

Nutrition News December 2019

What's In Season?

Avocados, bananas, beets, bok choy, broccoli, cabbage, celery, citrus, mango, mushrooms, pomegranates, pears, sweet potatoes, turnips.



Banana Fun Facts



- ⇒ Bananas are in season all year round, but the main harvesting season is September to April.
- ⇒ Bananas grow on plants so it is considered an herb, but it is officially classified as a berry.
- ⇒ Bananas float just like apples.

Scratch Made Healthy Banana Bread



Ingredients:

- 3 Mashed Bananas, very ripe (about 1 ½-2 cups)
- 3 Tbsp. Melted Butter
- 3 Tbsp. Melted Coconut Oil
- ¼ C. Honey
- 1/3 Cup Greek Plain or Vanilla Yogurt
- 2 Eggs
- 1 Tbsp. Vanilla Extract
- 1 C. All Purpose Flour
- 1 C. Whole Wheat Flour
- ½ C. Sugar
- 1 tsp. Baking Soda
- ½ tsp. Salt
- ½ tsp. Cinnamon

Instructions:

1. Preheat oven to 350°F. Spray a loaf pan with non-stick cooking spray or grease with butter, and set aside.
2. In a large bowl add in melted butter, melted coconut oil, mashed bananas, yogurt, and honey then mix until combined.
3. Add the vanilla extract and egg to the bowl, mix just until the egg is mixed in.
4. In another large bowl, mix together the dry ingredients, flours, sugar, baking soda, salt, and cinnamon.
5. Add the dry ingredients to the wet ingredients and mix together just until combined, do not over mix.
6. Pour the batter into a prepared loaf pan and bake for about 55 min. or until a toothpick inserted in the center comes out clean.

Healthy Baking Alternatives

Helpful Tips

December is prime baking season, but there are ways to make your favorite recipes healthier. Follow these tips for more nutrients and less fats & sugar to make your recipes overall healthier. Keeping portion control in mind of course!

Add Fruit or Vegetables

Try adding shredded or pureed apple, carrot, banana, and pumpkin to boost nutrients, flavor, and moisture.

Whole Grain Flour

White whole wheat flour can be used for all purpose flour, or replace up to half the all-purpose flour with whole grain flour for fiber and B vitamins.

Cut Back Butter

Some of it can be replaced with healthier fat options such as coconut or olive oil without altering the texture too much.

Cut Back Sugar

You can reduce sugar by 25% without a noticeable difference. However you may need to increase the liquid.



Name: _____

Date: _____

MATCH MAKER

Match each breakfast food to the food group it belongs to!

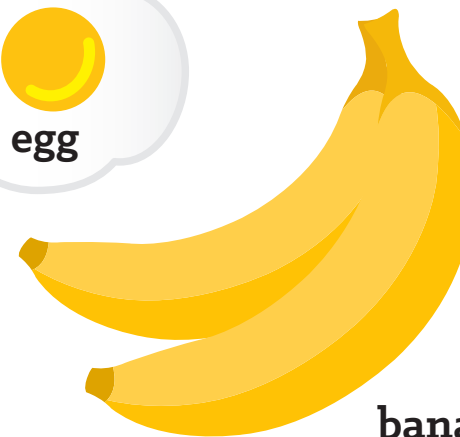
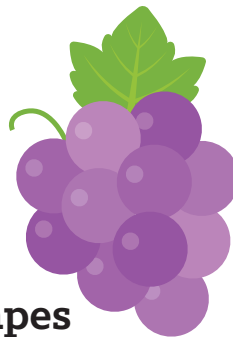
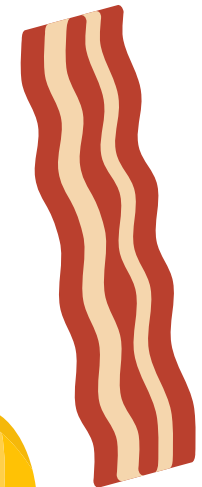
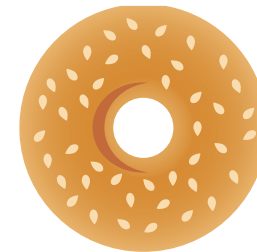
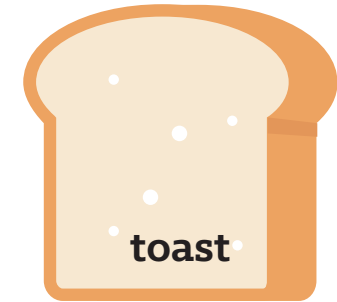
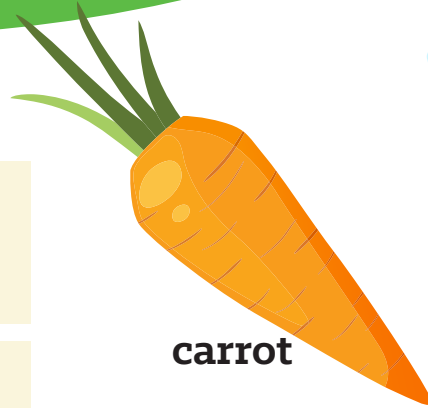
DAIRY

FRUIT

GRAINS

PROTEIN

VEGETABLES



Name: _____

Date: _____

MATCH MAKER

Match each breakfast food to the food group it belongs to!

Yogurt
Milk

DAIRY

Grapes
Bananas

FRUIT

Toast
Bagel

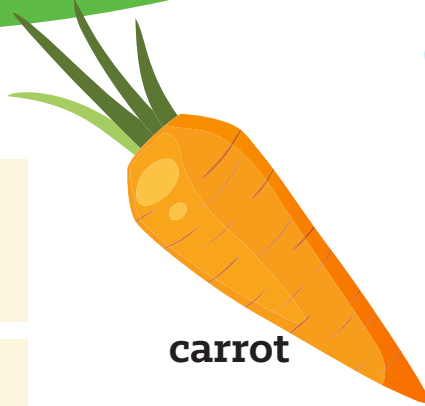
GRAINS

Egg
Bacon

PROTEIN

VEGETABLES

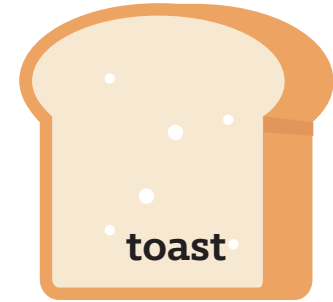
Carrot
Spinach



carrot



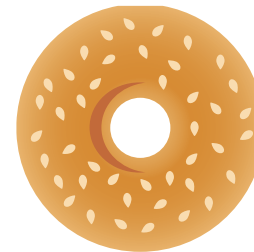
yogurt



toast



milk



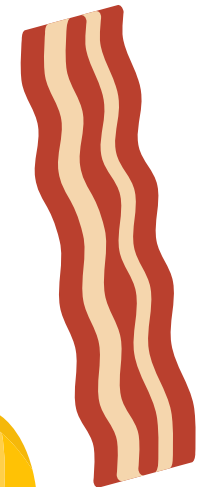
bagel



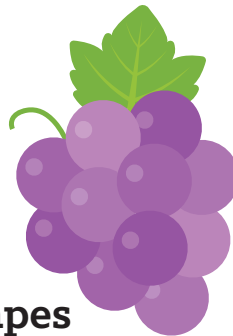
spinach



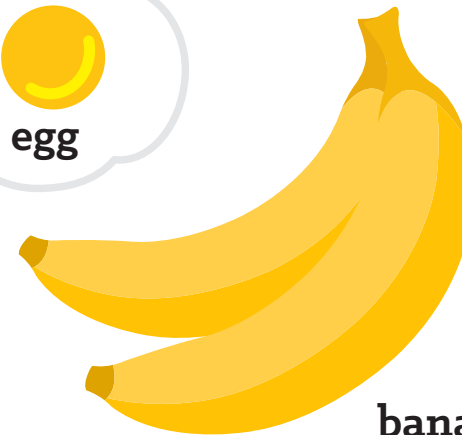
egg



bacon



grapes



bananas

Name: _____

Date: _____

SCRAMBLER!

Unscramble the letters below to spell out things involved in living a healthy lifestyle.

nurngni

niutrusoit

eslweins

lewho airgn

meniarsl

scluesm

iesecxr

eebgstlva

iismnvta

rfbskaeta

Name: _____

Date: _____

SCRAMBLER!

Unscramble the letters below to spell out things involved in living a healthy lifestyle.

nurngni

running

niutrusoit

nutritious

eslweInS

wellness

lewho airgn

whole grain

meniarSl

minerals

scluesm

muscles

ieeSecxr

exercise

eeebgStlva

vegetables

iismnvta

vitamins

rfbskaeta

breakfast