



We're Cookin' Now!

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist
Kim Bushaw, M.S., Family Science Specialist
Carrie Johnson, Ph.D., Financial Management Specialist

In this issue, we talk about making easy changes for more healthful meals, making life modifications for more healthful relationships and even modifying shopping methods to save money. We invite you and your family into the kitchen and to the family table to get all the benefits of family mealtimes.

Eat

This month's recipe features heart-healthy oatmeal, antioxidant-rich berries and calcium-rich yogurt. These Blueberry and Oatmeal Power Muffins make a tasty breakfast or snack, and they provide opportunities for kids to learn how to measure accurately. Many kids at preschool age are ready to help measure dry ingredients, with a little assistance from an adult.

Do you ever want to reduce calories in a favorite recipe? What do you do if you run out of a recipe ingredient in the middle of cooking? Check out these NDSU Extension Service publications:

- "Now Serving: Recipe Modifications" (FN1447) at <https://tinyurl.com/healthierrecipes>
- "Ingredient Substitutions (FN198)" at <https://tinyurl.com/ingredient-substitutions>



Video: How to Measure Flour

Measuring flour accurately helps with successful baking. Should you spoon, scoop or pack? What type of measuring cup is recommended? This video (<https://tinyurl.com/how-to-measure-flour>) shows how to measure flour accurately.

Food Safety Tip: Flour is considered a raw food. In recent years, foodborne illness outbreaks have been associated with uncooked flour. Avoid recipes calling for flour that is not cooked or baked prior to serving. Also, avoid recipes for children's playdough that include uncooked flour because children may taste the playdough. See the Home Baking Association website (www.homebaking.org) for more information.



Blueberry and Oatmeal Power Muffins

2 c. all-purpose flour
1 c. oats, quick or regular
 $\frac{2}{3}$ c. sugar
1 tsp. baking powder
1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ c. honey nonfat Greek yogurt
2 large eggs, lightly beaten
4 Tbsp. unsalted butter, melted and slightly cooled
1 tsp. vanilla extract
1 c. fresh blueberries

Heat oven to 350 F. Coat muffin tin with cooking spray or liners. Combine flour, oats, sugar, baking powder, baking soda and salt in a bowl. Combine yogurt, eggs, butter and vanilla in a second bowl. Fold yogurt mixture into dry mixture; stir to combine completely. Gently fold in blueberries. Spoon into muffin tins. Bake until top is golden and a toothpick inserted in center comes out clean, approximately 20 to 25 minutes.

Makes 16 servings. Each serving has 170 calories, 4.5 grams (g) fat, 4 g protein, 29 g carbohydrate, 1 g fiber and 210 milligrams sodium.

Connect

If a recipe is too high in fat or calories, contains items you don't have on hand or are not willing to pay a higher price for, then, as the Eat article suggested, you can make modifications.

When something does not work in our lives and relationships any longer, we also can make modifications.

- Is this the time to modify the rules? What does mealtime look like at your house? Does everyone eat together, with screens off and parked in another room? Does everyone help with grocery shopping, meal preparation, setup and cleanup as they are able? Is now the time to make some changes so every family member is learning skills and contributing?
- Have you modified your expectations for your developing child? Observe your children's skills and talk to them about what they would like to learn next. Perhaps they are at an age to fold their laundry, clean their room, take over caring for the pets or even run errands for the family. Be sure to teach your children what your standards are for each task and let them practice with you while they are learning.
- How do you address your children? Is your youngest still going by the term "baby of the family" even though the child is 5, 12 or 19? Is this person locked into a role of being helpless? This child always may be your youngest but certainly is not a baby. Modify any other nicknames that hold a negative connotation, too. Everyone deserves a chance to make modifications to their own behaviors and reinvent themselves as they grow, learn and change.



Savor (the Savings)

Save Money at the Grocery Store:
Avoid Buying These Items

You probably make frequent trips to the grocery store. It even may be one of the only stores you visit on a regular basis.

You may think that grabbing everything in one place to avoid going into another store is better. However, did you know that some items are much more expensive at a grocery store?

If the following items are not on sale or you do not have a coupon, skip them on your next trip to the grocery store.

- Your child may start running out of school supplies this time of year. If you didn't buy extra at the beginning of the school year, you could be paying a lot more for them now. If you need office/school supplies now, heading to a dollar store or other discount store can save you quite a bit of money.
- Kitchenware (pots, pans, baking sheets, etc.) typically cost 30 percent more in a grocery store than discount stores.
- Unless personal hygiene products (shampoo, deodorant, etc.) are on sale at the grocery store, you will be paying about 90 percent more than if you went to a discount or big-box store.
- Batteries and light bulbs usually cost much more at the grocery store.
- Cleaning supplies cost a lot more at grocery stores than they do at dollar stores or big-box retailers.
- Paper products are other items that you should not purchase at a grocery store if you are looking to cut your spending.