

LITTLE CHANGES CAN ADD UP TO BIG HEALTH BENEFITS

Ease your family into a healthier lifestyle, one bite at a time.



Grains are good! If your family is only eating white breads, white pasta, and white rice, it's time to add some color to your diet. Start here:

- Whole Wheat Bread. If your family protests, try half white/half wheat sandwiches. Make homemade bread with hard white wheat flour rather than hard red wheat for milder flavor but equal nutrition.
- Brown rice. It's full of fiber, helps control blood sugar and cholesterol, and is beneficial for stomach and intestinal ulcers. If you make brown rice in a rice cooker or use instant brown rice, it is much fluffier. Both ways make it convenient to use at busy mealtimes too.
- Wheat Pasta. This is a simple way to add more fiber. Test different brands until you find one your family enjoys. Then top it with a great sauce.
- Oatmeal. Get back to basics with a hot breakfast. You can even make crock-pot oatmeal to save time in the morning. Try Coach's Oats and you'll start craving this healthy grain. Give the kids their choice of mix-ins and let them customize their own with dried cherries, raisins, sliced bananas, jam, agave, or maple syrup.



Reduce fat and use healthier oils. Here are some simple tricks your family won't notice:

- Substitutions in recipes. Applesauce works great for reducing fat. If a recipe calls for 1 c. oil, use 1/2 c. oil and 1/2 c. applesauce. In some recipes, you can even use applesauce for the entire measurement. Pureed white or pinto beans can also be substituted for part of the fat in a recipe, and they add fiber as well. Store 1/2 c. baggies of pureed beans in your freezer for ease.
- Liquid eggs. This is a simple way to reduce cholesterol in your baking.
- Try grape seed oil. Grape seed oil has the lowest saturated fat of any oil, high omega acids, and a neutral flavor. Unlike olive oil, grape seed oil has a high smoke point and is therefore great for frying.
- Lower fat in cream sauces. You can still enjoy "comfort foods" with reduced fat ingredients like Neufchatel cheese (light cream cheese), low-fat evaporated milk, and Shirley J Universal Sauce.



Increase fruits and vegetables.

- Make fruit the dessert. Set out a pretty platter of fruit and a yogurt dip after dinner and let family members choose their favorites.
- Make smoothies. Even people who aren't fruit fans will swig a smoothie. Use frozen fruit, about a cup of orange juice, and a cup of milk or soy milk, and blend. No sugar needed. A little vanilla will give these a "Julius" flavor!
- Have vegetables cut and ready for snacking. And, grate them into meatloaf, chili, soups, etc. to increase servings.



All grain is good for the food of man ... D&C 89:16



Watch the sugar, Sweetie! Start here:

- Read labels. There is a lot of phantom sugar in our foods. Choose products without added sugar, or with low sugar grams.
- Switch up your sweetener. Agave, Xylitol, and maple syrup are all-natural ways to add sweetness without refined sugar. Agave and Xylitol are especially good because they don't spike insulin levels and have added nutritional benefits.
- In cookies and cakes, you can generally reduce the sugar measurement without any noticeable change. You can also substitute brown sugar for part of the white to add deeper flavor with less sugar.
- If it's hard for you to give up soda, ease off by mixing 100% juice and seltzer water for a bubbly alternative with no added sugar.



Eat less meat and leaner cuts.

- Don't make meat the star of the meal. Try tacos this way: add a can of drained black beans, and a can of corn to the meat before seasoning.
- Serve a small piece of grilled chicken with larger portions of steamed vegetables and brown rice.

RECIPES



OVERNIGHT PANCAKES

Combine the following in a mixing bowl the night before you want to make pancakes:

- 1 1/2 c. whole wheat flour
- 1 egg
- 1/4 c. honey
- 1 c. milk
- 3 T. oil

Allow to sit for at least seven hours, or overnight at room temperature. When you are ready to cook the pancakes, stir in 3

teaspoons baking powder. If the batter starts to rise too much, stir it down. Fry on a hot griddle, and serve with your favorite syrup or topping.

LOW-FAT BANANA BREAD

- 4 very ripe bananas
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour (I always use hard white wheat for milder flavor)
- 1/2 c. brown sugar
- 1/4 c. white sugar
- 2 Tbsp. butter, softened (I used Smart Balance)
- 1 tsp. vanilla extract
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1 egg
- 2 Tbsp. applesauce

Mash bananas thoroughly in mixing bowl. Add all other ingredients and mix well. Pour into two greased loaf pans (not minis, but smaller loaf pans). Bake at 350 degrees for 50-60 minutes, or until toothpick inserted in center comes out clean.

AGAVE ORANGE JULIUS

Blend together:

- 6-8 oz. frozen orange juice concentrate
- 1 c. low-fat milk
- 1 c. water
- 1/2 tsp. vanilla
- 1/4-1/3 c. agave nectar
- Ice cubes

ULTIMATE ALFREDO SAUCE

- 3 c Water
- 1 c Shirley J Universal Sauce
- 1/2 tsp Shirley J Chicken Bouillon
- 1/4 tsp Cayenne
- 1/2 tsp Black Pepper
- 1/2 c Grated Parmesan

In a medium sauce pan add water and Universal Sauce, mix thoroughly and bring to a simmer. Add bouillon, cayenne, and black pepper. Remove from heat, stir in parmesan. Yield: 3 1/2 cups



WHOLE WHEAT BREAD

- 2 Tbsp. SAF Instant Yeast
- 2 Tbsp. Vital Wheat Gluten
- 2 Tbsp. Dough Enhancer
- Whole wheat flour (about 10 cups)
- 6 C. warm water
- 2/3 C. oil
- 2/3 C. honey
- 2 Tbsp. salt

In a mixing bowl with dough hook, add yeast, vital wheat gluten, dough enhancer, 4 cups whole wheat flour, and water. Gently blend, then add oil, honey, and salt. Add more flour while blending until dough comes together and begins to pull away from the side of the bowl. When the sides of the mixing bowl stay clean, continue kneading for 10 minutes. This will develop the gluten and negate having to raise the dough multiple times for a light bread.

After 10 minutes, take the dough out of the bowl and place on a clean greased cookie sheet or countertop. Divide the dough into portions to suit your bread pans. Spray pans with Vegalene or Bak-Klene Bread Pan Coating. Mold dough portions into smooth loaf shapes and gently place into pans. Let bread rise for 30 minutes or until a nice rise above the edge of the pan. Bake in a preheated 350 degree oven for about 35 minutes or until golden brown. I get 6-7 loaves out of this recipe. I spray the tops of the bread with a little Vegalene to give it a bakery shine.

PUMPKIN SHEET CAKE

- 1 can (16 oz.) pumpkin
- 2 c. sugar (I used 2/3 c. agave + 2/3 c. brown sugar)
- 1 c. oil (I used 1/2 c. applesauce + 1/2 c. grape seed oil)
- 4 eggs
- 2 c. all-purpose flour (I used 1 c. hard white wheat flour + 1 c. all-purpose flour)
- 2 tsp. baking soda
- 1 tsp. ground cinnamon (I substituted pumpkin pie spice for more flavor.)
- 1/2 tsp. salt

FROSTING

- 3 oz. cream cheese, softened
- 5 Tbsp. butter or margarine, softened
- 1 tsp. vanilla extract
- 1 3/4 c. powdered sugar
- 3-4 tsp. milk
- chopped nuts (optional)

In a mixing bowl, beat pumpkin, sugar and oil. Add eggs and mix well. Combine flour, baking soda, cinnamon, and salt. Add to pumpkin mixture and beat until well blended. Pour into a greased jelly roll pan (15 x 10 x 1). Bake at 350 degrees for 25-30 minutes or until cake springs back. For frosting, beat cream cheese, butter and vanilla in mixing bowl until smooth. Gradually add sugar and mix well. Add milk until frosting reaches desired spreading consistency. Frost cake and sprinkle with nuts if desired.