

January Recipe and Nutrition Box

Frozen, Packaged or Canned!

Applesauce Oatmeal Muffins

Ingredients

- 1½ cups all-purpose flour (use at least half whole wheat flour for extra fibre)
- 1 cup old-fashioned oats
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- 1 cup unsweetened applesauce
- ½ cup milk
- ½ cup carrot puree (or you can use apple)
- ½ cup brown sugar
- ¼ cup oil
- 1 large egg



Instructions

Preheat oven to 400 degrees. Coat muffin tin with cooking spray, or line with baking cups. Combine all the dry ingredients in one bowl, and the wet ingredients in another. Slowly add flour mixture (dry ingredients), stirring just until moist. Don't over mix, batter should be lumpy. Divide batter among 12 muffin tins. Bake until lightly brown and a toothpick comes out clean, about 18 minutes. Be sure to take muffins out of the pan to cool, so they don't get soggy.

Recipe adapted from: <http://faithfulprovisions.com/applesauce-muffins/>

Pineapple Mango Yogurt Smoothie

Ingredients

- 1 cup water
- 2 tbsp of plain yogurt
- ¾ cup frozen mango chunks
- ½ cup frozen pineapple chunks
- Honey (to taste)

Instructions

Blend all ingredients together, serve up and enjoy!



Recipe adapted from: <https://thechicsite.com/2014/02/03/pre-packed-smoothies/>

Frozen Berry Parfait

Ingredients (serves 6)

- 1 (32 ounce) container Greek or regular Vanilla Yogurt
- 1 1/2 cups frozen mixed berries, unsweetened
- Granola



Instructions

Spoon about 1/4 cup of yogurt into the bottom of each cup. Over each of those, spoon about 2 tablespoons of frozen mixed berries. Top with another 1/4 cup of yogurt, 2 tablespoons of berries and then divide the remaining yogurt between the jars over the berries. Sprinkle a few more berries and add a little granola over the top of the parfait. Serve up and enjoy!

Recipe adapted from: <http://www.foodiewithfamily.com/vanilla-yogurt-and-berry-parfait-make-ahead-mondays/>

Mandarin Orange Overnight Oats

Ingredients

- 1/4 cup rolled oats (uncooked)
- 1/3 cup milk
- 1/4 cup yogurt
- 1.5 tsp chia seeds (optional)
- 1 tbsp orange marmalade or jam
- 1/4 cup mandarin oranges (drained canned or fresh chopped)
- Pinch of cinnamon



Instructions

Mix all ingredients together well in a bowl. Cover and refrigerate overnight. Serve chilled. Great for at home or for a special treat at your KES Breakfast Club.

Recipe retrieved from: [Breakfast Club of Canada](#)

Nutrition Note – January 2017

Eating Frozen, Packaged or Canned Produce

Sometimes it can be challenging to find fresh produce during the winter season; many fruits and veggies may be out of season or just not available in your community. Do not let this discourage you. Try looking for fruits and veggies that have a later growing season such as apples, pears, cauliflower, and carrots - they are usually harvested in November, December, and January. When produce is not available or does not fit into yours, or your Clubs budget, try using frozen, packaged or canned! Winter is a great time for introducing smoothies and other fun recipes for that reason. As well, when thawed out, frozen fruit can also be a great topper for pancakes and waffles. People are often unaware that these are just as healthy as fresh; for the most part anything you can make and prepare with fresh produce you can do the same with frozen or packaged, just ensure that they are frozen naturally, no added sugars or they are in its own juice or water.