

Recipe of the Month

Superfood Breakfast Cookies

Ingredients:

- 1 cup Old fashioned rolled oats
- 1/2 cup *Oat flour
- 1/2 cup Dried Cranberries, raisins, or other dried fruit
- 1/2 cup Unsalted Pumpkin Seeds (pepitas) or other seed/nut
- 1/4 cup Ground Flaxseed
- 1 Tbsp Chia Seeds
- 1 tsp Ground Cinnamon
- 1/2 tsp Baking Powder
- 1/4 tsp Salt
- 1 large Mashed Banana or 1/2 cup unsweetened applesauce
- 3 Tbsp Melted Coconut Oil or butter
- 3 Tbsp Honey, or other liquid sweetener
- 2 Tbsp Almond Milk or other milk of choice



Instructions:

1. Preheat oven to 325°F, Combine dry ingredients in a large mixing bowl—oats, oat flour, dried cranberry, pumpkin seeds, ground flaxseed, chia seeds, cinnamon, baking powder, and salt.
2. Stir in mashed banana, coconut oil, honey, and almond milk until well blended. Let mixture rest 4-5 min., giving time for chia and flax to bind everything together. If your dough is too thick, stir in an additional 1-2 Tbsp milk before scooping out onto your baking sheet.
3. Measure dough out by 1/4 cup and place on a baking sheet lined with parchment paper (or lightly greased). These cookies don't spread much while baking, gently press the dough down to flatten a bit.
4. Bake for 15-18 min., or until cookies are lightly golden around the edges.
5. Store leftovers in an airtight container 2-3 days. Makes 8-9 cookies.

*Can make your own by finely grinding whole oats in a food processor or coffee grinder.

<https://www.wifemamafoodie.com/superfood-breakfast-cookies/>

Food Focus

Flaxseed

Flaxseeds are full of fiber and Omega-3 fatty acids to help with the cardiovascular system. It is commonly used to improve digestive health because it contains both soluble and insoluble fiber.

Flax seeds are excellent for blood sugar, it won't spike your blood sugar and improves insulin sensitivity in the body.

Fun Fact:

Flaxseed is what's used to feed the chickens that are laying eggs with higher levels of omega-3 fatty acids.



Nutrition Tips

Dec. 5-11

National Handwashing Awareness Week

Handwashing is the best way to help prevent the spread of germs. Soap and water remove certain germs that hand sanitizers don't kill, including germs that cause diarrhea such as norovirus and harmful chemicals like pesticides.



How to wash:

- Wet hands with running water and apply soap. Make sure to wash your hands front to back, up to your wrists, between fingers and under fingernails.
- Take at least 20 seconds to wash your hands.
- Dry hands with clean towels or air dry.

Wash Hands After you:

- Handle raw meats
- Touch animals, pet food
- Use the phone
- Handle dirty laundry
- Use the restroom

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