

University of Delaware Nutrition and Dietetics Club

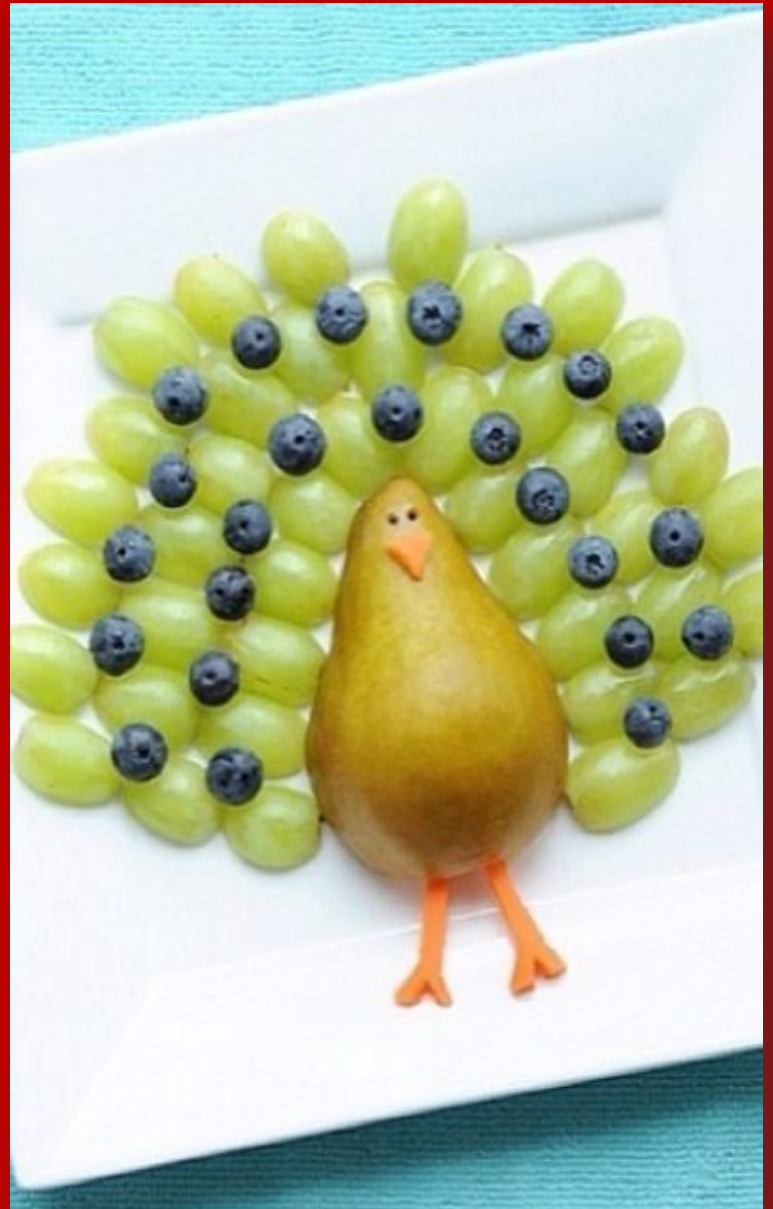
Fall 2015 Newsletter



Source: <http://www.brchiropractic.com/Services/Nutrition>

Table of contents

Nutrition Club Events	2
Recipes	3
Pumpkin recipes	3
Winter & Fall recipes	10
Interesting reads	15
Pumpkin Latte Lowdown	5
Late night snacking	15
Vitamin E supplements	16



Source: <http://www.lovethepic.com/image/49985/thanksgiving-fruit-turkey>

Arranged by: Katie Russel

Ntdt Club events

Food Bank Trips

Newark community day (pictured right)

Vive Tu Vida Event

Healthy Eating Display Booths

ECC Thanksgiving Brunch

Thanksgiving 5k

Apple picking! (pictured below)

Photos contributed by: Katie Hughes



Pumpkin Recipes

Pumpkin Bars with Cream Cheese Frosting

Contributed by: Lauren Holfeld

Original source:

<http://gimmedelicious.com/2014/10/14/pumpkin-bars-with-cream-cheese-frosting/>

Total time: 25 minutes, Makes: 36 bars



INGREDIENTS:

1 (15 ounce) can pumpkin puree
1.5 cups white sugar
4 eggs
1 cup vegetable oil
2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
2 teaspoons ground cinnamon
pinch of salt

For the Cream Cheese Frosting:

1 (8 ounce) package cream cheese, softened
1 cup butter, softened
2 teaspoons vanilla extract
3 cups confectioners' sugar

INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Spray a large jelly roll pan with cooking spray or oil. Remove butter and cream cheese from refrigerator and set aside.

2. Beat eggs in a large bowl with an electric hand mixer until foamy; add the vegetable oil, pumpkin, and white sugar. Beat on medium speed until incorporated, about 2 minutes. Next, add the flour, baking powder, baking soda, 2 teaspoons cinnamon, and a pinch of salt. Beat on low speed until just combined, 1 minute. Pour batter into the prepared pan. Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, about 25 minutes. Cool completely before frosting.

To Make the Frosting:

3. Beat cream cheese, butter, and vanilla together in a bowl with an electric hand mixer until creamy. Gradually add confectioners' sugar; beat until smooth. Spread frosting evenly over cooled pumpkin bars; sprinkle with cinnamon. Cover and store in fridge for up to 6 days. Serve cold. Enjoy!

Or, make the paleo version!

Paleo Pumpkin Bars

Contributed by: Kylie Lebel

Original source: <http://www.hummusapien.com/paleo-pumpkin-bars/>

Total time: 45 minutes, Makes: 12 bars

INGREDIENTS

¾ cup creamy almond butter
½ cup pumpkin puree
1 overripe medium banana
¼ cup pure maple syrup
1 tsp vanilla extract
1 tbsp coconut flour
1 tsp pumpkin pie spice
1 tsp cinnamon
1 tsp baking soda
¼ tsp salt
½ cup chocolate chips and/or walnuts,
optional



INSTRUCTIONS

1. Preheat oven to 350F. Spray an 8x8in square baking dish with cooking spray.
2. Place almond butter, pumpkin, banana, maple syrup, and vanilla in a medium bowl. Stir until well-combined.
3. Add the rest of the ingredients, stirring until smooth.
4. Pour into prepared baking dish, smoothing with a spatula. Bake for 30 minutes or until a knife inserted into the center comes out clean.

The Pumpkin Spice Latte Lowdown:

Original source: https://www.yahoo.com/food/how-the-pumpkin-spice-lattes-of-the-season-stack-120020445.html?soc_src=social-sh&soc_trk=pi

Starbucks Pumpkin Spice Latte:

Per serving: Calories 200; Fat 0 g; Sodium 170 mg; Carbohydrate 39 g; Sugars 38 g; Protein 11 g

Dunkin Donuts Pumpkin Swirl Latte:

Per serving: Calories 180; Fat 0 g; Sodium 140 mg; Carbohydrate 37 g; Sugars 36 g; Protein 8 g

Panera Classic Pumpkin Spice Latte:

Classic per serving: Calories 450; Fat 12 g; Sodium 150 mg; Carbohydrate 76 g; Protein 10 g

McDonalds McCafé Pumpkin Spice Latte:

Per serving: Calories 270; Fat 9 g (Saturated 5 g); Cholesterol 25 mg; Sodium 130 mg; Carbohydrate 41 g; Sugars 39 g; Protein 10 g

Pumpkin Spice Baked Donuts

Contributed by: Kylie Lebel

Original source:

<http://thelemonbowl.com/2012/12/pumpkin-spice-baked-donuts-recipe.html>

Total time: 40 minutes, Makes: 18 donuts



INGREDIENTS

1 cup whole wheat pastry flour (or white whole wheat flour)

½ teaspoon salt

1 cup oats

¼ cup toasted wheat germ (plus 2 tablespoons for coating)

¼ cup brown sugar - packed (plus 2 tablespoons for coating)

2 tablespoons flax seed meal

1 teaspoon baking soda

1 teaspoon cinnamon (plus 1 teaspoon for coating)

1 teaspoon ground ginger

½ teaspoon nutmeg

½ teaspoon ground cloves

1 cup pure pumpkin

1 ripe banana - mashed

¾ cup plain low fat yogurt

½ cup apple sauce

2 large eggs

2 tablespoons molasses

1 teaspoon vanilla

½ cup walnuts – chopped

INSTRUCTIONS

1. Pre-heat oven to 350 degrees and spray a donut pan with non-stick spray.
2. In a medium bowl, whisk together all dry ingredients except the chopped nuts: whole wheat pastry flour, oats, brown sugar, wheat germ, flax seed meal, baking soda, salt, spices; set aside.
3. In a separate large bowl, whisk together wet ingredients: mashed banana, apple sauce, eggs, yogurt, pumpkin, molasses and vanilla.
4. Slowly add the dry ingredients to the wet and stir until just combined.
5. Gently fold the chopped walnuts into the mixture.
6. Using a large ice cream scoop, carefully divide mixture evenly among several donut pans or muffin tins if you do not have a donut pan. (See NOTE below if baking muffins.)
7. Bake for 20 minutes or until toothpick comes out clean.
8. While donuts are baking, combine 2 tablespoons of brown sugar, 2 tablespoons of toasted wheat germ and 1 teaspoon of cinnamon in a small bowl for coating the donuts when they are warm.
9. After donuts have cooled for 10 minutes but are still slightly warm, carefully dip both sides into the cinnamon sugar mixture until evenly coated; let cool completely or serve warm.

Pumpkin Mac and Cheese

Contributed by: Kylie Lebel

Original source: <http://chocolatecoveredkatie.com/2014/10/08/pumpkin-mac-cheese/#DPI6AGiCqjkSA16z99>

Makes: 3 cups sauce

INGREDIENTS

1 can (2 cups) pureed pumpkin (480g)

1/4 tsp garlic powder, or 2 tsp minced

1/2 tsp plus 1/8 tsp salt (I also add a little extra)

2 tbsp butter spread (such as Earth Balance or Smart Balance Light) OR 2 tbsp olive oil and a little extra salt if needed (30g)

1 cup milk of choice (240g)

1 cup American or Cheddar shreds (such as

Follow Your Heart or Daiya) OR 3/4 cup nutritional yeast

whatever you wish to go with your sauce (macaroni, quinoa, spaghetti squash, rice, veggies, etc.)



INSTRUCTIONS

Combine all sauce ingredients in a medium pot and bring to a complete boil. Lower the heat, and stir until the buttery spread and shredded cheddar melt completely. (Sauce thickens as it cools and is much thicker the next day. Makes about 3 cups sauce. I cooked 8 oz dry macaroni for this recipe.

(For a recipe without pumpkin, see: Vegan Mac and Cheese.)

Pumpkin Mac and Cheese Nutrition Facts

Nutrition Facts	
Serving Size 125 g	
Amount Per Serving	
Calories 51	Calories from Fat 24
% Daily Value*	
Total Fat 2.7g	4%
Saturated Fat 0.8g	4%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 305mg	13%
Potassium 184mg	5%
Total Carbohydrates 6.8g	2%
Dietary Fiber 2.4g	10%
Sugars 2.5g	
Protein 1.1g	
Vitamin A 238%	• Vitamin C 5%
Calcium 9%	• Iron 7%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- No cholesterol
- High in calcium
- High in dietary fiber
- High in iron
- High in riboflavin
- Very high in vitamin A
- High in vitamin B12
- High in vitamin B5

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(Flourless) Pumpkin Chocolate Chip Cookies

Contributed by: Amanda Venuto

Original source: http://www.chelseasmessyapron.com/flourless-healthy-pumpkin-chocolate-chip-cookies/#_a5y_p=2432635

INGREDIENTS

- 1/2 cup canned pumpkin (not pumpkin pie filling)
- 2 tablespoons honey
- 1 large egg
- 1/2 teaspoon vanilla extract
- 2 tablespoons brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon baking soda
- Pinch of salt
- 1 cup oat flour (oats that have been blended)
- 1/2 cup dark chocolate chips (or milk, semi-sweet, or nuts)
- 1/4 cup chocolate chunks, optional



INSTRUCTIONS

1. In a bowl, beat together the pumpkin, honey, egg, and vanilla extract. Beat in the brown sugar.
2. In another bowl, stir together the cinnamon, pumpkin pie spice, baking soda, salt, and oat flour. Oat flour is just old-fashioned or quick oats that have been blended in a blender or food processor until they are at a flour consistency. **Make sure to measure the oat flour AFTER blending the oats and not before **
3. Combine the wet and dry and mix until just combined. Do not overstir.
4. Stir in the chocolate chips.
5. Chill the dough for 30 minutes and then preheat the oven to 350 degrees F.
6. Using a cookie scoop, scoop out the dough onto a cookie sheet.
7. Press the chocolate chunks (and extra chocolate chips if desired) into the tops of these cookies and bake for 6-8 minutes.
8. These cookies taste best (in my opinion) a little under-baked - they are soft, chewy, and chocolatey!

Fall & winter recipes

Oatmeal Protein Pancakes

Contributed by: Kathleen Lumia

Makes: 6 small-medium pancakes

INGREDIENTS

3/4 cup whole oats

1/2 cup of egg whites

1 tbsp. fat free, plain Greek yogurt

2 packets of stevia (can also substitute honey as a sweetener)

1/4 tsp. baking powder

Any other spices (cinnamon, nutmeg, pumpkin spice, etc.)

INSTRUCTIONS

Blend all the ingredients together in a Nutribullet, Ninja, or regular blender.

Spray a griddle or pan with nonstick cooking spray, and cook them on medium heat.

Finally, top them with any desired fruit and maple syrup!



Apple Muffins

Contributed by: Amanda Venuto

Original source: <http://www.foodnetwork.com/recipes/ellie-krieger/apple-muffins-recipe.html>

Total time: 55 minutes, Makes: 12 muffins

INGREDIENTS

Cooking spray

¼ cup chopped pecans

¾ cup plus 2 tablespoons packed brown sugar

½ teaspoon ground cinnamon

1 cup all-purpose flour

1 cup whole wheat pastry flour

1 teaspoon baking soda

½ teaspoon fine salt

¼ cup canola oil

2 large eggs

1 cup natural apple sauce

1 teaspoon vanilla extract

¾ cup low-fat buttermilk

1 Golden Delicious Apple, peeled, cored, and cut into ¼-inch pieces



INSTRUCTIONS

Preheat the oven to 400 degrees F. Coat a 12-capacity standard muffin pan with cooking spray.

In a small bowl, mix together the pecans, 2 tablespoons of the brown sugar and the cinnamon.

In a medium bowl, whisk together the all-purpose and whole wheat flour, baking soda and salt.

In a large bowl, whisk the remaining ¾ cup sugar and the oil until combined. Add the eggs, one at a time, whisking well after each addition. Whisk in the applesauce and vanilla.

Whisk in the flour mixture in two batches, alternating with the buttermilk. Whisk just until combined. Gently stir in the apple chunks.

Pour the batter into the prepared muffin pan and sprinkle with the pecan mixture. Tap the pan on the counter a few times to remove any air bubbles. Bake until a wooden pick inserted in center of one of the muffins comes out clean, 20-25 minutes.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

Crispy Cauliflower Wings

Submitted by: Jaclyn Soter

Original source: <http://www.popsugar.com/fitness/Cauliflower-Buffer-Wings-35971173>

INGREDIENTS

- 1 medium head cauliflower, chopped into bite size pieces
- ½ cup garbanzo bean flour
- ½ cup water
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 1 teaspoon melted butter
- 2/3 cup hot sauce



INSTRUCTIONS

1. Preheat oven to 450 degrees F
2. In medium size bowl: combine water, flour, garlic powder and salt. Whisk together until mixture is smooth.
3. Toss the cauliflower pieces in the garbanzo batter, while making sure each piece is coated completely.
4. Place cauliflower on lightly greased, nonstick baking sheet. Bake for fifteen minutes, tossing pieces halfway through.
5. Combine butter and hot sauce in bowl.
6. After cauliflower is baked for fifteen minutes, remove from the oven and toss each piece in the hot sauce mixture. Bake an additional twenty-five minutes until cauliflower is crispy.
7. Cool for fifteen minutes before serving.

Homemade Salsa

Contributed by: Taylor Nelso

Prep time: 5 minutes

Total time: 5 minutes

INGREDIENTS

- 1 can (14 oz) Fire Roasted Tomatoes
- 1 cup fresh cherry tomatoes, sliced in half
- ½ cup white onion, chopped
- 2 cloves garlic, chopped
- ½ jalapeno, chopped
- 2 chipotle peppers in adobo, plus 1 tsp of adobo sauce
- 1 teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper
- ½ cup of cilantro
- 1 lime, juiced

INSTRUCTIONS

- 1) Combine all ingredients in the food processor or high powered blender and pulse until everything is evenly
- 2) Taste and adjust salt and pepper as needed. Add more chipotle peppers if you want extra spice.
- 3) Removed from the food processor or blender and refrigerate.

Fresh Fruit Sushi Dessert

Contributed by: Jaclyn Soter

Original source: <http://www.biggerbolderbaking.com/fresh-fruit-sushi/>

INGREDIENTS

- 1 and a half cups of Sushi Rice
- 2 cups water
- 3 tablespoons sugar
- ¼ teaspoon salt
- 8 oz coconut milk
- 1 and a half teaspoons of vanilla extract
- Any fruit you desire



INSTRUCTIONS

1. Rice: make sure to rinse the rice using a strainer to remove milky coating.
2. In a saucepan, combine the rice, water, 2 tablespoons of sugar and salt. Bring to a simmer, and then turn down heat, cooking the rice for 12-15 minutes.
3. Once water is absorbed, turn off heat. Add coconut milk to rice and stir. Spread rice evenly on a tray to cool down.
4. Fruit: Cut fruit into sticks or small pieces you can wrap in the rice.
5. To make the sushi rolls, lay down a rectangle of film, such as plastic wrap.
6. Spread rice evenly over film. Sometimes having your hands a little damp makes it easier to spread.
7. Layer your fruit pieces around 2/3 the way up the rice.
8. To roll the sushi, use the plastic wrap to make sure the roll is tight and will not fall apart. For an added touch, top your sushi roll with leftover pieces of fruit you have.

Interesting Reads

Late night snacks that instructors swear by

Contributed by: Samantha Murphy

Read more: <https://www.soul-cycle.com/community/59-late-night-snacks-instructors-swear-by/1365/>



Some favorite late-night snacks of instructors:

- Frozen fruits
- "Ants on a log," made by smearing almond butter on celery and carrots and then topping with raisins
- Chocolate milk
- Banana with peanut butter
- Carrots & hummus
- Fresh popcorn
- Coconut sorbet
- Greek yogurt
- Raw almonds & dark chocolate

Vitamin E supplements may cause harm

Contributed by: Jaclyn Soter

Read more: <http://www.livescience.com/51872-vitamin-e-supplements-may-cause-more-harm-than-good.html>

The benefits of Vitamin E supplementation have been scrutinized by recent research studies: "It's been nearly a century since researchers at the University of California, Berkeley discovered vitamin E, and since then, many studies have looked at the potential health benefits of this antioxidant. After all, in lab experiments, antioxidants neutralize potentially harmful free radicals. Shouldn't they confer the same benefits in the body? Over the years, supplement makers and some researchers predicted that vitamin E would help prevent cancer, heart disease and Alzheimer's disease, as well as help maintain eyesight and keep skin glowing."

Recent studies show that vitamin E supplements do not provide any benefits to the body, and that taking supplements of vitamin E may actually be harmful. In these studies, it did not reduce heart attacks, strokes or cardiovascular deaths. In fact, vitamin E was found to slightly increase the risk of hemorrhagic (bleeding) strokes. It was not proven to prolong life or prevent against disease. Another study found that healthy men taking E supplements had a higher incidence of prostate cancer.

Despite this information, people with certain conditions may benefit from taking vitamin E supplements, such as macular degeneration, which is an incurable eye disease.