

## **Snacks! Camerota's Cupboard July, 2010**

Many nutrition experts recommend eating 5 or 6 small meals daily with small snacks to supplement larger meals. The trick is to eat healthy snacks. Obviously, the tastier the healthy snack, the more likely we are to eat it rather than junk food.

The American Institute for Cancer Research (AICR) offers the following information about snacks plus a tasty recipe:

When you're hiking, camping or just going on a long walk or bike ride this summer, bring some healthy snacks to keep your energy flowing. Foods with complex carbohydrates and fiber-like vegetables, fruits and whole grains — plus some healthy protein — digest more slowly than sugary foods and refined grains, which have simple carbs that don't provide lasting energy. Even though energy or granola bars can sound healthy, they may contain high amounts of sugar.

Good snacks to take that can last a day without refrigeration and give you beneficial nutrients include: fresh fruit or small cans of fruit in 100 percent juice (not syrup), carrot and celery sticks, 100 % fruit or vegetable juice, peanut butter and all-fruit preserves on whole-wheat bread, or just nuts.

As for staying hydrated, water is best: sports or energy drinks often have added calories.

Nuts, dried fruit and low-sugar whole-grain breakfast cereals are other good snack mix ingredients. For more healthy snack ideas, you can download a copy of AICR's brochure, "Homemade for Health: Snacks."

## **Trail Mix Snack**

Makes 6 servings.

- 1/2 cup unsalted peanuts
- 1/2 cup unsalted almonds
- 1/2 cup dried apple pieces
- 1/2 cup raisins
- 1/2 cup oat circles
- 1/2 cup bran cereal flakes

Put all the ingredients into big bowl. Stir well with wooden spoon. Divide into six equal amounts in small resealable plastic bags.

**Nutrition information per serving:** 210 calories, 12 gm total fat (1.5 gm saturated fat), 24 g carbohydrate, 7 gm protein, 4 gm dietary fiber, 50 mg sodium.

## **Granola with Apricots and Cranberries**

Makes 12 servings (1/2 cup per serving)

This homemade granola is from *More Nutritious Still Delicious*, compiled by The Nutrition Council of Greater Cincinnati. They recommend it for breakfast or as a snack. The almonds add protein and heart-healthy fats to this whole grain treat.

- 4 cups old fashioned oats, uncooked
- 1/2 cup sliced almonds
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 13 cup honey
- 2 tablespoons canola oil
- 1/3 cup molasses
- 1/3 cup water
- 1 cup chopped dried apricots
- 1 cup dried cranberries

1. Preheat oven to 325 degrees F. Spray a 15x10x1-inch baking pan with cooking spray.
2. In a large bowl, combine oats, almonds, cinnamon and salt. Set aside.
3. In a medium saucepan, combine honey, oil, molasses and water. Bring to a boil. Remove from heat; pour over oat mixture, stirring well to coat.
4. Spoon mixture into prepared baking pan; spread evenly. Bake in 325 degree oven until lightly toasted; stir every 10 minutes for 40 minutes.
5. Remove from oven; stir in apricots and cranberries. Cool completely; store in airtight container.

**Nutrition information per serving (1/2 cup):** 177 calories; 2 gm protein; 33 gm carbohydrate; 2 gm dietary fiber; 5 gm fat; <1 gm saturated fat; 0 mg cholesterol; 54 mg sodium

### **White House Fruit and Oat Bars**

*Adapted from Bill Yosses, White House pastry chef*

*Time: About 50 minutes, plus time for cooling*

Charged by Michelle Obama to develop healthy recipes, Bill Yosses created this recipe. Although the bars are somewhat caloric, they are fine as part of a breakfast in place of cereal and fruit. With a carton of yogurt or a glass of low fat milk, one bar is tasty and fits into a healthy eating plan. Or do as we did and serve the bars as dessert. Our friends liked them enough to request the recipe.

5 ½ tablespoons canola oil, plus extra for brushing pan

½ tablespoon sesame oil

2 cups quick rolled oats

½ cup mixed seeds, such as pumpkin, sunflower and sesame

½ cup honey  
1/3 cup dark brown sugar  
1/3 cup maple syrup  
Pinch of salt  
¼ cup brown raisins  
½ cup golden raisins  
½ cup dried cranberries  
¼ cup dried chopped dates  
2 teaspoons ground cinnamon

1. Heat oven to 350 degrees. Line a 9-inch square baking pan with parchment paper, letting a few inches hang over side of pan. Brush with oil.
2. Spread oats and seeds on another baking pan and toast in oven just until golden and fragrant, 6 to 8 minutes, shaking pan once.
3. In a saucepan, combine oil, honey, brown sugar, maple syrup and salt. Stir over medium heat until smooth and hot. In a mixing bowl, toss together toasted oats and seeds, dried fruit and cinnamon. Pour hot sugar mixture over and stir until well combined.
4. While mixture is warm, transfer to prepared pan, pressing into pan evenly with a spatula.
5. Bake until brown, 25 to 30 minutes. Transfer pan to a rack and let cool completely. Using the overhanging paper, lift out of pan and place on a work surface. Cut into bars, about 1½ inches by 3 inches.

Yield: 2 dozen bars

**Nutrition information per bar:** 152 calories, 2 gm protein, 25 gm carbohydrate, 18 gm sugar, 2 gm dietary fiber, 5.6 gm fat, 10 mg sodium