

Granola Bars, Muffins, Cookies and Shakes...

You're One Bite Away from a Healthier You!

Cookbook

University of British Columbia Okanagan,
School of Health and Exercise Sciences

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This cookbook is a collection of best recipes created by students registered in a 3rd year Nutrition course in the School of Health and Exercise Sciences, UBCO, for the annual Healthy Eating Bake Sale event. This event was part of a course assignment, over the last number of years, held in March during National Nutrition Month. The students gave permission to have their recipes included. The campus event was an effort to promote healthy eating on campus and all proceeds went to a local food related charity. Development, research and writing of the cookbook was done by Dr. Sally Stewart (course instructor and Director, UBCO Nutrition Education Center) along with practicum students under her supervision; Rochelle Bertrand, Katie Jones and Hannah Coughlin, with select photos by Yvette Wang. Edited by Sally Stewart, PhD and Julie Stachiw, UBCO RD.

We hope this book provides education and inspiration for healthy eating choices to fuel your health, happiness and academic success!

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INTRODUCTION TO HEALTHY EATING

A healthy eating lifestyle can start with changing your mindset on how you view food [5]. There is no “good” or “bad” food. It’s important to learn to trust yourself to feed yourself well, remove judgement from food, and be aware that “all food fits” in a healthy diet [5]. Healthy eating is more than just the food we eat; it is also about how we eat and who we eat with. Healthy eating is social, cultural, celebratory and so much more. Healthy eating involves eating a variety of foods filled with nutrients to fuel your brain and body [5]. Nutrients are categorized into macronutrients and micronutrients [5]. Macronutrients provide us with energy and are required in large amounts, and are called carbohydrates, proteins, and fats [5]. Vitamins and minerals are essential micronutrients the body needs to function optimally, but they do not provide energy and are required only in small amounts [5]. Water is also essential [5]. Eating well contributes to our everyday performance as students [4], as it helps our mind retain more information, and cognitive functioning, concentration, and alertness are improved [1]. In addition, eating well provides the energy we require to be more active so as to reap the benefits of physical activity and sound sleep for a healthy body and mind.

Canada’s Food Guide is an effective tool for healthy eating [2]. It is designed to help you choose foods that improve your health, meet your nutrient needs, and reduce your risk of chronic diseases [3]. The guide uses a plate analogy for proportions of three food categories to eat, recommending half of your plate be fruits and vegetables, a quarter be protein foods, and a quarter be grain products [2]. Choose foods in their most natural state often (as least processed as possible), choose more plant-based options, include foods you enjoy, and practice balance, variety, and moderation [2]. Healthy eating should not be restrictive.



BREAKFAST

Why Eat Breakfast?

While it is sometimes nice to linger in bed a little longer in the morning, getting up with time to make a nutritious breakfast is proven to be worth your while! Studies have shown that students who have a nutritious breakfast have higher academic performance, while skipping breakfast is related to decreased cognitive function and school performance [2, 6, 7]. Breakfast has also been shown to be important in reaching one's daily recommended micronutrient intake [4, 7]. Studies state that eating a nutritious breakfast everyday reduces the risk of nutrition related chronic diseases, such as cardiovascular disease and diabetes [6].

Nutrition experts state that breakfast is the most important meal of the day [6]. People who eat breakfast regularly are more likely to have a higher dietary fibre and carbohydrate intake, and a lower saturated and cholesterol intake [5]. People who eat breakfast are more likely to maintain a healthy body weight, perform better at work and school, and are more likely to eat a balanced diet overall [1]. Eating a high fiber breakfast may decrease feelings of hunger and reduce impulsive snacking throughout the day [4, 6]. A balanced breakfast includes all three food categories in Canada's Food. Breakfast doesn't need to be fancy or take a lot of time. Your grades, mind, and body will thank you.



Cocoa Oatmeal

Makes 1 serving

Ingredients:

- 1/3 cup regular oats
- 2 tbsp. chia seeds
- 1 cup soy milk (or milk of choice)
- 1.5 tbsp. cocoa powder
- Sweetener as desired

Topping ideas: Raspberries or other berries/fruit, nuts/seeds, granola, nut butter

Instructions:

- 1) In a bowl, mix together the dry ingredients (oats, chia seeds, and cocoa powder).
- 2) Whisk in the milk until all lumps are gone. Place in the fridge for at least 30 minutes or overnight. Heat in the microwave for 45 seconds or enjoy cold. Stir well before adding on the toppings.



Buttermilk Pancakes

Makes about 15, 4" pancakes

Ingredients:

- 1 ½ cups whole wheat flour
- 1 tsp baking powder
- ¾ tsp baking soda
- ¼ cup ground flax
- 1 tbsp. sugar
- 2 eggs
- 1 ½ cups buttermilk
- 2 tbsp. melted non-hydrogenated margarine or canola oil
- 1 banana mashed

Topping:

- 1 cup strawberries
- 1 cup blueberries
- 1 tsp white sugar
- 1 tsp lemon juice

Instructions:

- 1) Heat a non-stick griddle on medium heat
- 2) Before the pancakes go on to the griddle, mix dry ingredients and wet ingredients separately in bowls then combine (mix slowly and stir so there are no lumps)
- 3) Spoon ¼ cup of batter per pancake onto the griddle and cook until golden brown on both sides
- 4) Mix topping ingredients together and let sit for 2 minutes
- 5) Top pancakes with topping and enjoy

Cranberry Nut Granola

Makes about 10 cups

Ingredients:

- 9 cups oats
- 1 cup cranberries
- 1 cup walnuts
- 7 cups dates
- ¼ cup pumpkin seeds
- 1 cup flax seeds
- ¼ cup honey (slightly warmed)
- 2.5 cups water
- 2 tbsp. ground cloves
- 3 tsp ground ginger
- 2 tbsp. ground cardamom
- 2 cups almonds



Instructions:

- 1) Combine pitted dates and water into a large pot
- 2) Cook dates on low temperature for 10-15 minutes until soft
- 3) Remove from heat and mash dates with a potato masher until they form a paste
- 4) Add warm honey and spices and blend into a paste
- 5) Chop pumpkin seeds, almonds and walnuts into smaller pieces
- 6) Add seeds, oats and almonds to the date mixture. Knead with hands to blend until all ingredients are moist
- 7) Spread the mixture about ½ an inch thick onto 2 large parchment lined cookie sheets and place on middle rack of pre-heated oven (215 F°)
- 8) Bake for 2.5-3 hours, stirring and turning granola clumps often until granola is lightly browned
- 9) Bake time may vary depending on oven, remove from oven and let cool for about 30 minutes
- 10) Store in an air-tight container

Cocoa Granola

Makes about 10 cups, approximately 15 servings

Ingredients:

Dry:

- 5 cups rolled oats
- 1 cup of raw almonds or pecan halves
- $\frac{3}{4}$ cup raw pumpkin or sunflower seeds
- $\frac{1}{2}$ cup ground flax seed
- 2 tsp. ground cinnamon
- 1 tsp. ground ginger
- $\frac{1}{3}$ cup dried apricots
- $\frac{1}{3}$ cup dried cranberries
- $\frac{3}{4}$ cup dark chocolate chips

Wet:

- $\frac{3}{4}$ cup unsweetened apple sauce
- $\frac{1}{3}$ cup agave nectar or honey
- 2 tbsp. canola oil

Instructions:

- 1) Preheat the oven to 300°F
- 2) Mix the dry ingredients in a large bowl
- 3) Mix the wet ingredients together and stir into the dry ingredients
- 4) Spread the mixture into two shallow baking pans or sheets
- 5) Bake for 30-40 minutes, or until evenly golden brown
- 6) Stir every 10 minutes to ensure even browning
- 7) Stir again when removed from the oven to keep it from cooling into one solid mass
- 8) Let cool then stir in dried fruit and dark chocolate



Trail Mix

Ingredients:

- Pumpkin seeds
- Sunflower seeds
- Granola
- High fibre cereal
- Dried mango (or any dried fruit)
- Dried cranberries
- Whole grain flake cereal
- Popcorn
- Flax/hemp and or chia seeds
- Almonds
- Walnuts (or any nuts of your choice)
- Carob or chocolate chips
- Whole grain puff cereal

Instructions:

- Mix together your choice of at least 4-5 ingredients (1tbsp of each, for a total of about $\frac{1}{3}$ cup) for a complete breakfast or snack to go (get at least one fruit, grain, and nut/seed)

OR

- Make a big batch and store in an air tight container; grab a snack baggie full ($\frac{1}{3}$ - $\frac{1}{2}$ cup) to take with you on the go (always have one in your back pack so you are never without a snack)



BEVERAGES

Healthy Ways to Satisfy your Thirst; Water, Smoothies and Protein Powders

The number one best way to satisfy your thirst is to drink a glass of water [2]. Water is an essential nutrient [2]. Water has many important roles; it moves nutrients and wastes throughout our body, maintains blood pressure, controls body temperature, protects and cushions joints and organs, keeps skin healthy, and lowers the risk of dehydration and heat stroke [2]. Canada's Food Guide recommends making water your "drink of choice" [4]. Many beverages other than water can have added sugar, sodium, and saturated fat [4] thus it's important to read the nutrition label for ingredients [4]. Excess refined sugar, sodium, and saturated fat increases our risk for stroke, high blood pressure, and cardiovascular disease [1, 7]. Health Canada recommends no more than 6 - 9 tsp. per day of added, refined sugar.

Making your own smoothies allows you to control exactly what goes into your cup. Both fresh and frozen fruits and vegetables are loaded with nutrients and taste delicious when blended together [4]. Other popular ingredients include honey, yogurt, milk, chia seeds, flax seeds, and protein powder which can add calcium, protein, and other nutrients [5]. It is important to note that most people consume the recommended amount of protein during the day, so there's often no need for supplementation [3, 8]. Protein powder is a common food staple among athletes [3] to help maximize muscle mass with training and to improve recovery from strenuous training [5, 6, 8]. You can add a scoop (1 tbsp.) of protein powder to your smoothie as one of your protein sources for the day, or use whole food sources of protein such as nuts, seeds, nut/seed butters, yogurt, or milk. Whey protein isolate (be sure to choose Canadian brands) is one of the highest quality protein sources. There are also plant based protein powders such as pea and hemp. For more information on protein powder, call 8-1-1 to talk to a Registered Dietitian.



Kinetic Concoction

Makes 2 servings

Ingredients:

- 2 apples
- 2/3 of a beet
- 2 oranges
- 2 carrots
- 2 oz. wheat grass

Instructions:

- 1) Using a juicer, juice the orange, carrot, apple and beet in the same container
- 2) Juice the wheat grass in a separate container
- 3) Pour both mixtures into a small cup; mix well
- 4) Drink and enjoy!



Green Smoothie

Makes 3 servings

Ingredients:

- 3 cups spinach
- 4-6 strawberries
- 2 frozen bananas
- 1 cup frozen mango
- 1 ripe avocado
- 1 tsp ground flax seed
- 1 tsp chia seed
- 2 cups water (more or less for desired consistency)
- 1 tbsp. flax seed oil

Instructions:

- 1) Mix well in a blender

Sunshine Juice

Makes approximately 1litre

Ingredients:

- 1 whole green cucumber
- 1 big lemon or two smaller ones
- 1/2 medium sized watermelon
- 3-4 Ice cubes

Instructions:

- 1) Rinse all fruit under cold water and pat dry
 - 2) Cut the watermelon into long slices, cucumber in half and peel the lemon
 - 3) Juice the fruit in a juicer on low power, juice the cucumber on high
 - 4) Pour into glasses with ice cubes and enjoy
- (The fiber from your juicer makes great compost!)

Power Shakes

This is a base recipe which you can alter the ingredients for different flavours.

Ingredients:

- ½ cup fresh or frozen fruit and/or berries (mixture)
- ½ banana
- 1 tbsp. flax seed oil
- 1 tbsp. whey protein powder (or soy, hemp, pea protein for example)
- 1 tbsp. greens powder (optional)
- ½ cup plain yogurt (or soft tofu)
- ½ cup liquid (any type of milk, juice, or water)

Instructions:

- 1) Put into a blender and blend thoroughly. Add more liquid if you prefer it to be more liquid. Pour into a glass and enjoy.

Modifications:

You can also add 1 tbsp. of peanut or almond butter with just banana, and a bit of cocoa for a chocolate shake instead of berries.



Pumpkin Spice Latte

Ingredients:

- ½ cup unsweetened vanilla almond milk (or milk of choice)
- 2-3 tbsp. pumpkin puree
- 1 tsp. pumpkin pie spice
- ½ teaspoon vanilla
- 2-3 drops of liquid stevia or 1 teaspoon sugar if desired
- 8 ounces brewed coffee
- Sprinkle of cinnamon

Instructions:

- 1) In a cup or saucepan, mix together almond milk and pumpkin. Cook on medium heat on the stovetop or microwave for 30-45seconds.
- 2) Remove from heat, stir in vanilla, spices, and sweetener, place in a cup and use a frother to foam the milk. You can also use a blender—just process for 30 seconds or until foamy.
- 3) Pour coffee into a large mug; add the foamy milk mixture on top. Sprinkle with cinnamon. Enjoy!

Pumpkin Spice Smoothie

Ingredients:

- 1/3 cup plain yogurt
- ½ cup milk or plant-based milk
- 2 tsp. flax seed oil (optional)
- 1/3 cup unsweetened pureed pumpkin
- 1 tbsp. vanilla whey protein powder (optional)
- 2 tsp. of pumpkin pie spice or mixture of cinnamon, nutmeg, allspice etc.
- 1/2 tsp. stevia or sugar if desired

Instructions:

- 1) Put in a blender and blend until smooth

LUNCH and DINNER

Choosing Foods in their Natural State

When cooking and preparing meals it is important to choose ingredients in their most natural state (e.g., fresh fruits and vegetables, whole grains, unprocessed proteins such as dairy products, nuts, seeds, fish, legumes, and unprocessed meats)[2]. Foods in their most natural state are packed with essential nutrients and are typically in their most bioavailable form [2]. Fresh, frozen and canned (without added sugars, sodium, and saturated fats) fruits and vegetables have the highest nutrient quality [3]. Slightly steaming, microwaving, roasting, and grilling are good ways to retain nutrients [3]. Choosing ‘in season’ produce, local foods, Canadian food products, in minimal packaging, and more plant-based options are other recommended food choice principles to follow, not only to promote a healthy body, but also for a healthy planet.

When choosing foods, try to limit ultra-processed foods, as processing can result in loss of many of the food’s nutrients [2]. For example, the processing of whole wheat flour to white flour results in a 16-86% loss of iron, zinc, copper, magnesium, and selenium [5]. Additionally, processed foods can contain ingredients that we should only be eating in moderation, such as saturated fat, refined sugar, and sodium, making them more energy dense but also nutrient poor [4]. On average, most Canadians consume excess sodium, with approximately 80% of our consumed sodium coming from packaged or restaurant foods [1, 6]. A high sodium diet is a risk factor for stroke, high blood pressure, and cardiovascular disease [7]. We also can eat too much added sugar, which puts us at risk for cardiovascular disease and obesity [6]. Minimizing consumption of processed foods helps lower our sodium and sugar intake, which aids in chronic disease prevention [6, 7].



Vitamin D Wrap

Ingredients:

- 2 tbsp. red pepper
- 2 tbsp. avocado
- 1 tsp. fresh tarragon
- 2 shiitake mushrooms, raw
- 15ml low fat milk
- 2 tbsp. low fat plain yogurt
- ½ cup shrimp with mixed spices, boiled or steamed
- 1 large egg, scrambled
- 1 tortilla, whole wheat

Instructions:

- 1) Crack egg into a bowl
- 2) Clean and prepare shrimp
- 3) Chop tarragon, red pepper, mushroom, and shrimp and add into the bowl with the egg
- 4) Whisk contents with milk
- 5) Pour the contents of the bowl into a saucepan on low-med heat
- 6) Cook until yellow and fluffy
- 7) Place avocado in the middle of the omelet
- 8) Spread plain yogurt over the tortilla wrap
- 9) Roll omelet into wrap
- 10) Enjoy!



Quinoa Salad

Ingredients:

- 1.25 cups dry quinoa
- 3 tbsp. seedless raisins
- 3 tbsp. chopped apricots, dried and uncooked
- 3 tbsp. lemon juice
- 3 tbsp. flaxseed oil
- 1.25 tsp. paprika
- 1 cumin seed
- 0.75 tsp. cilantro (dried)
- 1.5 avocados, raw
- ½ cup green onion
- 1 cup raw spinach
- ½ medium red pepper

Instructions:

- 1) In a medium saucepan, bring 2.5 cups water and the quinoa to a boil over high heat. Cover, reduce the heat to med-low and let simmer for 10 minutes. Alternatively, whole wheat couscous could be used to substitute quinoa
- 2) Add the raisins and apricots to the quinoa. Cook mixture 2 to 5 minutes longer until the water is absorbed and the quinoa is tender. Immediately fluff the quinoa with a fork and spread onto a baking sheet to cool to room temperature
- 3) In a small bowl whisk the lemon zest, lemon juice, oil, paprika, cumin and cilantro
- 4) In a large bowl toss the vinaigrette with the quinoa and mix in the avocado, green onions, spinach, red pepper and almonds
- 5) If desired, serve on a bed of spinach

Vitamin C “Loaded” Gluten Free Pizza

Ingredients:

Crust:

- 2 ½ cups chickpea flour
- 5 tbsp. olive oil
- 1 tsp. ground black pepper
- 1-2 cups water

Sauce:

- 3 large tomatoes
- 4 leaves fresh basil
- 1 tbsp. ground oregano
- 1 clove garlic (minced)
- ¼ cup diced onions

Toppings:

- 1 large green pepper (diced)
- 1 large yellow pepper (diced)
- 1 large red pepper (diced)
- 4 cups fresh spinach
- ½ cup broccoli
- ¼ cup chives
- ¼ cup light feta cheese



Instructions:

- 1) Preheat the oven to 350°F. Whisk the garbanzo bean flour together, 3 tbsp. olive oil, and a generous amount of ground black pepper. Whisk in 1 cup of water until mixed. Set aside for about a half hour, to let the flour absorb some of the water
- 2) While the dough sets, get a start on the sauce. Add ingredients for the sauce to a medium saucepan and let simmer on medium heat
- 3) Sauté the peppers, broccoli tops and green onions in a non-stick frying pan on medium heat

- 4) Once the oven is preheated, place a 12-inch non-stick pizza pan in the oven and heat until it is very hot. Stir remaining water into crust batter until it is thick and the consistency can pour/spread onto a hot pan (should make a thick ¼ inch layer).
- 5) Bake in the oven for about 10 minutes, or until the crust appears golden brown. Remove from the oven and spread sauce and evenly disperse the toppings. Bake for an additional 5-10 minutes until the cheese has melted.
- 6) Let cool, slice and serve!

Veggie Spaghetti and Meatless “Meatballs”

Ingredients:

- 1 package of premade falafel
- 2 medium spaghetti squash
- 1 tsp. dried oregano
- ¼ tsp. ground black pepper
- ⅛ tsp. garlic powder or ¼ tsp. fresh garlic
- 2 tbsp. minced onion
- 2 ½ cups chopped tomatoes
- 1 ⅓ cans tomato paste
- ½ cup chopped mushroom

Instructions:

- 1) Preheat the oven to 450°F. Cut spaghetti squash in half lengthwise. Scoop out seeds and discard. Add enough water to a cookie sheet to cover the surface. Place both halves of squash face down (exposed side down) onto the cookie sheet. Place in the oven and bake approximately 40-45 minutes.
- 2) The premade falafels may be microwaved immediately prior to eating or placed in the oven, as per package instructions.
- 3) Combine remaining ingredients in a saucepan.
- 4) Stir occasionally over low-medium heat for 20 minutes.
- 5) When the spaghetti squash is cooked, lightly scrape the interior lengthwise, letting the thin strands fall into the bowl. Place cooked falafels in the squash and cover with sauce.
- 6) Serve and enjoy!

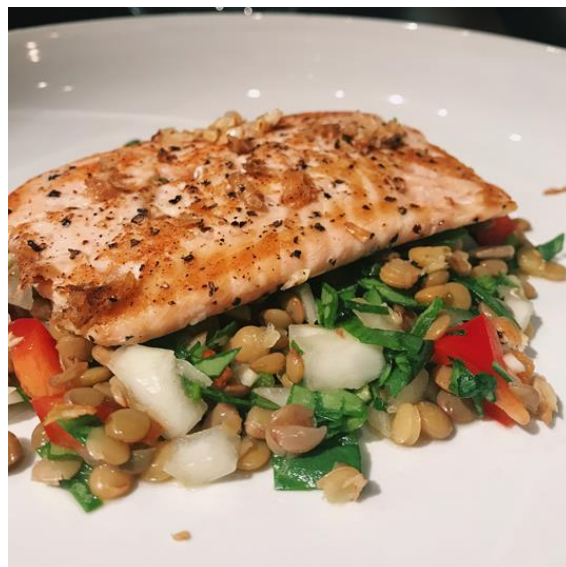
Lentil Salad with Salmon

Ingredients:

- 1 cup green lentils
- 1 lb. fresh pacific salmon fillet
- 2 cups spinach, chopped
- 2 cups carrots grated
- ½ cup raisins
- 2 tbsp. sunflower seeds
- 2 tsp. sunflower oil
- 2 tbsp. sodium-reduced soy or tamari sauce
- 1 to 2 tsp. ginger, freshly chopped
- 1 clove garlic

Instructions:

- 1) Cook lentils in a saucepan filled with boiling water for about 20 minutes or until tender
- 2) Meanwhile, cook salmon in oven at 375°F for 12–15 minutes
- 3) In a large bowl, mix remaining ingredients
- 4) Rinse lentils under cold water to stop cooking, drain, and add to bowl of other ingredients
- 5) Toss to thoroughly coat lentils with dressing
- 6) Divide salad and serve topped with salmon



SNACKS

Anatomy of a Healthy Snack

Snacks are an important part of healthy eating [3]. A snack is best defined as food and beverages consumed outside the context of breakfast, lunch, and dinner [5]. Snacks are often viewed as polar opposites, either “unhealthy” or “healthy” [2]. With “unhealthy snacking” defined as eating a snack without being mindful of healthful choices [4]. Often this type of mindless snacking leads to consumption of packaged and processed foods (e.g. chips, pop, donuts, candy etc.) with added sugars, sodium, and saturated fat (the ingredients we want to avoid/have in moderation) [4] and can promote weight gain and poor nutrition [4]. Whereas a healthy snack can still be yummy and provide us with energy and nutrients between meals to fuel an active brain and body. There is no ‘good’ or ‘bad’ food as we have mentioned earlier, and snacking can help nourish you between meals.

When choosing a healthy snack, aim to include at least two out of the three food groups; this will help you feel full and sustained [2]. It’s also important to be mindful of your eating choices e.g. choose foods in their most natural state and that are minimally processed, eliminate any distractions, such as TV, computer use etc. while eating (as this helps curb mindless eating), and be a critical consumer by reading packaged snacks’ nutrition labels [3]. By choosing foods in at least two of the food categories your snack will contain some fat, carbohydrate, and protein to ensure the best digestion, absorption of nutrients, and regulation of blood sugar to help you feel satisfied for longer [2, 3]. In order to maintain energy to stay focused, it’s important to notice feelings of hunger and fullness; gauging when you need to eat can have a positive effect on body weight control [2, 3]. Recent research suggests that nutrient dense snacks can aid in the prevention of chronic disease such as diabetes [2].



Black Bean and Corn Salsa

Ingredients:

Salad:

- 1 ½ cups frozen corn
- 1 avocado chopped
- 2 large tomatoes, diced
- 1 can unsalted black beans, drained and rinsed
- 1 can unsalted chickpeas, drained and rinsed
- ½ cup cilantro
- 1 red pepper diced
- 6 green onion

Dressing:

- ½ cup fresh lime juice
- ⅓ cup olive oil
- 2 tbsp. chili powder

Instructions:

- 1) Combine dressing ingredients in a small bowl and whisk
- 2) Combine salad ingredients in a large salad bowl
- 3) Toss with dressing and enjoy!



Veggie Hummus

Ingredients:

- 1 can of chickpeas
- ¼ cup liquid from can of chickpeas
- 5 tbsp. of lemon juice
- 1 ½ tbsp. tahini
- 3 cloves crushed garlic
- ½ tsp. salt
- 2 tbsp. olive oil

Instructions:

- 1) Put all ingredients in a blender and blend
- 2) Serve chilled with your favorite whole grain crackers or pita chips (recipe below)

Spicy Black Bean Dip

Ingredients:

- 1 can black beans, rinsed
- ½ cup prepared salsa, hot or mild
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- ¼ teaspoon ground cumin
- Salt & freshly ground pepper, to taste

Instructions:

- 1) Combine all ingredients together in a food processor and process until smooth
- 2) Serve with your favorite tortilla chips, whole grain crackers, veggie sticks or pita chips (recipe below)

Garlic and Herb Pita Chips

Ingredients:

- 4-6 inch whole wheat pitas
- 2 tbsp. corn oil
- 1 tsp. Italian seasoning
- ½ tsp. garlic powder
- ¼ tsp. salt

Instructions:

- 1) Preheat oven to 400°F
- 2) Brush pitas with mixture of oil, seasonings, and garlic powder
- 3) Cut each pita into 8 triangles
- 4) Bake in oven for 5-7 minutes
- 5) Remove from oven and serve immediately with dip

Kale Chips

Ingredients:

- 2 cups kale
- 1 clove crushed garlic
- 1 tbsp. olive oil
- ½ tsp salt

Instructions:

- 1) Wash kale and let dry
- 2) Preheat oven to 220°F
- 3) In a small bowl add olive oil and crushed garlic and mix well
- 4) Tear kale leaves from the stem (whole leaves work best)
- 5) Spread oil mixture onto leaves
- 6) Place oiled leaves on a baking sheet and bake for at least 1 hour until fully crisp; turn oven off and let them sit in the oven for 30-60 minutes

Roasted Salt and Vinegar Chickpeas

Ingredients:

- 2 cups canned chickpeas, drained and rinsed
- 3-4 cups white vinegar
- 1 tsp. sea salt
- 2 tsp. organic extra virgin olive oil

Instructions:

- 1) Line a baking sheet with tin foil or parchment paper. Then take the chickpeas and vinegar and place them in a medium sized pot. Add a dash of sea salt. It is important to bring the chickpeas to a boil and then remove them completely from heat. Let the chickpeas sit in pot for 30 minutes and preheat your oven to 225°F
- 2) Carefully drain the chickpeas and place them on the lined baking sheet. Give them a drizzle with olive oil and sea salt. You can massage them with your fingers until they become fully coated with salt and oil
- 3) Roast them for up to 45 minutes, flipping once halfway through. Make sure you keep an eye on them after 35 minutes of cooking to ensure they don't burn. The main goal is to achieve crispy and golden chickpeas
- 4) These are great to enjoy as a high protein snack in class, on a salad or as a side to a lunch or dinner!



Athlete Trail Mix

Blend together a mixture of ingredients from all categories; more variety gives more nutrients; choose your favorites and skip the “don't likes”

Ingredients:

Cereals:

- Flakes (e.g. bran, oat bran, kamut, multigrain, Quia superfood super flakes)
- O's (e.g. plain or multigrain cheerios, Heritage O's, any oat o's with low sugar)
- Puffs (e.g. rice puffs, wheat or kamut puffs)
- Rice krispies
- Granola
- High fibre cereal (e.g. PC Fibre First or any brand of fibre cereal)
- Squares (e.g. Corn Bran, Oat Squares, Shreddies, Wheat Squares, Life)
- Special K “Protein” cereal or Kashi

Seeds:

- Sunflower, pumpkin, flax, sesame, hemp, chia

Nuts:

- Almonds, soy, cashews, pistachios, peanuts, walnuts

Dried Fruit:

- Apples, apricots, cranberries, papaya, pineapple, blueberries, figs, etc.

Add a little treat:

- Chocolate or carob chips
- Yogurt covered raisins
- Organic gummy bears

Mix up into a big container, store with an air tight lid, then you can scoop out a small bag full to throw in your sport bag.

GRANOLA BARS and BITES

The importance of dietary fibre

Dietary fibre is a non-digestible carbohydrate that reaches the colon and is available for fermentation by colonic bacteria which may have an impact on nutrient absorption and metabolism [4]. Fibre is a critical component of a healthy diet for its many benefits. Fibre is found in fruits and vegetables, whole grains, nuts and seeds, and legumes (beans, peas and lentils) [6]. Dietary sources of fibre contain vitamins, minerals, water, and phytochemicals [2]. Phytochemicals are naturally occurring in plants-based foods and are responsible for providing color, flavour and aroma to fruits, vegetables, grains, legumes, etc.[6], but more importantly these phytochemical have many health promoting benefits, such as decreasing cancer risk. Fibre comes in two types, soluble and insoluble [6], present together in foods, however, some foods are higher in one type than the other. For example, sources of soluble fibre include oats, beans and citrus fruits [6], whereas foods such as wheat and whole grains, and some fruits and vegetables [6] are higher in insoluble fibre. Eating a variety of fruits and vegetables, grains, legumes, and nuts and seeds should give you a good mix of both types of fibre [2].

Research suggests that eating a high fibre diet has many health benefits [1]. A high fibre diet can help increase satiation with meals [1]. Increasing one's fibre intake can also lower blood pressure, promote a healthy heart, and improve blood glucose levels, bowel function, and regularity [2]. Eating foods with high amounts of fibre can reduce the risk of developing heart disease, hypertension, and diabetes [2]. To consume foods high in fibre, eat foods in their most natural state [5]. The recipes in this chapter are delicious, and high in dietary fibre.



Quinoa Oat Fruit Bar

Ingredients:

- ⅔ cup quinoa
- 1 cup large flake oats
- ½ cup Just Right cereal (or any high fiber flake cereal)
- 2 tbsp. chia seeds
- ½ tsp. baking soda
- 1 sliced banana
- ¼ cup raisins
- ¼ cup dried blueberries
- ¼ cup dried cranberries (any combination of dried fruit can be used)
- ¼ cup chopped walnuts (or any other type of nut)
- ¾ cup plain Greek yogurt
- 1tbsp. honey
- 3 tbsp. egg whites

Instructions:

- 1) Preheat the oven to 375°F
- 2) Spray an 8"x8" baking dish with non-stick cooking spray
- 3) In a large bowl, add cooked quinoa, oats and cereal into the mixture along with chia seeds and baking soda
- 4) Mix together well
- 5) Add banana, blueberries, cranberries, walnuts and yogurt to dry ingredients, and mix everything together well
- 6) Spread mixture evenly into the baking dish and bake for 20 minutes
- 7) Allow to cool and then slice into 8 bars

Banana Granola Bars

Ingredients:

- 3 very ripe medium sized bananas
- 3 cups quick oats
- 3 tbsp. natural peanut butter
- 1 tsp. canola oil
- ¼ cup honey
- ½ cup slivered almonds
- ½ cup walnuts
- ¼ cup dark chocolate chips
- 1 tsp. ground cinnamon
- 2 tbsp. ground flax
- 2 tbsp. chia seeds

Instructions:

- 1) Preheat the oven to 375°F
- 2) Spray a 9"x13" pan with canola oil spray
- 3) In a blender or food processor, combine bananas, peanut butter, honey, canola oil and cinnamon
- 4) Blend until a creamy mixture is achieved and then set aside
- 5) In a large bowl, combine oats, chopped nuts, seeds, chocolate chips, etc. Stir to mix
- 6) add the creamy banana mixture and stir until thoroughly combined. Scrape the granola bar mix into the prepared pan
- 7) Smooth mix out, pressing down with a flat surface (spatula) until the mix has evenly filled the pan. Bake the bars for 40 minutes or until golden on the edges
- 8) Remove from the oven and allow to cool
- 9) Once completely cool, cut the slab lengthwise into 4 strips and in the other direction into 5 strips
- 10) Enjoy!

Carbohydrate Endurance Bars

Makes approximately 16 bars

Ingredients:

Dry:

- 2 cups large flake oats
- $\frac{2}{3}$ cup loosely packed brown sugar
- $\frac{1}{2}$ cup wheat germ (or ground flax or oat bran)
- $\frac{1}{3}$ cup chocolate chips
- $\frac{1}{3}$ cup almonds
- 1 tsp. cinnamon
- $\frac{1}{2}$ cup oat flour
- $\frac{1}{2}$ cup whole wheat flour
- $\frac{3}{4}$ cup dried fruit (blueberries, apricots)
- $\frac{1}{3}$ cup mixed seeds (e.g. Pumpkin, sesame, flax)

Wet:

- $\frac{1}{2}$ cup honey
- 1 egg, beaten
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ cup apple sauce
- 2 tsp. vanilla extract

Instructions:

- 1) Preheat oven to 350°F
- 2) Mix all dry ingredients together
- 3) In a separate bowl, mix the wet ingredients
- 4) Add wet to dry
- 5) Pour into a 9X13" pan and bake for 25-30 minutes until brown
- 6) Cut them in pan while still warm and let cool

Bake-free Gluten-free Granola Bars

Ingredients:

- 3 ½ cups gluten-free rolled oats
- 3 ½ cups gluten-free rice cereal
- 1 cup shredded coconut
- 1 cup dried unsweetened cranberries
- ¼ cup ground flax
- ⅔ cup honey
- ⅔ cup brown sugar
- ⅔ cup creamy peanut butter
- 2 tsp. vanilla extract

Instructions:

- 1) Fit parchment paper into two 9"x13" pans
- 2) Combine oats, rice cereal, coconut, flax seed, and dried cranberries in a bowl and mix together
- 3) In a saucepan over medium heat, mix together honey, sugar and salt. Stir until it comes to a slight boil
- 4) Remove from heat and stir in peanut butter and vanilla until mixed thoroughly
- 5) Pour warm mixture over the dry ingredients and mix until well combined
- 6) Put mixture into prepared pans and press down to even out
- 7) Place in a safe spot with a paper towel or cloth covering and let it sit for a few hours to set



Fruit and Dark Chocolate Energy Balls

Makes 30 energy balls

Ingredients:

- 1 ½ cup whole-wheat flour
- 1 ½ cup oats
- 1 tsp. baking soda
- ½ cup oat bran
- ¼ cup protein powder
- ¼ cup raisins and dried blueberries
- ½ cup puffed wheat cereal
- 1 tbsp. ground flax seed
- 3 tbsp. water
- ¼ cup dark chocolate chips
- ¼ cup brown sugar
- ¼ cup sunflower seeds
- 1 egg
- ¼ cup non-hydrogenated margarine
- ¼ cup agave syrup

Instructions:

- 1) Preheat the oven to 350°F.
- 2) In a bowl, mix together oats, flour, brown sugar, baking soda, sunflower seeds, protein powder, oat bran and puffed wheat cereal.
- 3) Cut margarine and stir in chocolate chips and dried fruits.
- 4) Mix water and flax together in a separate bowl.
- 5) Add 1 beaten egg, agave syrup, and flax and water combination and mix together.
- 6) Dough should be sticky. Roll dough into balls and place on a cookie sheet.
- 7) Bake for 10-12 minutes.

Dark Chocolate Quinoa Energy Balls

Makes 12 balls

Ingredients:

- ¼ cup quinoa and 1 cup water
- 1 cup old fashioned oats
- ⅓ cup dried cranberries
- ⅓ cup sunflower seeds
- ⅓ cup honey
- 1 tsp. vanilla
- 1 tbsp. almond butter or peanut butter
- ⅓ cup dark chocolate chips

Instructions:

- 1) Combine ¼ cup quinoa and 1 cup water. Bring mixture to a boil and let simmer for about 15 minutes
- 2) Once the quinoa is done, combine with oats, cranberries and sunflower seeds in a large bowl
- 3) Combine honey and vanilla in a pot and bring this mixture to a simmer
- 4) Add honey and vanilla mixture into the bowl
- 5) Wait a few minutes to let the mixture cool and then add in the chocolate chips and almond butter
- 6) Mix together all the ingredients with your hands
- 7) Put entire bowl in the fridge for 1 hour
- 8) Roll dough into golf ball sized balls, no baking needed!

Pumpkin No Bake Energy Balls

Ingredients:

- 1 cup chopped dates
- ¼ cup honey
- ¼ cup pumpkin puree
- 1 tbsp. chia seeds or flax seeds
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1 cup old fashioned oats
- 1 cup toasted coconut flakes
- 1 cup toasted pumpkin seeds

Instructions:

- 1) Combine dates, honey, pumpkin puree, chia or flax, cinnamon, ginger, and nutmeg in a food processor and pulse until smooth and combined
- 2) Transfer mixture to a large bowl. Stir in oats, coconut flakes and pumpkin seeds until evenly combined
- 3) Cover and refrigerate for at least 30 minutes
- 4) Once the mixture is cool, use a spoon to shape into balls
- 5) Store and keep covered in the refrigerator for up to 2 weeks

Nut and Seed Bar

Ingredients:

- 1 ½ cup oats
- ⅓ cup shredded coconut
- ⅓ cup raisins
- ⅓ cup almonds
- ¾ cup pumpkin seeds
- 1 tbsp. sunflower seeds
- 1 tbsp. sesame seeds
- 2 tbsp. flax seeds
- 2 tbsp. chia seeds
- 2 tbsp. hemp seeds
- ⅓ cup dark chocolate chips
- 1 ½ ripe bananas
- ½ cup all natural maple syrup
- ½ cup peanut butter
- 1 tsp. vanilla extract

Instructions:

- 1) Combine wet and dry ingredients into a large bowl
- 2) Spread mixture on a parchment paper covering a large cookie sheet
- 3) Freeze until firm
- 4) Cut into equal 15 parts and enjoy



Coconut Date Energy Bites

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened dried coconut
- ½ cup roasted pumpkin seeds
- 12 pitted dates, chopped
- 1 tsp. vanilla extract
- ½ cup water
- Zest of one orange
- Extra coconut for rolling (optional)

Instructions:

- 1) Put dates, oats, coconut, vanilla, and orange zest into a food processor. Blend until smooth
- 2) Slowly add water until the mixture becomes wet and sticky
- 3) Scoop out tablespoon sized amounts and roll into balls

Raw Fudge Brownies

Ingredients:

- 1 ½ cup oats
- 1 cup dates and prunes
- 1 tsp. vanilla
- 3 tbsp. canola oil
- ¼ cup honey, agave, or maple syrup
- ¼ cup hemp seeds
- 2 tbsp. flax seeds
- 2 tbsp. chia seeds
- ⅓ cup cocoa
- ½ tsp. cinnamon

Instructions:

- 1) Put dates and prunes in bowl of hot water and set aside
- 2) Blend 1 cup of the oats in food processor until it becomes oat flour and set aside
- 3) Then in a food processor, process dates and prunes, with about ¼ cup of water. Add other wet ingredients until smooth
- 4) Add all dry ingredients including the remaining ½ cup oats and flour. The consistency should be thick, but very moist
- 5) Press into an 8x8" pan lined with wax paper or plastic wrap and set in the fridge for 30 minutes until firm.



MUFFINS

Physical Activity and Nutrition

To achieve health benefits, the Canadian Society for Exercise Physiology (CSEP) recommends 150 minutes of moderate-to-vigorous intensity aerobic physical activity per week in 10 minute bouts or more for those aged 18-64 years [2]. It is also beneficial to include strength training (e.g., resistance training) at least 2 times per week [2]. Following CSEP's guidelines can lead to improved fitness, strength, sleep, and mental health [2]. Physical activity helps alleviate or decrease various mental health conditions, such as depression, anxiety, and stress [2]. It also can reduce the risk of heart disease, high blood pressure, stroke, type 2 diabetes, osteoporosis, obesity, certain types of cancers, and premature death [2].

Following healthy eating habits and being physically active are two of the most important factors contributing to optimal health [5]. Following the plate analogy from Canada's Food Guide, discussed earlier, will help meet nutrient needs [1] and provide the energy for physical activity [6]. The more fit and active you are, the more energy your body will need. Keep three food category proportions the same but you may need to eat larger portion sizes the more active you are [6]. Carbohydrates are the body's preferred energy source, while fats are the second preferred energy source [6]. Choose whole grains and healthy fats (such as avocados and nuts and seeds) [4]. Protein is needed to maintain and rebuild muscles and water controls blood pressure levels and body temperature, protects and cushions your joints, and lowers your risk of dehydration and heat stroke [3]. Check out Athlete Nutrition - University of British Columbia Athletics for more information on macronutrient intake for athletes [7]. If you are active a special diet is not required, just follow the healthy eating principles learned throughout this book. If you are very active or a competitive athlete you may need more guidance from a registered dietitian.



Apple Carrot Muffins

Makes 12 muffins

Ingredients:

- 1 ½ cups whole wheat flour
- ¼ cup ground flaxseed meal
- ¾ cup all bran cereal
- 1 tsp. baking soda
- 1 tsp. baking powder
- 2 tsp. cinnamon
- 1 ½ cup finely shredded carrots
- 2 peeled and shredded apples
- 1 cup raisins
- ½ cup chopped walnuts (optional)
- 2 tbsp. honey
- ¾ cup milk
- 2 beaten eggs
- 1 tsp. vanilla

Instructions:

- 1) Mix together the flour, flaxseed, bran, baking soda, baking powder, and cinnamon in a large bowl
- 2) Stir in carrots, apples, raisins, and nuts until well mixed
- 3) Combine milk, beaten eggs, and vanilla until well mixed
- 4) Gradually pour liquid ingredients into dry ingredients
- 5) Stir until ingredients are moist, being careful not to over mix
- 6) Fill muffin cups full
- 7) Bake at 350°F for 20 minutes

Banana Blueberry Muffins

Ingredients:

- 2 ¼ cups whole-wheat flour
- 1 ⅔ cup sugar
- 1 ¼ tsp. baking powder
- 1 ¼ tsp. baking soda
- ⅔ cup skim milk
- ½ cup low fat/skim plain yogurt
- 2 tbsp. canola oil
- 1 ¼ cup mashed bananas
- ⅔ cup fresh or frozen blueberries

Instructions:

- 1) In a large bowl add the sugar, milk, yogurt, canola oil, egg whites, mashed bananas and the frozen blueberries. Mix together
- 2) In a different bowl, mix the whole-wheat flour, baking powder and baking soda
- 3) Slowly add the dry ingredients into the wet ingredients bowl while continuously mixing everything together
- 4) Scoop into the muffin pan and bake for 25 minutes at 250°F
- 5) Enjoy!!



“We got the BEET” Muffins

Makes 18 muffins

Ingredients:

- 4 oz. dark chocolate
- ½ cup apple sauce
- ¼ cup low fat plain yogurt
- 2 eggs
- ⅔ cup honey
- 1 cup roasted, pureed beets
- 1 cup shredded zucchini
- 1 cup spelt flour
- 1 tsp. vanilla extract
- 1 cup whole-wheat flour
- 2 tsp. baking powder
- ¾ cup unsweetened cocoa powder
- 2 tbsp. ground hemp hearts
- 2 tbsp. ground flax seed

Instructions:

- 1) Preheat the oven at 350°F
- 2) Wrap beets in tin foil and roast for 1 hour
- 3) Let cool, peel and blend until pureed
- 4) Chop chocolate into pieces and place in a microwave safe bowl
- 5) Microwave on high for 40 seconds
- 6) Stir rapidly until chocolate is smooth and melted, microwave for an additional 20 seconds if necessary
- 7) In a large bowl, beat eggs and honey together until frothy
- 8) Add applesauce, yogurt, and vanilla, melted chocolate, pureed beets, and shredded zucchini, mixing after each addition
- 9) Stir in ground flax and ground hemp hearts

- 10) In a separate bowl, sift together spelt flour, whole-wheat flour, baking powder and cocoa powder
- 11) Stir mixture into wet ingredients
- 12) Scoop into prepared muffin pan and bake for 16 minutes

Very Vegan Banana Nut Muffins

Makes 12 muffins

Ingredients:

- 1 ¼ cups fortified soy beverage
- 2 tbsp. canola oil
- 2 cups whole wheat flour
- ¼ cup brown sugar
- 3 tsp. baking powder
- 3 Medium ripe bananas
- ½ cup wheat germ
- ½ cup walnuts (chopped)

Instructions

- 1) Preheat the oven to 400°F
- 2) Mix together the whole wheat flour, brown sugar, baking powder, salt, and wheat germ
- 3) Add soy beverage, canola oil, mashed bananas, and walnuts; mix together all ingredients until incorporated
- 4) Scoop batter into 12 muffin cups
- 5) Bake for 20-30 minutes
- 6) Remove the muffins from the oven and let cool for 10-15 minutes before indulging

Pumpkin Protein Muffins

Ingredients:

- ½ cup brown sugar
- ½ applesauce
- 2 tsp. ground cinnamon
- 1 ½ tsp. ground clove
- 1 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. vanilla extract
- 2 large eggs
- 1 ½ cup raw pumpkin puree
- 2 cups oat flour or whole wheat flour
- 2 tbsp. vanilla whey protein
- ½ cup milk
- ¾ cup chocolate chips (optional)

Instructions:

- 1) Preheat the oven to 350°F
- 2) Line a muffin tin with paper baking cups
- 3) Combine first 11 ingredients and mix well
- 4) Add flour, vanilla whey protein, milk, and chocolate chips. Mix until incorporated
- 5) Fill muffin cups with batter
- 6) Bake for 20-25 minutes
- 7) Let cool for 15 minutes before removing from muffin tins. Once removed repeat cooling time of 15 minutes
- 8) Enjoy!

Pineapple and Papaya Muffins

Ingredients:

- 1½ whole wheat flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- 2 tsp. cinnamon
- 3 tbsp. ground flax seed
- ½ cup crushed pineapple
- 1 cup cubed papaya
- ⅓ cup low fat plain yogurt
- 1 egg, beaten
- 2 tbsp. canola oil
- ¼ cup sugar
- ¼ cup walnuts (optional)
- ½ cup dried cranberries



Instructions:

- 1) Preheat the oven to 375°F
- 2) In a large bowl, whisk together flour, baking powder, baking soda, cinnamon and ground flax seed
- 3) In a food processor, puree pineapple, papaya and yogurt. Mix in egg, oil, and sugar
- 4) Combine pineapple and flour mixtures; add in walnuts and cranberries
- 5) Spoon batter into muffin cups. Bake for 20-22 minutes

Whole Wheat Quinoa Raspberry Muffins

Ingredients:

- ½ cup quinoa
- ½ cup fresh squeezed orange juice
- ¾ cup skim milk
- 1½ cups whole wheat flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. ground cinnamon
- ⅓ cup brown sugar
- ¼ non-hydrogenated margarine
- 1 egg
- ½ tsp. vanilla
- 1 cup fresh or frozen raspberries

Instructions:

- 1) Rinse and drain quinoa
- 2) In a small saucepan, combine quinoa with orange juice and ½ cup of the milk. Bring to a boil over medium-high heat. Reduce heat to low, cover and cook for 15 minutes. Remove from heat and let stand for 5 minutes
- 3) In another bowl, whisk together flour, baking powder, baking soda and cinnamon
- 4) Stir sugar, melted margarine, remaining milk, egg and vanilla into quinoa mixture and pour over flour mixture. Stir until moistened. Stir in raspberries. Divide batter among 10 lightly greased or paper lined muffin cups
- 5) Bake in a 350°F oven for about 18 minutes

Apple Cinnamon Oat Bran Muffins

Ingredients:

- ¾ cup oat bran
- 1½ cups whole wheat flour
- ⅓ cup ground flaxseed
- 1½ tsp. baking soda
- 2¼ tsp. baking powder
- 1½ tsp. ground cinnamon
- 1½ tsp. nutmeg
- 2 eggs
- ⅓ cup canola oil
- ⅓ cup sugar
- ½ cup applesauce
- ½ cup chopped pecans (optional)

Instructions:

- 1) Preheat the oven to 350°F
- 2) In a large bowl, whisk together bran, flour, nutmeg, flaxseed, baking soda, baking powder and cinnamon
- 3) In a different large bowl, whisk together eggs and oil until smooth. Stir in applesauce and sugar
- 4) Combine both bowls and stir in pecans
- 5) Scoop batter into paper-lined muffin cups. Bake for 22-25 minutes
- 6) Cool on a wire racks



Raspberry Flaxseed Muffins

Ingredients:

- ½ cup oats
- 1 cup milk
- ¼ cup whole wheat flour
- ½ cup white flour
- ¼ cup ground flaxseed
- 2½ tsp. baking powder
- ½ tsp. cinnamon
- 1 tsp. baking soda
- 1 large egg
- ⅔ cup brown sugar
- 3 tbsp. honey
- ¼ cup vegetable oil
- 1 cup fresh or frozen raspberries

Instructions:

- 1) Mix dry and wet ingredients separately and then combine in one bowl
- 2) Scoop mix into a greased muffin tin
- 3) Bake at 350°F for 20 minutes until golden

Chocolate Zucchini Muffins

Ingredients:

- 2 eggs
- 1 tbsp. vanilla
- ½ cup honey
- 2 tbsp. unsweetened apple sauce
- ½ cup cocoa powder
- 1½ tsp. baking soda
- 2 tsp. ground cinnamon
- ½ ground nutmeg
- 2 cups shredded zucchini

Instructions:

- 1) Preheat oven to 350°F
- 2) In a bowl, combine the eggs, vanilla extract, honey, salt and the applesauce
- 3) Sift the flour and the cocoa powder into another bowl. Add the baking soda, the cinnamon, and the nutmeg. Mix well
- 4) Add the liquid mixture to the dry flour mixture and combine until the dry ingredients are well mixed in
- 5) Add the grated zucchini, mix once more
- 6) Scoop the batter into a non-stick muffin pan; fill each cup about ¾ full
- 7) Bake in preheated oven for 20-30 minutes, or until a toothpick inserted into the center comes out somewhat clean

Banana Bread

Ingredients:

- ¼ cup milk of your choice
- 6 tbsp. canola oil, butter, ghee or coconut oil
- 6 tbsp. blueberry syrup (or maple syrup, or honey)
- 1 tsp. vanilla extract
- 2 ¼ cups mashed ripe bananas (approx. 4 medium bananas)
- 2 cups flour (whole grain)
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 cup chopped nuts and seeds

Instructions:

- 1) Preheat the oven to 350°F
- 2) Line an 8"x8" cake or loaf pan with baking paper, or lightly oil and dust with flour, shaking out excess
- 3) Put the milk, oil, syrup, vanilla and bananas in a blender and blend until smooth
- 4) In a large bowl, combine dry ingredients. Add bananas mixture and combine using as few strokes as possible. Fold in nuts
- 5) Pour into the cake pan
- 6) Bake until a toothpick inserted in the center comes out clean, about 30 minutes



Basic Muffin Recipe

Ingredients:

- 1/4 cup canola oil
- 2 eggs
- 1/3 cup sugar (or honey or agave nectar or maple syrup)
- 1 cup of either mashed banana, pumpkin puree, applesauce, grated apple or zucchini or carrots
- 1 cup of grains (either bran, wheat germ, oat bran, oats, high fibre cereal)
- 1/2 cup of either milk, soy milk, yogurt, orange juice
- 1 tsp. each of baking powder, baking soda, cinnamon, nutmeg, ginger
- 1/2 cup seeds or nuts (any kind or a mixture; optional) (you can even grind the seeds if you don't like the chunks in the muffins)
- 1/2 cup dried or fresh chopped fruit or berries (any kind; optional)
- 1.5 cups flour (mixture of whole grains such as wheat, spelt, kamut)

Instructions:

- 1) Beat together oil, eggs, sugar and liquid ingredients
- 2) Stir in grains, seeds, fruit, and spices
- 3) Stir in flour
- 4) The batter should be thick and clumpy...you may need a bit more or less flour depending on the moisture of the combo of liquid ingredients you chose
- 5) Scoop into muffin cups and bake at 350 for about 20 min

Orange juice and softened dates taste really good in the carrot or zucchini mixture. Berries taste really good in the banana or applesauce choice. You can always add chocolate chips too! Have fun mixing and matching - enjoy!

COOKIES

Mental Health & Nutrition

Mental health is an integral and essential component of health [4]. It is a state of wellbeing in which an individual realizes their own abilities, can cope with the stresses of life, and can work productively [4]. Being in an optimal state of mental health allows us to think, emote, interact with others, earn a living, and enjoy life [4]. Unfortunately, there's many individuals who experience mental health challenges in today's society. The demands of university life can challenge our mental health. The World Health Organization stated that depression would be the #1 health issue by 2020; their prediction was right. Depression is associated with sadness and anxiety, it can cause a loss or increase in appetite and a loss of interest in pleasurable activities [3]. Research indicates when people are depressed, their nutrition is far from adequate and they fall into restrictive and emotional eating patterns to cope with depression, which makes it even worse [1]. Unhealthy eating patterns can lower brain neurotransmitter levels which results in feelings of low mood, tiredness, and irritability [3, 5].

Following Canada's Food Guide can help meet nutritional needs and develop healthy eating strategies and habits that promote mental health [2]. Make an effort to not skip meals, get adequate complex carbohydrates (e.g. fruits, veggies and whole grains), adequate protein, aim for unprocessed foods, include some fish and/or flax seed or walnut oil for omega 3 fats, critical for brain health, and be sure to include food you enjoy and eat with family and friends. The recipes in this chapter include creative and healthy ways to make yummy cookies with fibre, protein and complex carbohydrates. Enjoy! . . . and don't forget to be active outside to improve your mood and mental health!



Peanut Butter Oatmeal Cookies

Makes 30 cookies

Ingredients:

- ¼ cup canola oil
- ¼ cup applesauce
- ½ cup natural peanut butter
- ¼ cup sugar
- ¾ cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- ¼ cup coconut
- ¼ cup ground flaxseed
- 3 cups oats
- 1 ¼ cups whole wheat flour
- 1 tsp. baking powder
- ½ tsp. baking soda

Optional additions:

- Replace ½ amount of required oil with applesauce
- Add 3 tbsp. of ground flax seed

Instructions:

1. Preheat the oven to 375°F
2. Beat together oil, peanut butter, then beat in sugar and vanilla.
3. Stir in coconut
4. in a separate bowl, mix oats, flour, powder and soda
5. Stir in peanut butter mixture
6. Drop onto a baking sheet in 1 ½ tbsp. round
7. Gently press to flatten and bake for 10-12 min or until lightly browned
8. Cool on a cooling rack

Chickpea Chocolate Peanut Butter Cookies

Makes 13 cookies

Ingredients:

- 1 ¼ cup canned chickpeas (well rinsed and patted dry with a paper towel)
- 2 tsp. vanilla extract
- ½ cup + 2 tbsp. natural peanut butter
- ¼ cup honey
- 1 tsp. baking powder
- ½ cup dark chocolate chips
- ⅓ cup unsweetened shredded coconut (optional)
- ¼ cup ground flax seed

Instructions:

- 1) Preheat the oven to 350°F
- 2) In a food processor, combine all the ingredients except for the chocolate chips until the mixture is completely smooth.
- 3) Stir in the chocolate chips
- 4) The cookie mix is going to be sticky, so with wet hands, form 1 ½" balls of cookie dough and place them on a cookie sheet
- 5) Push the cookies down so they are more flat than balls and bake for 10 minutes or until golden brown

Banana Oat Cookies

Makes 16 cookies

Ingredients:

- 3 ripe bananas, mashed until smooth & creamy
- $\frac{1}{3}$ cup almond butter
- $\frac{2}{3}$ cup unsweetened applesauce
- 1 tbsp. vanilla protein powder
- 1 tsp. vanilla extract
- 1 tsp. margarine
- 1 $\frac{1}{2}$ cups quick oatmeal
- $\frac{1}{3}$ cup chopped nuts or dried fruit
- $\frac{1}{3}$ cup carob or chocolate chips (optional)

Instructions:

- 1) Preheat heat oven to 350°F
- 2) In a large bowl, mix mashed banana & almond butter until completely combined then add in the applesauce, vanilla protein powder, vanilla and margarine
- 3) Mix together until they are all completely combined
- 4) Add in the oatmeal & nuts to the banana mixture & combine. (Add the optional chocolate chips at this time if you want them mixed throughout)
- 5) Drop cookie dough, by spoonful, onto a parchment paper lined cookie sheet & flatten cookies into circles. (If you just want the carob / chocolate chips on the top of the cookies, add now)
- 6) Bake cookies approximately 20-30 minutes or until golden brown & done
- 7) Remove from the oven & let rest on the cookie sheet for 5 minutes, then move to the cooling rack
- 8) When cookies are completely cool, store in a covered container
- 9) Enjoy!



High Protein Pumpkin Oatmeal Cookies

Ingredients:

Dry:

- 1 cup spelt flour
- 2 cups oats
- 3 tbsp. vanilla whey protein powder
- $\frac{3}{4}$ tsp. baking soda
- $\frac{3}{4}$ tsp. baking powder
- 2 tbsp. cinnamon
- 1 tsp. allspice
- $\frac{1}{2}$ tsp. freshly ground nutmeg
- $\frac{1}{2}$ tsp. ground clove
- 1 cup raisins

Wet:

- 1 cup pure pumpkin puree
- 1 $\frac{1}{2}$ very ripe bananas, mashed
- 3 eggs, beaten
- 1 tsp. pure vanilla extract

Instructions:

- 1) Preheat the oven to 375°F
- 2) In a large bowl, mix all the dry ingredients together with a whisk, until very well combined
- 3) In a medium bowl, mash the banana and add the rest of the wet ingredients and combine with a whisk until well incorporated
- 4) Mix wet to dry and fold until combine
- 5) Drop by tablespoonful, onto a baking sheet lined with parchment paper
- 6) Bake for about 10 minutes or until the cookies start to turn golden brown
- 7) Place cookies on a cooling rack until ready to eat
- 8) Store in a closed container for later consumption!

Peanut Butter Chocolate Chip Quinoa Cookies

Makes 24 cookies

Ingredients:

- 2 cups cooked quinoa
- ½ cup natural peanut butter (chunky or smooth)
- 3 tbsp. pure maple syrup
- ¾ cup rolled oats
- ½ cup unsweetened, shredded coconut
- ½ cup chocolate chips

Instructions:

- 1) Preheat the oven to 350°F
- 2) Combine quinoa, peanut butter, maple syrup and oats in a large mixing bowl. Using an electric mixer on low/medium speed, combine ingredients well. Allow the quinoa to cool before mixing in
- 3) Stir in coconut and chocolate chips
- 4) Scoop and mold dough into round, tbsp.-sized cookies
- 5) Place cookies on parchment paper lined baking sheets and bake for approximately 20 minutes, until bottoms are nicely browned
- 6) Allow cooling completely before storing



Power Cookies

Ingredients:

- 1-½ cups flour (mixture of white, whole wheat, spelt, kamut, etc.)
- ½ cup brown sugar
- ¾ cup oats
- ½ cup high fiber cereal
- ½ cup puffed cereal (kamut, rice)
- 2 tbsp. each of pumpkin, flax, sesame, and sunflower seeds
- ¾ cup dried fruit (mixture of raisins, apricots, dates, cranberries, pineapple, etc.)
- 2 tbsp. protein powder (soy, whey, skim milk powder, hemp)
- ½ cup chocolate chip
- 1 tsp. baking soda
- 1 tsp. cinnamon
- Grated rind of one orange
- ½ cup non-hydrogenated margarine
- 1 egg
- 2 tbsp. plain yogurt
- 3 tbsp. honey or maple syrup

Instructions:

- 1) In a large bowl, stir together the first 12 ingredients
- 2) Cut in the margarine until well blended
- 3) Stir in remaining ingredients and stir until well blended and moist
- 4) Dough should be consistency to roll or drop onto small balls; place on a non-stick cookie sheet
- 5) Bake at 350°F for 10 minutes
- 6) Remove from sheet onto cooling rack immediately

Ginger Snap Flax Cookies

Ingredients:

- ½ cup non hydrogenated margarine or butter
- ¼ cup molasses
- 2 tbsp. maple syrup
- ¾ cup brown sugar
- 2 tbsp. applesauce
- 1 egg
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. cloves
- 1 tsp. ginger
- 3 tbsp. flax seeds
- 2 cups flour (mixture of whole wheat, out, all purpose etc.)
- ½ cup wheat germ

Instructions:

- 1) In a large bowl beat margarine, molasses, syrup, sugar, applesauce and egg together until well blended
- 2) Stir in seeds, wheat germ and spices
- 3) Add flour and mix until just blended
- 4) Roll into small balls and place on a cookie sheet; grease the bottom of a flat bottom drinking glass and dip in sugar; then flatten each cookie ball
- 5) Bake at 350°F for 10 -12 minutes. Remove from the cookie sheet immediately to the cooling rack

CAKES, PIES and TARTS

Nutrition messages among the media and healthy eating principles

The media is full of information about nutrition! However, the messages are often unclear, confusing, inaccurate, and contradictory. Food marketing is another form of nutrition messaging [2]. Food marketing is advertising that promotes the sale of certain types of foods throughout the media [2]. Many foods and drinks that are marketed contain high sodium, sugars and saturated fat which can influence unhealthy eating patterns [2]. It's important to be aware of food marketing because it influences our food choices [2] thus we need to be critical consumers to ensure we are not being tricked by the marketing to make poor food choices. If you're unsure how to interpret the messages in the media, you can always talk to a Registered Dietitian (RD). A RD is a regulated nutrition professional who provides accurate and evidence-based information. Some online sources that provide evidence-based information include Dietitians of Canada, Health Canada, World Health Organization, Healthy Families BC, and Health Link BC (811). These websites are free to access and provide evidence-based nutrition information and messages you can trust.

When choosing healthy foods, Canada's Food Guide (Health Canada) can provide you with the credible guidance you need [1]. It uses the science of nutrition and health to help you make healthy food choices and can help you follow healthy eating principles [1, 4]. Healthy eating principles include nutrient density, adequacy, variety, balance, and moderation [4]. Nutrient density refers to choosing whole foods, in their most natural state, that will be loaded with nutrients, such as fruits, fish, nuts, seeds, and vegetables [1, 4]. Adequacy is eating foods that will provide all the essential nutrients and energy your body needs [1, 4]. Variety is eating a wide selection of foods from the three different food groups and various cultures [1, 4]. Health Canada describes balance as following Canada's Food Guide plate proportions, and the ability to notice feelings of hunger and fullness [1, 4]. Moderation is allowing yourself to enjoy all types of food [1, 4]. It is about practicing moderation and discipline, but not restriction. Remember, food and healthy eating is about fuel to energize your mind, body, and soul, including the many social, cultural, celebratory and other roles it plays in our lives. Choose the scientific healthy eating principles outlined in this cookbook for a lifestyle approach to eating vs getting caught up in a popular diet hyped by media that may or may not be appropriate for you. Reach out to the resources indicated above for more sound nutrition information.



Grain and Lactose Free Pumpkin Pie

Ingredients:

Filling:

- 1½ cups lactose free yogurt
- 1 can (15 ounces) pumpkin puree
- ¾ cup dark brown sugar
- ½ tsp. cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. nutmeg
- 3 eggs

Crust:

- 1 cup ground, blanched almonds (or almond flour)
- 3 tbsp. Canola oil (to grease pie pan)
- 1 egg
- ¼-½ tsp. cinnamon to taste

Instructions:

- 1) Preheat the oven to 325°F
- 2) Grease pie pan with canola oil and mix crust ingredients by hand in a medium sized bowl
- 3) Press the crust into the bottom and sides of the pie pan and put in the oven while making the filling
- 4) In a large mixing bowl combine all filling ingredients and whisk until smooth
- 5) After 10-15 minutes, remove the crust as it barely starts to brown
- 6) Pour/smooth the filling over the crust and return to the oven for about an hour or until the center is no longer jiggly. The filling will set more as it cooks

Chocolate Chick Blondies

Ingredients:

- ½ cup sliced almonds
- ½ tsp. baking soda
- ½ cup chocolate chips
- 1½ cup cooked chickpeas
- 1 egg
- ¼ cup egg whites (2 eggs)
- ⅓ cup honey
- 1 cup natural peanut butter
- ½ cup chopped pecans
- 1 tsp. vanilla extract

Instructions:

- 1) Preheat the oven to 350°F
- 2) Place all ingredients (excluding chocolate chips) in a food processor and blend until smooth
- 3) Using spatula hand mix in chocolate chips
- 4) Pour mixture evenly into 8x8 baking dish (use spatula to smooth out batter)
- 5) Place in the oven and bake for 27-30 minutes or until the toothpick comes out clean
- 6) Remove from the oven, let sit for 10 minutes
- 7) Cut into 12-16 squares, serve and enjoy!



Black Bean Brownies

Ingredients:

- 1 (15.5 ounce) can black beans, rinsed and drained
- 3 eggs
- 3 tbsp. canola oil
- ¼ cup cocoa powder
- 1 tsp. vanilla extract
- ¾ cup white sugar

Instructions:

- 1) Preheat oven to 350°F. Lightly grease an 8"x8" square baking pan
- 2) Combine the black beans, eggs, oil, cocoa powder, vanilla extract, sugar and instant coffee in a blender; blend until smooth; pour the mixture into the prepared baking dish
- 3) Sprinkle the chocolate chips over the top of the mixture
- 4) Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes



Apple Pie Tarts

Ingredients:

Gluten Free Pie Crust:

- 1 cup oat flour
- ½ tsp. table salt
- 1 tbsp. honey
- ¼ tsp. baking powder
- ⅓ cup vegetable oil shortening
- 3 tbsp. water
- ½ tsp. vanilla extract

Apple Pie Filling:

- 1 lb chopped apples with skin
- 2 tbsp. lemon juice
- ¼ cup brown sugar
- ½ tsp. nutmeg
- 1 tsp. cinnamon
- 1 cup water
- 3 tbsp. cornstarch

Instructions:

- 1) To make the pie crust, whisk the oat flour, sugar salt and baking powder together in a bowl. Work in the shortening until the mixture resembles sand. Stir in the water and vanilla extract
- 3) Bake at 375°F for 5 minutes or until golden
- 4) To make the filling, sprinkle lemon juice over apples in a saucepan
- 5) Mix brown sugar, nutmeg, cinnamon, water and cornstarch. Add to apples and mix well
- 6) Place mixture over medium-high heat and stir constantly until it thickens
- 7) Remove from heat and let cool
- 8) Fill crust with apple filling
- 9) Bake at 425°F for 10 minutes

Gluten Free Pumpkin Tarts

Ingredients:

Crust:

- 1/8 cup sorghum flour
- 3/8 cups cornstarch
- 1 cup tapioca flour
- 1/2 cup rice flour
- 2 tbsp. sugar
- 1 tsp. xanthan gum
- 1 tsp. guar gum
- 1/8 tsp. baking soda
- 1/2 cup canola oil
- 1/2 cup soy milk (enriched)
- 1 tsp. vinegar

Pumpkin Pie Filling:

- 1/8 sorghum flour
- 1 1/8 tbsp. cornstarch
- 3/4 tbsp. tapioca
- 3/4 tsp. mace
- 3/4 tsp. nutmeg
- 1 tsp. cinnamon
- 3/8 cup brown sugar
- 3/8 cup maple syrup
- 1 1/2 cup scaled low fat milk of choice
- 3 cups pumpkin puree

Instructions:

- 1) To make crust: place sorghum, cornstarch, tapioca flour, rice flour, sugar xanthan gum, guar gum, salt, baking soda, and shortening in food processor and process until crumbly (or mix by hand)

- 2) Add milk and vinegar until dough forms into a ball
- 3) Knead dough, and shape into two 1" thick disks, wrap tightly with plastic wrap and refrigerate for 1 hour
- 4) To make filling: Mix or whip all ingredients together and pour into unbaked tart shells
- 5) Bake at 450°F for 10 minutes, reduce heat to 325° and bake for 30-40 minutes longer or until toothpick comes out clean

Blueberry Extravaganza Cake

Ingredients:

Filling:

- 1 cup cashews
- 4 cups blueberries
- ½ cup water
- ¼ cup honey
- ¾ cup water – with 2 packs of Knox brand gelatin
- ½ tsp. almond extract
- 1 tsp. vanilla

Crust:

- 1 cup macadamia nuts
- 1 cup pitted dates
- 2 lemon (juiced)

Instructions:

- 1) To make crust: coarsely chop macadamia nuts (in a food processor)
- 2) Add salt and dates and process until dough becomes slightly sticky
- 3) Press the nut crust evenly in an 8" spring form pan
- 4) To make the filling: chop cashews in a food processor until fine then add blueberries, lemon juice, vanilla, almond extract, honey and water
- 6) Process until well blended, blend until smooth. Add gelatin and blend again
- 8) Pour over crust and decorate with blueberries
- 9) Refrigerate for 2 hours

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Other Resources:

Dietitians of Canada: <https://www.dietitians.ca>

Health Canada: <https://www.canada.ca/en/health-canada.html>

Healthy Families BC: <https://www.healthyfamiliesbc.ca/eating>

Healthy Link BC: <https://www.healthlinkbc.ca>

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