



EATING

HEALTHY

**CHANGING OUR
COOKING FOR
HEALTHIER
FAMILIES & HOW
WE FEEL
ABOUT IT.**

ABOUT THIS COOKBOOK

This cookbook is the result of the **Diabetes / Nutrition Education (DNE) Workshop** conducted by the **University of Cincinnati's Department of Nutrition Science** and held at St. Michael's Bingo Hall located in the historic neighborhood of Lower Price Hill in Cincinnati. The series was sponsored by the **Urban Appalachian Council**, and funded by the **Ohio Arts Council's** Arts Partnership Grant.

The DNE Workshop was a six-week series of presentations that included facts about food categories and their impact on our nutritional health. The series was repeated three times gathering participants from neighborhood residents, past and current service students from the Lower Price Hill Community School's GED program, and UAC staff and contracted artist Omope Carter Daboiku, who captured comments and encouraged participants to write about their cooking and eating transformation.

Each workshop included a food log of the previous day's meals, an educational presentation about food choices (which included PowerPoint slides and embedded videos), and an opportunity to cook and eat a new recipe that would encourage new habits in food selection and preparation.

Presenters asked participants to “grade” the new recipe and give input about how to make it more agreeable in their own diet. They were introduced to new food options that contained seasonings to help increase the use of whole grains, as well as reductions to the amount of processed sugar, empty carbohydrates and unhealthy fats in their daily meals.

ABOUT THE AUTHOR

OMOPE CARTER-DABOIKU

An Appalachian of mixed ancestry, Omope learned her craft by listening and watching elders work. Her textile design and story performances promote understanding and appreciation of cultural commonalities. She has traveled and performed in the Dominican Republic, Germany, Nigeria, Senegal and Turkey, telling and gathering tales, while analyzing how cultural symbology is used to communicate. Her textiles include batik, applique, tie-dye, and hand-needlework.



Animated and participatory, her telling style reflects African, Indigenous American, and Appalachian traditions. A 26-year career as a culture bearer and master teaching artist includes designing culturally relevant curricula, teacher and student workshops, community residencies, and theatrical productions.

Her first published short story, “The Power of Water Baptism” (Anthology of Contemporary Appalachian Writers, Shepherd University Press, 2014), was nominated for the prestigious Pushcart Prize that same year; and, her voice can be heard on PBS documentaries produced by The Ohio State University, the Kentucky Archeological Society, and at Cincinnati’s Freedom Center’s exhibit on Native American Removal.

Currently residing in Dayton, Ohio, Omope founded and coordinates a literary circle at the historic home of acclaimed poet Paul Laurence Dunbar. She is also a member of the Southern Appalachian Writers Cooperative, which publishes the journal Pine Mountain Sand & Gravel and to which she is a regular contributor, a member of the National Storytelling Network, the Association for the Study of African-American Life and History (president of the Paul Laurence Dunbar Branch in Dayton), a member of Sinclair Community College’s Appalachian Advisory Board, the Appalachian Studies Association and a Core+ Steward for the Urban Appalachian Community Coalition, producers of the 2018 ASA conference in Cincinnati, OH.

HOW TO GET MORE VEGETABLES & FRUITS INTO YOUR DAILY MEALS

Most Americans should eat more than 3 cups – and for some up to 6 cups – of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals, they can also add color, flavor, and texture/fiber.

Explore these creative ways to bring healthy foods to your table:

Eat veggies and fruit for breakfast. Boost the color and flavor of an omelet with vegetables. Chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onion, or bell peppers. Add raisins to your oatmeal. Eat prunes out of the box. Have low-fat cottage cheese or vanilla yogurt with fresh fruit added (not sweet preserves in the bottom of the carton) in the morning, or as a mid-day snack. Remember how good apples and bananas taste with peanut butter? Yummy! Just don't fry it like Elvis did, or you'll wind up looking like Elvis did.

Get creative with your salads. We all know that lettuce is a “free” food as long as we control the “stuff” we add to it. So, ask for dressings on the side and add it little by little as needed, rather than drowning the salad to nutritional death. Toss in sliced fruit, spinach or other dark green lettuces, mandarin orange slices, or sweet peas. Give up the croutons, but add sesame sticks, carrot rings or sunflower seeds for crunch. Pass on the boiled eggs and cheese; you can save those items for your breakfast omelet!

Make a fruit smoothie. There are recipes included here from our classes. Even the kids loved them and asked for seconds.

Add fruit to your favorite muffin recipe for a treat. Use those old, wrinkled apples, raisins, blueberries, overly ripe bananas or pears. Yes, banana bread and blueberry muffins can fill the bill here. If you *need* something sweet, make it count by adding something good for you. These baked goods will be better for your health than a soda or a piece of candy.

Add veggies to your sandwich. Whether a sandwich or a wrap, adding vegetables is a good thing. Try sliced tomatoes, romaine lettuce, avocado, and alfalfa sprouts.

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, chickpeas, onions, zucchini or cherry tomatoes into your traditional sauce. Then you can really say, "That's Italian!"

Expand what you put in your casseroles. Mix vegetables such as sautéed onions, pinto beans, peas or tomatoes into your favorite dish for extra flavor. Learn to make vegetable lasagna, eggplant parmesan, green bean casserole, and other fabulous meat-free dishes.

Make soup every week. Make that famous Appalachian dish my mother called "slumgullion". Basically, it was every leftover vegetable (as long as it was not mixed with any cheese) with a beef or chicken stock and tomato sauce. Of course back then, frugal folks saved chicken and beef bones to boil and make stock that was lower in sodium/salt and tasted better than any store brand.

ORANGE CHICKEN & BROCCOLI STIR FRY

INGREDIENTS

½ cup orange juice
1 tablespoon low-sodium soy sauce
1 T Szechuan sauce
1 T Asian Szechuan powdered spice
2 tsp corn starch
1 T olive or canola oil
1 lb chicken breast, cut into 1 inch cubes
2 cups broccoli
2/3 cup snow peas
1 cup carrots
2 cups cooked brown rice
1 T sesame seeds (optional)

PREPERATION

Mix orange juice, soy sauce, Szechuan sauce, Asian Szechuan spice mix and cornstarch in a small bowl. Set aside.

Heat oil in wok and add chicken. Stir fry for about 5-7 minutes or until chicken is no longer pink.

Add carrots, broccoli, snow peas and sauce mixture. Cook for about 5 minutes until vegetables are heated through, but still crisp.

Serve over brown rice. Sprinkle with sesame seeds, if desired.

Makes 5 servings.

TIPS

The original recipe called for boneless chicken breasts; but, we've already stated that buying pre-processed foods can increase the price. Buy boneless, skinless chicken breasts when on sale. Otherwise, crack the breast bone and remove. Then ease the meat from the rib bones. Ta-dah, boneless chicken breast for less. In a pinch, canned chicken could be used in this recipe.

The same is true for the frozen broccoli florets; buying pre-cut food can raise the price. Consider fresh broccoli; cut off the very bottom of the stem and pitch. Peel the rest of the stem, chop it into small pieces and add to the dish. This will increase the fiber in the dish and use up the entire stalk.

Sometimes shredded carrots are just as inexpensive as whole ones, and can save prep time and reduce cooking time, too.

If you like the taste of sesame, consider using a little sesame oil to increase the flavor.

Add chili oil or cayenne pepper if you like it hot.

TORTILLA PINWHEELS

INGREDIENTS

1 cup (8 ounces) reduced fat sour cream
1 cup (8 ounces) Neufchatel cheese (reduced fat cream cheese)
1 can (4-1/4 ounces) chopped ripe (black) olives
1 can (4 ounces) chopped green chilies, well drained and rinsed if packed in salt brine
1 cup (4 ounces) shredded fat free cheddar cheese
½ cup chopped green onions
garlic powder to taste
seasoned salt to taste (or onion powder)
1 jar roasted red peppers
5 spinach tortillas (10 inches), room temperature
salsa

PREPERATION

In a large bowl, beat the first eight ingredients until blended. Spread over the tortillas.

Place several of the roasted red peppers in the center of the tortillas and roll up tightly, taking care not to rip the tortilla.

Wrap each with plastic wrap, twisting the ends. Refrigerate for several hours.

Unwrap when ready to serve and cut into ½ inch to ¾ inch pieces.

Serve with salsa on the side for dipping, if desired.

Makes about 4 dozen.

INGREDIENTS

8 Roma (plum) tomatoes, remove seeds and dice
1/3 cup chopped fresh basil
¼ cup shredded Parmesan cheese
2 cloves garlic minced
1 clove garlic, sliced in half (for rubbing on toast)
1 T balsamic vinegar
1 t olive oil
¼ t salt
¼ t freshly ground black pepper
1 loaf French bread, cut in ¼ inch slices on the diagonal

BRUSCHETTA

PREPERATION

In a bowl, toss together the diced tomatoes, basil, Parmesan cheese, and garlic. Mix the balsamic vinegar, olive oil, salt, and pepper.

Lightly toast the French bread in the broiler.

Brush each piece of toast with olive oil and then rub with garlic half clove.

Serve tomato mixture on toasted bread slices. Usually yields 16 pieces.

SPINACH & ARTICHOKE DIP

INGREDIENTS

1 T canola oil
1 medium onion, finely chopped
(about 1 ½ cups)
3 cloves garlic
1 (9-ounce) package artichoke hearts,
defrosted, rinsed and dried
OR 1 jar of artichoke hearts packed in
water
1 (10 ounce) package frozen chopped
spinach, defrosted, excess liquid
squeezed out
½ cup reduced fat sour cream
2 T mayonnaise
½ cup (4 ounces) Neufchatel cheese
(reduced-fat cream cheese)
2 ounces (about ½ cup) shredded part
-skim mozzarella cheese
½ t salt
¼ t fresh ground black pepper
Pita wedges or crudites (like the
toasted cut French bread used for
bruschetta), for serving

PREPERATION

Preheat oven to 375 degrees F.

Heat the oil in a sauté pan or skillet
over medium heat. Add onions and
cook stirring occasionally until they
wilt, 4-5 minutes. Add garlic and cook
an additional 3-4 minutes, or until
onions are light golden but not
browned. Remove from heat and
cool.

In the bowl of a food processor,
combine artichoke hearts, spinach,
sour cream, mayonnaise, Neufchatel,
mozzarella, salt and pepper. Process
until smooth. Add cooled onion-garlic
mixture to the food processor and
pulse a few times to combine. You
can use a heavy wooden spoon to
mash and mix well if you have no food
processor.

Transfer mixture into an 8-inch glass
square baking dish or 9-inch glass pie
plate that has been lightly sprayed
with cooking spray. Bake for 15-20
minutes or until heated through.
Serve with pita wedges or crudités
(toasted French bread or toasted
sourdough bread).

GET CREATIVE WITH YOUR SALADS

Current nutritional research shows that fermented foods help keep our colon healthy and should be included in a well balanced nutritional plan. We're not suggesting dill pickles for breakfast, but sauerkraut is a very inexpensive vegetable option.

In many Appalachian homes, fried kielbasa or Polish sausage with sauerkraut makes a great late morning breakfast or afternoon meal. Adding fresh apples or applesauce inserts an additional fruit serving, fiber and pectin which aids digestion. Apples add a subtle sweetness without adding sugar. In my house, we also add a bit of cinnamon and nutmeg, or the harvest flavor of "pumpkin pie spice" -- a blend of warm spices that includes cinnamon, nutmeg, clove and allspice. If you must have it sweet, consider using natural honey or brown sugar which has deeper flavor than white.

In summer, we all want food that is light and bright. Here's a summertime recipe for Sauerkraut Salad. This delight fits the bill; it's a pickled condiment of various vegetables, but primarily fermented shredded cabbage, which has been a backyard crop for centuries because of the variety of ways it can be prepared and because cabbage stores well in cool dark, dry places, like root cellars.

Although made in a salt and vinegar brine, kraut is relatively low in sodium and has a significant amount of vitamin C to supplement when the price of oranges is high. Plus, kraut is lower than orange juice on the glycemic scale, meaning it doesn't quickly convert to sugar. Rinsing sauerkraut before using reduces the sodium/salt content.

The following recipe is by Leslie Handshoe (Paintsville, KY) and is included in "What's Cooking in Kentucky", a recipe collection edited by Irene Hayes of Ft. Mitchell, Kentucky. It tastes like the summer condiment I know from my youth.

All the branches of my family know how to coax the Earth into providing tomatoes, onions, carrots, peppers of all sorts that are just perfect for our beloved chow-chow relish or this sauerkraut salad, which we ladle onto well stewed greens or on top of bowls of pinto beans. For chow-chow, use multi-colored sweet peppers and leave out the kraut.

GET CREATIVE WITH YOUR SALADS, CONTINUED

Old folks say, "An apple a day keeps the doctor away." and that was easy when fruit trees lined the alley ways we used as short cuts to the playground or the pool. Trees bearing apples, peaches, pears and pears were part of my childhood landscape and provided free healthy snacks.

When we borrowed from our neighbors, we knew we were participating in regional history; we knew that Rome apples were sown in Lawrence County along the Ohio River, by John Chapman -- *the Johnny Appleseed*. But, these days most folks have to buy fruit at the grocery. There is another option: support the local slow food movement and head to a family-owned orchard where you can often lower the price by choosing to pick your own.

Although usually made with a sweet red apple like Winesap or Red Delicious, a healthier version substitutes a less sweet apple, like Gala or Honey Crisp. Those who want to eliminate as much sugar as possible should use a tart apple like the green Granny Smith.

Although many regional recipes do use sweet Winesap apples, I don't because this variety doesn't store well and tends to be soft and grainy by winter. My mother used Red Delicious or Grimes Golden, but I prefer a crispier variety like Gala. Don't peel the apples; the peelings add fiber and substance.

SAUERKRAUT SALAD

INGREDIENTS & PREPERATION

COMBINE in a salad bowl:

1 tsp celery seed
1 quart kraut, rinsed and drained
1/2 c finely chopped onion (Red adds color and is milder than yellow.)
1/2 c finely chopped celery (I pull strings out before chopping.)
1/2 c finely chopped carrots
1/2 c finely chopped green bell pepper
(Here you can add chopped pimento. My family adds hot peppers.)

COMBINE in a saucepan:

1 c sugar (Reduce to 3/4 cup and save some calories!)
1/4 c vinegar, white or cider
1/2 c vegetable oil (Healthier option: use 1/4c oil.)

Bring to a rolling boil; it will thicken a bit. Pour sauce over kraut mixture while still warm. When cooled, store in refrigerator overnight before serving. This salad (or relish, some say) will keep for weeks.

APPLE SALAD WALDORF STYLE

INGREDIENTS & PREPERATION

Here's the foundation. Adapt as you need for personal taste.

PEEL and DICE 2 cups of your preferred apple.

ADD:

1c diced celery
1c chopped nuts (English walnuts, almonds or pecans, NOT peanuts.)
Pinch of salt (Not really necessary, so eliminate this source of sodium.)
1 tsp lemon juice (Don't have? Then eat it up before the apples discolor!)

Some recipes suggest adding dried fruit like raisins or dried cranberries. Although cranberries are a source of vitamin C and raisins are a source of iron, dried fruit has a higher sugar content than fresh. So, I add fresh white or red seedless grapes to mine.

To the above diced items above, add 1/4 cup of reduced fat mayo or my fav -- light Miracle Whip. Stir till dressing is well mixed and covers fruit. Serve on an leaf lettuce for style, or simply out of a bowl for breakfast or mid-day snack. Sprinkle with a little nutmeg and call it dessert. Yum, yum!

SMART SHOPPING FOR FRUITS & VEGETABLES

It is possible to fit vegetables and fruits into any budget, and there are many low-cost ways to include more fruits and vegetables in your meal planning. Here are some that are do-able:

Plan your meals, shop with a list and never go shopping when hungry.

Use the weekly shopping ads to plan meals, focusing on using items that are on sale. Make a grocery list and buy only what is needed. Eating before going will make it easier to pass up the tempting snacks, and you'll save money by not shopping with your appetite!

Use coupons and check the clearance shelves. There are many ways to reduce the cost of eating well. Local grocery stores advertise their specials every week and many still deliver sales coupons to your door (like Door Store) and send them in the mail. Check on-line sites like CouponBug or the on-line ads for your favorite local grocery store. Don't be ashamed to dig through the clearance shelves. A small bruise can be cut away; and, you can always freeze it when you get home and use it later.

Shop around the edges of the store! Remember our video about shopping around the edges of the store? We agreed that the inside aisles are where the processed foods are. Stick to the edges and choose healthier options for better nutrition.

Buy those vegetables and fruits that are in season; they will be less expensive. Farmer's markets are a great place to get good deals. In Cincinnati, Findlay Market and Court Street Market are two long-standing examples of year-round farmers' markets. When shopping at markets like these, there is room to bargain, especially at the end of the day when farmers don't want to have to pack up what hasn't sold.

Buy in small amounts, frequently. If you find food is spoiling before you can get it cooked, buy smaller quantities. We tend to think that buying in bulk is always better; but, not if you're throwing food away. But, if you live in a “food desert” and don't have dependable personal transportation, getting to the store often can be costly; so, consider the ideas below.

Try using frozen vegetables; they can be less expensive than fresh. If you're buying fresh vegetables and they spoil because you can't cook them soon enough, you're losing money. Compare the number of servings and consider frozen vegetables. Add frozen vegetables to your casseroles. When the local grocery store has specials, stock up on your favorites.

Canned vegetables and fruits are also good substitutes for fresh.

However, check the label and look at the sodium content. Buy vegetables and soups with “low sodium” or “no salt added” on the label. If you cannot find or afford those, pour out the liquid in the can and rinse with water. For canned fruit, choose the ones packed in 100% fruit juice, rather than heavy syrup.

Buy fruits and vegetables in their simplest form to save money.

Pre-cut, pre-washed, ready-to-eat and processed foods are convenient but often cost much more because of their packaging. Instead of buying individually packaged fruit cups, purchase frozen or canned and package in a re-usable container.

Use leftovers wisely. Make soup weekly from leftover vegetables or use them in casseroles. Over ripe fruit is great for smoothies or for baking. Prepare and freeze vegetable soups, stews or other dishes in advance. This saves time and money. By having pre-cooked frozen meals on hand, we reduce the amount of sodium intake from frozen processed foods. Children can help manage their own meals, reducing the amount of empty calories from snacking; and grown-ups always need time-saving strategies.

SMART SHOPPING FOR FRUITS & VEGETABLES, CONTINUED

Store brands = savings. Advertising and tradition can make us “brand loyal”. But, store brands are almost always less expensive and signing up for their “membership” can give you even more savings. If something is marked 10 for \$10, you can mix items marked with the same pricing. This way you pay the same sale price, but get much greater variety.

Start a garden or join a community garden project. You can plant in large containers if you don't have a yard. Herbs, cucumbers, peppers, tomatoes and squash will grow very well in plastic or clay pots; just make sure there are drainage holes in the bottom so the plants don't get water logged. There's lots of information available about container gardening. Look on-line or at the library.

REDUCE THE FAT

Consider using mustard instead of mayonnaise or salad dressing; mustard has much less sugar and fat, and tastes really good with beef and pork. There are many types of mustard, each with its own distinct flavor. Experiment and find your favorite.

GOT EXERCISE?

We know that counting calories is no fun, but exercising can be. In our time together, we discussed how to get more exercise into our busy schedules and our limited incomes. UAC staff gave each participant a pedometer to count our daily steps. By using a pedometer, we can actually see how many steps we've taken throughout the day. **The goal is 10,000 steps.** This seems terribly high, but is not hard to do if we focus on parking further from the door, walking up one flight of steps instead of taking the elevator all the way up, or simply taking a walk around the block twice a day. An old African proverb says: "How do we eat the elephant? With our friends, slowly, in small bites!" and with support from your "village", you too can conquer a task that seems impossible.

Start or join a walking club. Decide to use walking as a way to reduce your stress and lower your blood pressure. Walk the dog, yourself; or, join who ever is responsible and enjoy their company. Join an aerobics or Zumba class. Watch one of the yoga or exercise TV programs, and participate as you are able. Lift jugs of bleach for weights or number 10 cans of vegetables! Just decide to do more, and then just do it. Don't blame yourself for missing a day and deciding that if you can't be consistent then you have permission to quit. Do as much as you can, and celebrate that you are doing more than you did before.

Other ways to include more exercise include playing tag with your children, dancing while cooking dinner, and focusing on stretching our bodies when vacuuming, sweeping, or mopping the floors. Moving around while watching TV is much better than sitting still; standing and walking during the news is a great way to get in 30 minutes of exercise! Try lying on the floor and doing scissor lifts with your legs, or jumping jacks for 10 minutes. Remember, some is better than none at all. Get busy!

HOW TO MAKE HEALTHIER CHOICES ABOUT FOOD PORTIONS

ChooseMyPlate.gov (US Department of Agriculture, Center for Nutrition Policy and Promotion) is the website we used in our classes to show the portions of food types we should be eating at every meal. The chart shows a plate divided between fruits, vegetables, grains, proteins and dairy. Unfortunately, we as Americans have long been trained that meat should be the primary item on our plates. The meat industry has long told us that “Beef, it's what's for dinner” and “Milk does a body good.” We as Appalachians have long thought of meat on our plates as a sign that we are successful and doing well financially.

We were all stunned when we saw that an “accurate” portion of meat is the size of a woman's hand/palm or the size of a regulation deck of cards! That's only one pork chop, not two, and, surely, not two helpings of meatloaf! And, it's a chicken leg, not a whole breast.

But, we also know that we are not nearly as physically active as our ancestors were. They could eat a breakfast with 4 strips of bacon, two eggs, potatoes fried in the bacon grease, 4 pieces of toast and some grits because they were going to go to work and mine coal, chop down trees and make firewood, walk the herd for several miles in the pasture, throw hay, haul water from the spring or well and water the animals, slop hogs, and shear sheep! We, on the other hand, get up from such a breakfast and drive to a desk, sit in a chair or maybe climb up a ladder and use some new-fangled contraption to paint the wall; we just won't burn the same amount of fuel so any extra we put that we can't burn off settles in our cells as fat. When this fat builds up in our blood vessels, it is called “plaque” and it clings to the walls of our blood vessels making the passage ways narrow and sticky. When too much plaque builds up, it makes it hard for our blood to flow to our organs; then, we become ill as a symptom that our body needs help.

Here are other measures for correct food portions that we can use for meal planning:

Bread / Whole Grain

- ½ a bagel
- 1 slice bread
- 1 tortilla
- ¾ cup cereal
- 6 saltine crackers

Fruit

- 1 cup fresh fruit
- 1 medium piece of fresh fruit
- ½ cup 100% juice

Starchy Vegetables

- ½ cup corn
- ½ cup mashed potatoes
- ½ cup sweet potatoes

Dairy/Milk

- 1 cup reduced fat milk
- 2/3 cup yogurt
- 1 cup buttermilk

SUGAR

The sugar we eat comes in two ways – natural and processed. Natural sugars are found in fruits and vegetables; but, it's the “added sugar” that is the real problem because sugar is a simple carbohydrate and it burns off really fast and doesn't provide long-lasting energy. This is why we often have a “crash” after eating something really sweet.

Sugar is one of the food ingredients that can be harmful to our health if eaten too often, or if we eat too much at one time. But, we Americans have been trained to want and expect “sweetness” in our diets. We think of sweets as a reward or a special addition to our meal. We give candy for holidays and often use candy to delay our hunger until our meal is ready. Sugar is all around us, and often a hidden ingredient labeled with scientific language.

Just how much added sugar is an adult supposed to have in a healthy diet? Remember, shoot for no more than 32g or 8 teaspoons of sugar of any kind in any given day. So, if you eat a candy bar, you really should not have that 32oz soda pop; actually, that one big gulp is more than a day's worth of allowed added sugar! And, it's better to reduce our sugar intake than to use artificial sweeteners (saccharine, Equal, Sweet & Low, etc.) that can actually raise our sugar tolerance and make us use even more artificial sweetener.

Plus, don't forget that most chocolate things are loaded with sugar and many canned or packaged items have added sugar, like tomato paste, instant oatmeal, and fruit cocktail. When buying packaged dry breakfast cereals, choose carefully because this is one of the major sources of added sugar. For example, Honey Nut Cheerios have less added sugar and more whole grain fiber than the frosted Cheerios.

Familiar Words

powdered/confectioner's sugar

corn syrup

brown sugar

honey

maple syrup

molasses

Chemical Words

anhydrous dextrose

HFCS (high-fructose corn syrup)

dextrose

fructose

invert sugar

lactose (milk sugar)

We can replace some of our desire for added sugars by replacing those food items with those that have natural sugars. The following are some recipes we tried in our classes and were quite popular, even with the children in attendance!

ORANGE STRAWBERRY

INGREDIENTS

2 cups frozen strawberries
2 cups vanilla low-fat yogurt
1 cup orange juice

PREPERATION

Combine yogurt, strawberries, and orange juice in a blender. Blend until well mixed and strawberries are crushed.

This will make about five (5) 1 cup (8 oz) servings.

BANANA BERRY

INGREDIENTS

2 small ripe bananas (fully yellow and not too brown, but not green either)
1 ½ cups frozen strawberries
1 ½ cups frozen mixed berries (blueberries, raspberries, blackberries)
1 ½ cups low-fat vanilla yogurt

PREPERATION

Combine yogurt, bananas and berries in a blender. Blend until all fruits are crushed.

Use a little ice if you want it colder; the ice will also “thin” out the smoothie and keep it from being too thick.

Don't worry if you don't like yogurt; the sour flavor will disappear because of the natural sugar in the strawberries. Low-fat yogurt keeps the fat intake low; but, if you're allergic to aspartame or any other artificial sweetener, don't get the “low-calorie” kind.

Most any type of fruit can be used in a smoothie. Try apples and bananas together, with the yogurt, apple juice and cut with some ice in the blender to lower the sugar content. If you're really brave, try using a juicer and mixing fruits and vegetables to get a really nutritious snack drink!

Recipes and healthy lifestyle suggestions have been provided by the **Diabetes / Nutrition Education (DNE) Workshop** conducted by the **University of Cincinnati's Department of Nutrition Science**

The workshop series was sponsored by the **Urban Appalachian Council**, and funded by the **Ohio Arts Council's Arts Partnership Grant**

Materials printed by:
Medical Duplicating Services
Health Professions Building
University of Cincinnati Medical Center
3255 Eden Avenue

