

Banana Nut Oatmeal

Makes: 4 servings
Serving Size: 1 cup

Ingredients:

- 2/3 cup low-fat milk
- 1 pinch salt
- 2 3/4 cups water
- 2 cups oats, old fashioned or quick cooking
- 2 bananas-very ripe, mashed
- 2 Tablespoons maple syrup
- 2 Tablespoons walnuts, chopped (optional)

Instructions:

1. In a small saucepan combine low-fat milk, salt, water and oats.
2. Cook on medium heat for 5-10 minutes, stirring until thick and creamy.
3. Remove the pan from heat and stir in mashed banana and maple syrup.
4. Divide among 4 bowls, top with walnuts if desired, and serve.

Source

United States Department of Agriculture

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Vegetable Lentil Soup

Makes: 6 servings
Serving Size: 1 cup

Ingredients:

- 1 cup dried lentils
- 5 cups water
- 2 Tablespoons vegetable oil
- 1/4 onion, finely chopped
- 1 cup canned tomato sauce
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried Italian seasoning
- 1 celery stalk, chopped
- 1 carrot, sliced
- 2 Tablespoons vinegar

Instructions:

1. Place lentils in a large pot, and add water.
2. Bring to a boil and add all ingredients except vinegar.
3. Reduce heat and cover.
4. Cook on low heat for 1 hour.
5. Stir in vinegar.

Source

University of Nebraska
Cooperative Extension Recipe Collection

Warm Up Your Winter

Prepare healthy, low-cost family meals and get moving with daily physical activity!

-  Start the day off right with breakfast. Oatmeal, fruit, and low-fat milk or yogurt will fill you up and give you lasting energy.
-  Use leftover vegetables and whole grains like rice, pasta, and barley to make hearty, money-saving soups.
-  Make time each day to be active! Adults need 30 minutes of physical activity each day, and children need 60 minutes each day.
-  Try some of these healthy recipes to warm up your winter!

For more information about healthy food choices and physical activity visit:

www.eatsmart.umd.edu
facebook.com/EatSmartMD
www.choosemyplate.gov



Energy Bars

Makes: 24 energy bars
Serving Size: 1 bar

Ingredients:

- 1 cup honey
- 1 cup peanut butter or sunflower seed butter
- 3 1/2 cups oats, old fashioned or quick cooking
- 1/2 cup raisins
- 1/2 cup carrots, grated
- 1/2 cup shredded coconut

Instructions:

1. Preheat oven to 350 degrees.
2. Put the honey and peanut butter in a large saucepan. Cook on low heat until melted.
3. Remove the pan from the heat. Add oatmeal, raisins, carrots, and coconut to the saucepan and stir.
4. Let the mixture cool.
5. Put the mixture in a greased 13x9 baking pan and press firmly with the back of a mixing spoon.
6. Bake for 25 minutes. Let cool.
7. Cut into 24 bars with a sharp knife.

Source

Pennsylvania Nutrition Education Network
Website Recipes

Physical Activity is for Everyone

Winter is a perfect time of year to get moving with family and friends!

Being active each day helps adults and children balance their calories in with their calories out. The New Year is a great time to make lifestyle changes which include healthy food choices, daily physical activity, and smaller portions at each meal.

Here are some easy ways to be more active:

- ❄️ Visit your local community center for activities and team games.
- ❄️ Bundle up and walk children to and from school.
- ❄️ Turn off the television and turn on some music for dancing. Invite the whole family to join you!
- ❄️ Invite some neighbors to make a snowman with you and then take a winter walk together.

Drink plenty of water each day, especially after physical activity. Add a squeeze of lemon or lime juice to your glass for a great cool-down beverage!

Healthy Snack Ideas

Healthy snacks provide energy to keep you moving throughout the day. Pack snacks in single servings to take to work and school.

Here are some healthy snack ideas:

- ❄️ Slice apples and celery sticks for dipping in peanut butter or sunflower seed butter.
- ❄️ Pack whole grain crackers and small cubes of low-fat cheese.
- ❄️ Pop some popcorn and season it with chili powder and garlic powder for a healthy, whole grain snack.
- ❄️ Cut-up fresh broccoli, cauliflower, carrots or peppers and dip in hummus or low-fat salad dressing.
- ❄️ Mix whole grain cereal with raisins and nuts to make trail mix.
- ❄️ Invite children to help you make and taste the energy bars recipe!

