

February Recipe and Nutrition Box

Happy Valentine's Day

Valentine Fruit Kabobs

Ingredients

- Watermelon
- Cantaloupe
- Honeydew
- Greek yogurt



Instructions

Using a heart shape cookie cutter; cut watermelon, honeydew and cantaloupe into shapes. Insert fruit onto popsicle sticks and serve with Greek yogurt.

Recipe adapted from: <http://www.mirabellecreations.com/2014/02/healthy-valentines-day-treats.html>

Granola Parfait Yogurt Cups

Ingredients

- 6 chewy oatmeal squares
- 1.5 – 2 cups yogurt
- Chopped fresh or frozen berries



Instructions

Preheat oven to 350F. Line six muffin/cupcake molds of a nonstick pan with parchment paper. Place one granola square inside the pan. Press on granola until it forms a cup shape, lining the inside of the muffin mold. If you need to, you should be able to remove granola from the edges to place in the center or anywhere else there may be holes. Bake for about 8 minutes, until squares start to darken, be careful not to burn them. Remove and let cool. After cups are cool, gently remove them. Fill them with yogurt and berries

Recipe adapted from: <http://kirbiecravings.com/2013/07/granola-yogurt-parfait-cups.html>

Pear, Coconut and Raspberry Spelt Muffins

Ingredients (serves 12)

- 2 cups spelt flour
- 1 tbsp baking powder
- 1 tsp cinnamon
- ½ cup shredded coconut
- 2 eggs
- 1 tsp vanilla
- ½ cup milk
- 1/3 cup oil
- 1/2 cup sugar (optional can use another method to sweeten)
- 1 small firm ripe pear, cored and grated
- 2/3 cup frozen raspberries



Instructions

Preheat oven to 375F. Line a 12 muffin pan with muffin liners. Sift the flour, baking powder and cinnamon into a large bowl. Add the coconut and sugar (optional), stir to combine. Whisk the eggs, vanilla, milk and oil together. Add the wet ingredients to the dry ingredients, stir until just combined. Stir through the pear and raspberries. Divide mixture between prepared muffin holes. Bake in preheated oven for 20 - 25 minutes or until golden brown

Recipe adapted from:

<http://www.taste.com.au/recipes/33909/pear+coconut+and+raspberry+spelt+muffins?ref=collections,kids-healthy-snacks>

Nutrition Note – February 2017

Fibre and your Heart

Show your heart a little love this Valentine's Day! One way to take care of your heart is to enjoy a diet high in fibre. Fibre plays an essential role in maintaining low blood cholesterol and a healthy body weight, both of which are important to a healthy heart. Whole grains, fruits and vegetables are great sources of fibre as well as providing vitamins, minerals and other nutrients. When selecting grains, try to choose whole grains such as whole grain breads, oatmeal and whole wheat pastas. Enjoy a variety of colourful fruits and vegetables and choose at least one dark green and one orange vegetable per day. Daily consumption of recommended fibre will help keep your heart healthy as well as improve your overall health and well-being.