Canada: <http://www.dietitians.ca/Recipes/Canadian-Summertime-Fruit-Salad.aspx>

Roasted chickpeas (3 ways)

INGREDIENTS:

1 can (19 oz/560ml) chickpeas	1 tbsp olive oil
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And *one* of the following spice mixes:

1. Savory pizza crunch chickpeas

2 tsp parmesan cheese	2 tsp dried oregano	1 tsp garlic powder
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2. Sweet cinnamon chickpeas

2 tsp cinnamon	2 tsp sugar
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3. Southwestern spice chickpeas

2 tsp chili powder	1 tsp cumin	¼ tsp black pepper	Dash of cayenne pepper (optional)
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INSTRUCTIONS:

1. Preheat oven to 350°F
2. Drain and rinse chickpeas and dry them really well in a paper towel. Place them in a large bowl and toss with olive oil. Set aside.
3. Mix together one of the above spice mixtures. Toss with the chickpeas and place them on a ungreased baking sheet.
4. Bake for 50 minutes or until crunchy.
5. Store in an air tight container for up to 3 days.

Recipe from Heart and Stroke Foundation:

http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.5105873/k.AB60/Recipes_Roasted_chickpeas_8211_three_ways.htm

* Refer to Appendix A of Policy 711 for other nutrition recommendations

<http://www.gnb.ca/0000/pol/e/711a.pdf>