

No-Cook

Apple

Cinnamon

Ingredients List

1/4 cup steel cut oats

1/3 cup almond milk (any milk will do)

1/4 cup low-fat plain Greek yogurt (if using other yogurt types, use less milk)

1 teaspoon dried chia seeds

1/2 teaspoon cinnamon

1 teaspoon honey, optional (or substitute any preferred sweetener)

1/8 cup unsweetened applesauce, or enough to fill jar

1/4 apple with skin, diced

WHY SO "SUPER"?

Apples¹

Polyphenols in skin are strong antioxidants
Good source of fiber and vitamin C
Helps regulate blood sugar
One-a-day decreases cholesterol
Quercetin reduces cardiovascular inflammation
One of few foods to reduce lung cancer risk
Significantly decrease risk of asthma

Chia Seeds²

Richest non-marine whole food source of omega-3s (better than salmon!)
Improve cardiovascular risk
Fiber helps balance blood sugar
High in protein, iron, calcium, magnesium, zinc
Absorb 10 times their weight in water to aid in maintaining hydration
Two year shelf life at room temperature

Cinnamon¹

Cinnaldehyde is anti-inflammatory
Anti-microbial ability to stop bacterial and fungal growth, including Candida yeast
Enhances cognitive processing
Helps control blood sugar, improves insulin activity, and prevents insulin resistance
Calcium and fiber improve colon health and protect against heart disease

Oats¹

Beta-glucan lowers cholesterol, stroke risk
Avenanthramide antioxidants help prevent free radical damage
Lignans and fiber protect against breast cancer, and heart disease
Greatly reduces cardiovascular disease risk
Slows atherosclerosis and stenosis
Most effective when consumed with vitamin C

References:

- 1) Worlds Healthiest Foods @ <http://www.whfoods.com>
- 2) Academy of Nutrition and Dietetics @ www.eatright.org

This easy, no-cook "summer porridge" has make-ahead convenience and is packed with nutrition to get your day off to a healthy start. Make it in individual mason jars for a perfect serving size and an easy grab-and-go breakfast straight from the fridge.

Directions

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, cinnamon, honey, and applesauce. Put lid on

Nutrition Facts

Serving Size about 1 cup (275g)
Servings Per Container 1

Amount Per Serving

Calories 230 Calories from Fat 45

%Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 60mg **3%**

Potassium 250mg **7%**

Total Carbohydrate 39g **13%**

Dietary Fiber 7g **28%**

Sugars 11g

Protein 9g

Vitamin A 0% Vitamin C 30%

Calcium 20% Iron 35%

Vitamin E 15% Phosphorus 20%

Magnesium 15% Selenium 20%

* Percent Daily Values are based on a 2,000

calorie diet. Your Daily Values may be higher or

lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carb 300g 375g

Dietary Fiber 25g 30g

Recipe adapted from The Yummy Life,
<http://www.theyummylife.com/recipes/221>
Jami Fernandez, Assignment 3, HSCI 6160

