

Sage Canyon Healthy Choices Day 2010

Healthy recipes - kids will LOVE.

HEALTHY BREAKFAST

Apple & Oat Muffins

These muffins are made with sunflower oil and yogurt, so they are moist without having the high saturated fat content of most commercially prepared versions. Serve them warm on a cold morning or eat them as a snack at any time of the day. They also make a delicious dessert, served with ice cream or yogurt.

Did you know?

Apples and oats are 2 excellent foods to eat for breakfast because they both have a very low rating on the glycemic index (Low GI). This means that after being eaten, they release their sugars very slowly into the blood stream, which helps to keep energy levels constant all morning and hunger pangs at bay.

Preparation Time: 5 minutes
Cooking Time: 15-18 minutes

Ingredients:

- 1 cup Whole-wheat Self-Rising Flour
- 1 cup Unbleached white Self-Rising Flour
- 2 teaspoons Baking Powder
- 1 teaspoon Mixed Spice (or Cinnamon)
- ¼ cup Wheat Bran
- ¼ cup Brown Sugar
- ¼ cup raisins
- 2 Apples - cored *and finely chopped*
- ¼ cup Pecans (or other favorite nuts) – *chopped*
- 1/3 cup Pitted Dates - *chopped*
- ½ cup Sunflower Oil
- 2 Eggs – *beaten – Free Range if possible*
- 1 tablespoon Sesame Seeds

A 12 hole muffin pan, lined with 12 paper muffin cups

Makes 12

Method:

Sift the flours, baking powder and mixed spice into a large bowl. Add any bran left in the sieve and the wheat bran and mix.

Add the sugar, raisins, apples, pecans and dates and mix lightly with a wooden spoon. Make a well in the center, add the oil and eggs and stir to mix. Add the yogurt and stir lightly, until just mixed. (*do not overmix or the muffins will be dry!*)

Spoon the mixture into the paper liners until $\frac{3}{4}$ full. Sprinkle the sesame seeds over the top, then bake in a preheated oven at 400° for 15-18 minutes until firm to the touch. Remove from the oven and let cool slightly. Serve warm.

The muffins can be wrapped and frozen for up to 1 month.

Cooks Tip:

Bake ahead of time, then reheat in a microwave on HIGH for 20-25 seconds

Variations:

- *Replace the apples with 2 ripe mashed bananas and use extra chopped dates instead of the raisins.*
- *Replace the raisins with chopped dried fruit, such as apricots, papaya or mango*
- *Use ground ginger, ground cinnamon or finely grated orange or lemon zest in place of the mixed spice.*

Recipe from "Real Food for Kids" by Rachael Anne Hill. Available online from Amazon.com (http://www.amazon.com/HealthyFood-Kids-Rachael-Anne-Hill/dp/1841728136/ref=sr_1_3?ie=UTF8&s=books&qid=1262822448&sr=1-3)

HEALTHY BREAKFAST

Get up “n” go Smoothie

Smoothies can be a great way of encouraging otherwise reluctant children to eat breakfast. They are also a fabulous way of increasing the amount of fruit your child eats. Here are a few ideas to start you off, but let your children experiment with a whole range of fruit and other ingredients until they find one that they really like.

Preparation Time: 5-7 minutes

Ingredients:

- 2 medium bananas, sliced
- 3 tablespoons smooth peanut butter
- 3/5 cup natural yogurt
- 1 1/3 cup reduced fat milk – *chilled* (**Note:** use whole milk for children under 5)
- 2 tablespoons crushed ice, to serve

Serves 2

Method:

Put the bananas, peanut butter and yogurt in a blender and process for about 1 minute until smooth.

Add the milk and process again until smooth. Put 1 tablespoon crushed ice in each of 2 tall glasses, pour the smoothie over and serve.

Variations:

- *Substitute 1 cup fresh berries (such as strawberries or raspberries) for a **Summer Berry Breakfast Smoothie***
- *Add a little natural honey or agave nectar for a slightly sweeter taste*
- *Add a pineapple slice, some banana or a strawberry to the side of the glass for a fancy finishing touch. (kids love this!)*

Recipe from “Real Food for Kids” by Rachael Anne Hill. Available online from Amazon.com (http://www.amazon.com/HealthyFood-Kids-Rachael-Anne-Hill/dp/1841728136/ref=sr_1_3?ie=UTF8&s=books&qid=1262822448&sr=1-3)

HEALTHY LUNCH BOX IDEAS

Crudités with dips & pita bread

(An appetizer consisting of raw vegetables cut into bite-sized strips and served with a dip)

The great thing about this lunch box idea is that you can use whatever fresh veggies you have at home. Let your children help you choose what they like and make it a fun experience for everyone. Keep the colors bright and varied so that it looks appealing!

Preparation Time: 5-7 minutes

Ingredients:

- Fresh vegetables for crudités – for example: cherry tomatoes, celery sticks, sliced peppers, baby corn, radishes, carrot sticks, broccoli florets, cauliflower florets, sugar snap peas, snow peas, edamame, green beans, etc. Really, whatever your child likes!
- Small container of either store-bought or home-made dip (for example Hummus, Guacamole, Tzatziki) (Dip recipes to follow!)
- Whole-wheat Pita Bread – either baked or fresh – *cut into triangles.*

Method:

Wash and cut up veggies into slices or florets. Toast pita bread if desired. Put in a small container of dip. Arrange in lunch box – get your kids to help if you have time / patience. And voila! A healthy lunch!

Variations:

- *You could also add some organic cheddar cheese sticks (sliced from a block), turkey, ham, roast chicken or even tofu for some added protein.*
- *Change the pita bread for mini pitas (Pitettes) for extra fussy kids. (available at Vons)*

HEALTHY LUNCH BOX IDEAS

Guacamole

Avocados have the highest protein content of any fruit and are rich in mono-unsaturated fat (the type of fat that is linked with lowering the risk of heart disease, cancer and obesity). They are also a great source of vitamin C.

Guacamole is also a great recipe for kids to make. Let them experiment and taste as they go along.

Preparation Time: 5-8 minutes

Ingredients:

- 2 ripe Avocados, peeled and pits removed
- 2 tablespoons freshly squeezed Lemon or Lime Juice
- 2 ripe Tomatoes
- 1 Garlic clove, crushed
- Freshly ground Black Pepper

Serves 4-6

Method:

Chop the avocados into small pieces and put them in a small bowl. Add the lemon or lime juice and toss well.

Cut the tomatoes into quarters and discard seeds – if you like. Put the tomatoes, garlic, avocado pieces and black pepper, to taste, in a food processor. Blend for 1-2 minutes until smooth. Transfer to a small serving bowl.

If not using immediately, cover the bowl tightly with clingwrap and store in the fridge for up to 24 hours.

Variations:

- *Add some ground cumin and or cilantro (coriander) for a slightly different taste.*

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HEALTHY LUNCH BOX IDEAS

Hummus

This dip contains lots of calcium and protein from the chickpeas and tahini, as well as iron, magnesium and fiber. It also has the immune-boosting power of garlic.

Preparation Time: 5-8 minutes

Ingredients:

- 3 cups canned Chickpeas, rinsed and drained
- 2 tablespoons Tahini (ground Sesame Seed paste)
- 2 tablespoons freshly squeezed lemon juice
- 2-3 tablespoons olive oil
- 1 garlic clove, crushed

Serves 4-8

Method:

Put all ingredients in a food processor and blend, using the pulse button, to form a smooth purée, about 1 minute. If the mixture is too stiff, add another tablespoon of oil and a little cooled boiled water.

If not using immediately, cover the bowl tightly with clingwrap and store in the fridge for up to 3 days.

Variations:

- *Add some roasted red peppers or extra garlic to this dip for extra “zing”.*

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HEALTHY SNACK IDEAS

Lettuce Boats

These tasty fillings would also be delicious inside a wrap. Great easy one for kids to help with!

Ingredients:

- ½ cup sliced cooked Organic Chicken
- 3 tablespoons drained, low-salt canned Sweet Corn (or fresh, if you have it)
- 1 Green Onion
- 2 tablespoons Mayonnaise
- 1 Lemon
- 4-6 Baby Gem Lettuce Leaves (or other smallish-leaved lettuce)

Makes 4-6 Boats

Method:

Tear the chicken into little shreds using your fingers. Put in a bowl. Mix in sweet corn, sliced green onion & mayonnaise, plus a little pepper to taste. Add a squeeze of lemon juice (1/4 teaspoon) and stir.

Spoon the filling into nice, curly boat-shaped lettuce leaves.

Make a sail from a napkin and a cocktail skewer.

Variations:

- *Try it with tuna: 2 tablespoons mayonnaise, 1 tablespoon low-salt tomato ketchup & a squeeze of lemon juice. Then add 1 cup of drained canned tuna (mashed lightly), 2 sliced spring onions, 2 tablespoons diced red pepper and 2 tablespoons of drained, low-salt canned sweet corn. Yum!*
- *Add grated carrot, bean sprouts, diced cucumber or any of your children's favorite salad veggies to the chicken recipe.*

Recipe from "Mummy and Me Cookbook" by Annabel Karmel. Available online from Amazon.com: http://www.amazon.com/Mummy-Me-Cookbook-Annabel-Karmel/dp/1405328800/ref=sr_1_1?ie=UTF8&s=books&qid=1262824111&sr=1-1

HEALTHY SNACK IDEAS

Fruit Skewers

Make traffic-light fruit skewers with scoops of different colored melons. These are a colorful and fun addition to a child's party.

Preparation Time: 20 minutes

Ingredients:

- 1 watermelon (red)
- 1 cantaloupe melon (orange)
- 1 honeydew melon (green)

You will also need one melon scoop & drinking straws to thread the melon onto.

Method:

Cut the melons in half and use a melon scoop to make balls of different colors.

Push a straw through the middle of the balls of melon. Remember the order is **red**, then **orange**, then **green**.

Recipe from "Mummy and Me Cookbook" by Annabel Karmel. Available online from Amazon.com: http://www.amazon.com/Mummy-Me-Cookbook-Annabel-Karmel/dp/1405328800/ref=sr_1_1?ie=UTF8&s=books&qid=1262824111&sr=1-1

Frozen Bananas

2 whole bananas, cut in half
2 Tablespoons peanut butter
About ½ cup evaporated skim milk
Chopped nuts or crunchy bran cereal

Mix peanut butter with evaporated skim milk until it is the consistency of egg whites. Roll bananas in peanut butter mixture. Then roll in nuts and/or cereal. Place in freezer until frozen.

HEALTHY SNACK IDEAS

Honey Glazed Chicken Drumsticks

What could be more nutritious, simple or delicious than these honey-glazed chicken drumsticks? Try to use organic, free-range chicken where available. This recipe idea works equally well as a snack or team it with some steamed brown rice & snow peas (or other steamed veggies) for a quick and yummy dinner.

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Ingredients:

- 12 chicken drumsticks
- 6 tablespoons clear honey

Serves 4

Method:

Lightly rinse the chicken drumsticks, removing the skin, if preferred. Put them in a roasting pan with 4 tablespoons water. Bake in a pre-heated oven at 375° for 5 minutes turning them over halfway through.

Remove the pan from the oven and drizzle over the honey. Return to the oven and continue to cook for 15-20 minutes, basting occasionally with the honey and juices in the pan, until golden brown, sticky and thoroughly cooked. To check, pierce the thickest part of the drumstick with a skewer. The juices should run clear. If there is any sign of blood, continue to cook for a few minutes more. If in doubt, cut through one of the drumsticks to the bone to check.

Remove the chicken from the oven and drain well before serving.

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HEALTHY SNACK IDEAS

Smoked Salmon Tortilla Wheels

Over recent years, the excessive use of chemicals, antibiotics, artificial colorings and growth promoters in farmed salmon has given rise to a variety of health concerns. Where possible, buy wild or organically farmed salmon. This recipe would be great in the lunch box, for a snack or even for party food. Loved by adults too!

Preparation Time: 15 minutes

Ingredients:

- 4 small Flour Tortillas (Sprouted Wheat Tortillas from fridge at Jimbo's are VERY healthy!)
- 4 tablespoons Low Fat Cream Cheese
- 1 teaspoon finely grated Unwaxed Lemon Zest
- 1 tablespoon freshly snipped Chives
- 1 ½ cups (7 oz) thinly sliced Smoked Salmon
- 1 tablespoon freshly squeezed Lemon Juice.
- Freshly ground Black Pepper – optional

To serve (optional):

- Cherry Tomatoes
- Salad Leaves
- Lemon Wedges

Cocktail sticks / toothpicks

Makes 32

Method:

Wrap the tortillas in foil and heat in a preheated oven at 180°C (350°F) for 10 minutes or according to the instructions on the packet. Leave to cool.

Meanwhile, put the cream cheese, lemon zest and chives in a bowl and beat with a wooden spoon until softened.

Spread 1 tablespoon of the cream cheese mixture over each tortilla and top with some thinly sliced smoked salmon. Sprinkle with a little lemon juice and grind over some black pepper, if using. Roll up tightly and secure with cocktail

sticks (or toothpicks) If not using immediately, wrap in damp greaseproof paper and store in the fridge for up to 3 hours until required.

To serve, cut into small slices and discard the cocktail sticks. Arrange the tortilla wheels on a serving plate and put some cherry tomatoes, salad leaves and lemon wedges, if using, around the plate.

Cooks tip:

The tortilla wheels can be frozen before cutting into slices as long as the salmon hasn't been previously frozen. Wrap well, label and freeze for up to 1 month. To serve, defrost thoroughly in the fridge, then cut into thin slices.

Variations:

- *Use cream cheese mixed with a small amount of tomato paste and some thinly sliced ham.*
- *Spread Guacamole over the tortillas and top with thin strips of red and yellow peppers or blanched asparagus spears. Roll up and secure as above. Leave in the fridge for at least 15 minutes before cutting into wheels.*

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