

“Busy Moms, Healthy Meals”

A webbybites™ Video

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Topic #1: Mommy’s Concerns for Healthy Families

- Whether you like to cook or not, knowing how to provide quick, easy, healthy meals will go a long way for you and your family

Topic #2: Moms Want To Know... (Web site posted)

1. “Why Does My Child Love Sweets More Than Vegetables?”

- This is a question that I get asked a lot in my workshops. I firmly believe that when a person understands what they’re eating and the effect food has on their body it changes everything. So moms, I commend you for wanting to understand what causes those sweet cravings in our kids (and maybe us too!) My recipes will help reduce them naturally.
- Today, sugar is found in many of the usual suspects, like cakes, cookies and candy. But you will also find it in canned vegetables, baby food, cereals, peanut butter, bread and tomato sauce. It is often disguised in fancy language, labeled as corn syrup, dextrose, maltose, glucose or fructose.
- Even some so-called healthy foods contain sugar. Many foods marketed for babies and young children are advertised as healthy. In reality, in terms of sugar, some are worse than junk food.

2. “What’s the Difference between Simple and Complex Carbs?”

- **Simple** - Processed foods are an example. They contain short chains of sugar. Let’s say it’s candy bar – simple carb – that enters your bloodstream and floods it with sugar. That means glucose rises fast (feel the rush) and then it drops (crash feeling).
 - Your body is trying to maintain balanced blood sugar so it tells you to eat something to bring your blood sugar back up. It’s rollercoaster ride!
 - Wouldn’t you agree we think differently when we eat meat than when we eat broccoli? We feel differently when we drink coffee or when we eat sugar.

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- REMEMBER: Simple Carbs are **highly processed, contain refined sugars and have very little vitamins and minerals**
- **Complex** - These are considered long chains of sugars and have a slow release into the bloodstream. It is at a steady rate for many hours, providing long-lasting energy.
 - REMEMBER: Complex Carbs are **power-packed with vitamins and minerals, whole grains, vegetables, to name a few**

3. “Is Fruit Juice Good for My Kids?”

- Many researchers and health care providers are now saying that a lot of fruit juice consumed every day can be harmful to a child's health. This is due to the large, concentrated amounts of sugar (even though it's natural) contained in the juices. In addition, fruit juices contain sorbitol, which isn't absorbed well and can create gas and bloating or even chronic diarrhea.
- Apple juice has high sorbitol levels. White grape juice doesn't contain sorbitol and may be tolerated better than other juices, although you still have the problem with sugar and pesticides. Drinking large amounts of juice can also decrease the appetite. If your children drink a lot of juice, they may not have an appetite for the food they really need.

Topic #3: Great Recipes...You've Got To Try Them!

Breakfast

Banana Walnut "Pancakes" (Gluten-free)

Prep Time: 5 minutes

Cooking Time: 5 minutes

Yield: 2-3 servings

Ingredients:

1 ripe banana

3 tbsp yogurt

1 scoop of oats

Walnuts, finely chopped (may use a food processor)

Directions:

1. Heat a non-stick pan with a cooking spray.
2. Peel the ripe banana and mix together all other ingredients in a bowl.
3. Stir the walnuts in mixture. Note: You can add as much or as little as you like!
4. Cook on lightly oiled skillet until golden brown.

Variations:

Try substituting malt-sweetened chocolate chips or almonds for walnuts. Your base is banana oats and yogurt so feel free to add fresh or frozen organic strawberries, blueberries, etc.

Side note:

Oats are an excellent source of healthy soluble fiber, protein and iron.

Snacks

Veggie "Rainbow" Muffins (Wheat-free, Gluten-free)

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 6 muffins

Ingredients:

1 cup of veggies, grated or finely chopped (whatever you like/have in your refrigerator)

2 eggs, beaten

2 cups brown rice flour

1/2 cup parsley, finely chopped

1 cup soy or rice milk

pinch of sea salt

Directions:

1. Preheat oven to 325 degrees.
2. Mix flour and salt in a bowl.
3. Make a well, add eggs, veggies and parsley.
4. Mix lightly, gradually add milk. This is supposed to be lumpy so don't work too hard!
5. Spoon into muffin tray that is lightly oiled.
6. Bake for 12-15 minutes.
7. Remove and allow to set for 10 minutes, then serve.

Variations:

Try substituting rice flour for spelt if your family is not allergic to wheat or gluten.

Side note:

I've never heard of anyone overdosing on vegetables (and I'm sure you haven't either). This is a great subtle way to make sure our kids are getting enough veggies!

Snacks, cont'd.

Mom's On the Go Green Smoothie (Dairy-free, Gluten-free, Wheat-free)

Prep Time: 5 minutes

Yield: 2 servings

Ingredients:

1 ripe banana

1 cup soy, almond or rice milk

½ cup organic nonfat plain yogurt (optional)

½ cup instant Irish oatmeal (McCann's is my favorite!)

A handful of any of the dark green leafy vegetables (Kale, Swiss Chard, Bok Choy, etc.)

1 cup berries fresh or frozen

2 ice cubes (*I don't use this if I use frozen berries*)

Directions:

1. Mix in blender for 1-2 minutes and serve.

Variation: For yogurt lovers – Add a ½ cup

Side Note: You can add other ingredients for added nutrition such as a spoonful of bee pollen, coconut oil, flax seed oil, spirulina powder or power-packed superfoods: goji berries, lucuma or maca powder, etc.

Dessert

Mango Cream (Dairy-free)

Prep Time: 10 minutes

Cooking Time: 5 minutes

Yield: 4-6 servings

Ingredients:

1 1/2 pounds of mangoes

1 lime

1 1/2 cups of soy or rice milk

2 tablespoons of arrowroot powder

1 tablespoon of honey or maple syrup

Directions:

1. Peel the ripe mangoes and slice the flesh off the stone, reserving some slices for decoration.
2. Purée the remaining mango in a blender and pass through mesh strainer.
3. Heat the milk near to boiling over med-low heat. Meanwhile, mix the arrowroot with a little water in a bowl.
4. Remove the milk from heat and add arrowroot mixture, stirring until the mixture thickens. Leave to cool.
5. Combine mango purée, arrowroot custard and sweetener. Spoon into individual bowls and chill.
6. Serve garnished with slices of fresh mango and a slice of lime.

Resources for Healthy Eating – Children

Books:

<http://www.fycynthia.com>

Go to the "Resources" page and click on the "Online Store" for great books!

Online:

<http://www.foodchange.org/#>

<http://www.edibleschoolyard.org/homepage.html>

http://www.greenearthinstitute.org/nutrition/advocacy_organizing.html

<http://www.veganlicious.com>

Need a little help getting started on the right foot?

No worries, I'll be glad to help you. Contact me to schedule your free health and nutrition consultation for you and your family.

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