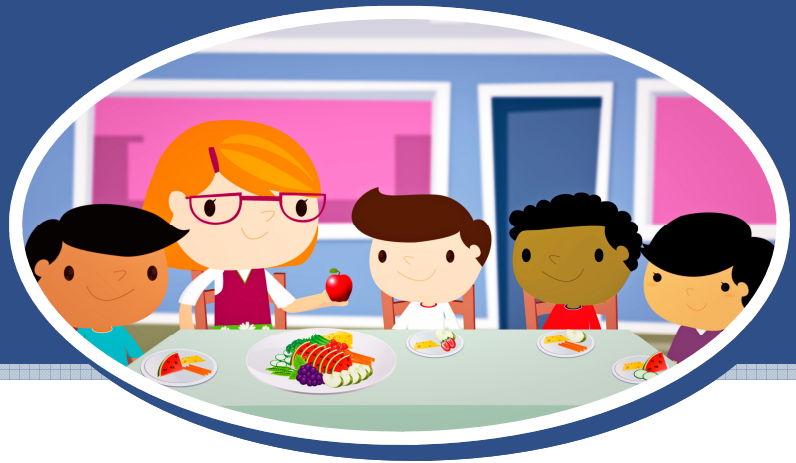


Healthier Home Baking



Why homemade instead of store bought?

Store bought baked goods and packaged snacks tend to be high in sugar, fat, and salt. Home baking gives you control over the ingredients and allows you to make smaller portions (e.g. mini-muffins, smaller cookies). Home baking provides children with an opportunity to learn new skills such as measuring, mixing, and pouring. Enjoy baking together!

Nutrition Boosting Baking Tips:

- Use healthy fats like canola oil and non-hydrogenated margarine
- Replace half of the white flour with whole wheat flour
- Reduce the sugar by one-quarter to one-third and add cinnamon, vanilla or almond extract
- Try recipes with sweet potato, pumpkin puree, mashed banana, applesauce or pureed prunes
- Add berries to muffins and mini pancakes
- Try savoury muffins with cheese, herbs or vegetables like broccoli
- Replace sour cream with plain yogurt
- Use pureed legumes like chickpeas or lentils in muffins and cookies to add protein, iron and fiber. See <http://www.saskpulse.com/> for ideas.
- For a boost in iron, use part molasses to sweeten and moisten
- Create chocolate flavour with cocoa powder instead of chocolate chips or use mini chocolate chips and half the amount called for
- Instead of frosting or icing, try dusting with icing sugar or drizzling with a fruit sauce



Lunchbox Granola Bars

Makes 24 portions

Ingredients



500 mL (2 cups) rolled oats	2 mL (1/2 tsp) salt
250 mL (1 cup) whole wheat flour	75 mL (1/3 cup) honey
125 mL (1/2 cup) ground flax seed	1 egg, beaten
75 mL (1/3 cup) packed brown sugar	60 mL (1/4 cup) canola oil
5 mL (1 tsp) ground cinnamon	60 mL (1/4 cup) applesauce
250 mL (1 cup) raisins, chocolate chips or your favourite dried fruit	2 tsp (10 mL) vanilla extract
125 mL (1/2 cup) sunflower seeds	

Directions:

1. Preheat oven to 350° F (180 °C). Oil a 9 x 13 inch (22 x 33 cm) baking pan or line with parchment paper.
2. In a large bowl, mix together the oats, flour, flax seed, brown sugar, cinnamon, raisins, sunflower seeds and salt. Make a well in the center; set aside.
3. In a small bowl, combine honey, egg, canola oil, applesauce and vanilla. Add liquid ingredients to well and mix. Pat the mixture evenly into a prepared pan.
4. Bake for 20 to 25 minutes in the preheated oven, until bars begin to turn golden at the edges.

Cut into bars when cool.

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Nutritious Extras – Easy to add to your favourite recipes

- Nuts and seeds
- Chopped dried apricots, dates, raisins, cherries, cranberries, or blueberries
- Grated carrot or zucchini, diced apples or pears
- Oats, oat bran, natural bran, wheat germ or ground flax



Use less fat and sugar in a recipe

Muffins, Loaves and Cakes (per 12 servings)

50 mL (1/4 cup) OR LESS of fat*
125 mL (1/2 cup) OR LESS of sugar

Cookies (per 3 dozen)

250 mL (1 cup) OR LESS of fat
(butter, margarine or oil)
375 mL (1 1/2 cups) OR LESS of sugar

For big batch recipes check out:
[Tips and Recipes for Quantity Cooking](#)

For more recipe ideas see:
[Heart and Stroke Foundation of Canada](#)

For more information:

Call HealthLink BC by dialing 8-1-1

Interior Health Website: www.interiorhealth.ca/childcarefood