

Healthy Eating on a Budget

Last distribution we practiced comparing nutrition labels to find food choices that best meet our needs. For example, a variety of milks offer different levels of sugar per serving. We suggested trying skim or unsweetened almond milk, if you are trying to keep weight off. If you are reluctant to give up your sweet, creamy whole milk, we suggested trying skim or unsweetened almond milk in a smoothie, because then it is so blended with other sweet ingredients, you can't tell the difference! You got to sample a breakfast smoothie with fresh blueberries, bananas, cinnamon, oats, and unsweetened almond milk, and even took home the fruits and milk to try it yourself!

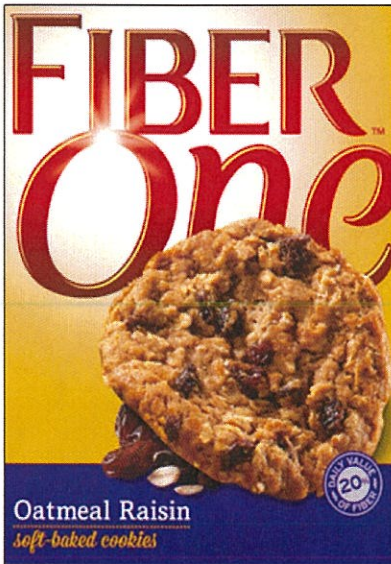
Today, we are promoting **WHOLE FOODS!** Whole foods are the real deal. Picked from the trees; out of the earth; skin, pulp, grain and seeds; naturally juicy; packed with nutrients, those vitamins and minerals your body seriously needs to keep kickin! NOT the "flavored and colored fruit pieces" and "artificial strawberry flavor" in Quaker's Strawberries N Cream instant Oatmeal. NOT the "invert sugar, corn syrup, caramel color, or apple puree concentrate" in Nutri Grain soft baked Apple Cinnamon bars. What's the difference? See Below!

STORE BOUGHT



INGREDIENTS: Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Palm and Canola Oil [with TBHQ to Preserve Freshness]), Rolled Oats, Raisins, High Fructose Corn Syrup, Raisin Paste, and Less Than 2% of the Following: Leavening (Baking Soda, Monocalcium Phosphate), Eggs, Molasses, Modified Corn Starch, Malt Extract, Corn Syrup, Salt, Cinnamon, Artificial Flavor, Caramel Color, Allspice, and Calcium Propionate (Preserves Freshness).

CONTAINS WHEAT AND EGG INGREDIENTS.



Ingredients: Whole Grain Oats, Bleached Wheat Flour, Sugar, Canola Oil, Raisins, Soluble Corn Fiber, Chicory Root Extract, Fructose, Sugarcane Fiber, Vegetable Glycerin, Molasses, Raisin Juice Concentrate. Contains 1% or less of: Baking Soda, Gum Arabic, Salt, Cinnamon, Natural Flavor, Eggs, Butter Oil, Soy Lecithin, Oil of Rosemary.

CONTAINS WHEAT, EGG, SOY, MILK; MAY CONTAIN PEANUT, ALMOND, WALNUT, PECAN AND MACADAMIA INGREDIENTS.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

Partially Produced with Genetic Engineering

Learn more at Ask.GeneralMills.com

Carbohydrate Choices: 1

© General Mills 3361655601

HOMEMADE



INGREDIENTS

- 2 ripe bananas
- 1 cup rolled oats
- 2 tsp cinnamon (optional)
- Handful of raisins (optional)
- Handful of walnuts, crumbled (optional)

INSTRUCTIONS

- Preheat the oven to 360 degrees
- Get a bowl and mash the bananas until they're mushy
- Add the cup of oats and any of the optional ingredients
- Stir until everything is nicely mixed
- Line tray with grease, olive oil, or baking paper so cookies don't stick
- To make the cookie shape, scoop a small spoonful and roll in ball. Pat ball into patty shape
- Place in oven for 15-20 minutes. Let cool to harden.