

MINUTE NUTRITION NEWS

December 2019

Give Your Holiday Treats a Nutritional Boost

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'Tis the time of the year (finally!) for holiday baking. When it comes to holiday treats, nothing can replace the good ol' family recipes, but there is also an undeniable thrill about showing off a new and delicious recipe at holiday gatherings to family and friends. Here are five nutritional gems to help you up your baking game this season.

Chia Seeds

Chia seeds are an excellent source of fibre and contains protein, omega-3 fats, calcium, as well as smaller amounts of other minerals. They can be added into foods just before eating or incorporated into recipes before baking. Chia seeds can be used as a replacement for butter in baking. Simply soak 2-3tbsp of chia seeds in one cup of water and let it sit for 15 minutes. This can be used as a substitution for a cup of butter in a baking recipe. Try it in cakes or muffins!



Beans

Beans are the superfood that gets under appreciated. They are super affordable and they play a huge role in chronic disease prevention. They help manage blood sugars, cholesterol and also help reduce the risk of heart disease. Beans can hide really well in desserts because they can be mashed up and hidden behind stronger flavours like chocolate. Check out the Ontario Bean Grower's website for dessert recipes to try!

Lentils

Similar to beans, lentils can help reduce risk of various chronic diseases including diabetes and heart disease. They can add extra protein and minerals into your desserts that typically don't provide much nutritionally. Lentils can be added into baking recipes as a cooked lentil puree or dry on its own. Visit www.lentils.org for ideas on how to add lentils in your baking.



Cacao Nibs

Cacao nibs are small pieces of crushed cacao beans (or cocoa beans). They are minimally processed so contain nutrients and other plant compounds that chocolate otherwise would not contain. They are also naturally low in sugar and taste more like unsweetened dark chocolate. For this reason, they are a great substitute for chocolate chips, and can even be added into anything from oatmeal to smoothies.

Pureed Substitutions

Several creamy ingredients can make a great and easy 1:1 substitution for butter to create a healthier or lower fat dessert. Pureed avocado works great in many chocolate items like brownies, chocolate cookies and chocolate cakes. Pumpkin puree can be used in brownies, cookies, cakes or any sweet bread like banana bread or zucchini bread. Mashed banana works great in brownie and cookies recipes.

Recipe of the month

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Chocolate Chip Oat Cookies

Try serving these delicious chocolate chip oat cookies to your guests and they won't even know that they are hidden with beans or lentils! A great way to get some extra fibre and protein while enjoying a treat!



Makes 24 Cookies

Ingredients:

½ cup	Canned navy beans, no salt added, rinsed and drained, OR
½ cup	Canned lentils, no salt added, rinsed and drained
1	Egg
2 tbsp	Canola oil
¾ cup	Brown sugar, packed
1 tsp	Vanilla extract
½ cup	Desired mix of semi-sweet chocolate chips and cacao nibs (or raisins)
1 1/3 cup	Rolled oats
¾ cup	Whole wheat flour
½ tsp	Baking soda

Directions:

- 1) Preheat oven to 375°F. Line a cookie sheet with parchment paper or lightly spray cookie sheet with cooking spray.
- 2) In blender, purée beans with egg until smooth.
- 3) In a medium bowl, beat canola oil, sugar and vanilla using electric mixer until smooth. Add bean and egg purée and continue beating until well combined.
- 4) Add chocolate chips, cacao nibs or raisins, and oats and stir with a spoon to combine.
- 5) Sift together flour and baking soda over wet mixture and stir until well combined.
- 6) Drop by rounded teaspoon, 2 inches (5 cm) apart on prepared cookie sheet and flatten slightly. Bake for 15 minutes.

Nutrition information (per cookie):

124 calories, Fat 3g (4% DV), Saturated Fat 1g (5% DV), Protein 3g, Carbohydrate 21g, Fibre 2g (7% DV), Sodium 55mg (2% DV),

Recipe from Pulse Canada