

The ULTIMATE 90 Second Microwave Oatmeal

This is the only 90 second microwave oatmeal recipe that will be your breakfast go-to for creamy, hearty oats every single time!

Ingredients

- 1/2 cup milk
- 1/2 cup Old Fashioned Oats (Don't use quick cooking oats as it will make the oatmeal mushy)
- 1 teaspoon vanilla
- 1/4 teaspoon cinnamon
- pinch salt
- Banana slices, raspberries, and/or other fruit to sweeten



Instructions

1. Place the milk, oats, vanilla, salt and cinnamon in a microwaveable bowl and stir to combine.
2. Microwave on high for 90 seconds for a chewy consistency or longer for a softer consistency.
3. Sweeten to taste with banana slices.

Nutrition

Serving: 1bowl | Calories: 240kcal | Carbohydrates: 34g | Protein: 9g | Fat: 6g | Saturated Fat: 2g | Cholesterol: 12mg | Sodium: 55mg | Potassium: 307mg | Fiber: 4g | Sugar: 7g | Vitamin A: 200IU | Calcium: 159mg | Iron: 1.7mg

HEALTHY APPLE NACHOS (5-MINUTE)

Apple Nachos features fresh apple slices drizzled with natural nut butter and topped with chocolate chips, shredded coconut, slivered almonds and cinnamon. So healthy and good!

Ingredients

- 2 **apples** of choice
- 1/4 – 1/3 cup natural **nut butter** (peanut, almond, sunflower, etc.)
- small handful **chocolate chips**
- small handful **shredded coconut**
- small handful **slivered almonds**, optional
- sprinkle of **cinnamon**
- 1 tablespoon **lemon juice**



Optional toppings:

- raisins or currants
- ground cardamom
- pure maple syrup

Instructions

Apples: Wash, core and cut your apples into 1/4- 1/2 inch slices. Whatever thickness you prefer, no rules here! Place apple slices in a small bowl with the lemon juice, toss to coat.

Nut butter: Heat your nut butter in the microwave just until warmed and drizzable (about 20-30 seconds).

Assemble: On a serving plate, lay your apple slices in a single layer around the outside edge, then layer another small layer over those but towards the inside center of the plate (like shown in the picture above). Drizzle the nut butter in a circular motion, from the middle of the plate to the outside edge. You can also just zig zag the almond butter from one side to the other if you like. Again, no rules –

just do what you feel is best! Top with chocolate chips, coconut flakes, almonds and sprinkle of cinnamon (or whatever you've chosen to use as your toppings).

Serves one generously, or two as a small plate.

Enjoy this simple yet delicious treat!

notes

Use red or green apples, you may even consider using one of each for a combination of sweet & tart.

Make this 100% raw by using raw nut butters, raw cacao chips and unsweetened shredded coconut.

Nutrition Facts

Serves 2

| Amount Per Serving | |
|---------------------------------|------------|
| Calories | 357 |
| <hr/> | |
| % Daily Value* | |
| Total Fat 20.3g | 26% |
| <hr/> | |
| Saturated Fat 5.6g | |
| Cholesterol 0mg | 0% |
| Sodium 155.5mg | 7% |
| Total Carbohydrate 42.9g | 16% |
| <hr/> | |
| Dietary Fiber 7.9g 28% | |
| <hr/> | |
| Sugars 29g | |
| Protein 8.6g | 17% |
| <hr/> | |

Easy Hummus (Better Than Store-Bought)

Homemade hummus is very easy to make and it tastes much better than anything you can buy at the store. A chickpea purée without it is still quite delicious. Just add more olive oil. Another option is to use a natural unsweetened creamy peanut butter in its place.

Makes 6 servings or about 1 1/2 cups

YOU WILL NEED

- 1 (15-ounce) can chickpeas
- 1/4 cup fresh lemon juice, *1 large lemon*
- 1/4 cup well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons extra-virgin olive oil, *plus more for serving*
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons water
- Dash ground paprika, *for serving*
- Carrots, *for dipping*



DIRECTIONS

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. This extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy.

2. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.

Tip: If you love a strong garlic flavor in hummus, you might want to increase the garlic by a clove

3. Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.

4. Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Dip carrots into hummus for an extra tasty treat. Store homemade hummus in an airtight container and refrigerate up to one week.

NUTRITION PER SERVING: Serving Size 1/4 cup / Calories 190 / Protein 6 g / Carbohydrate 18 g / Dietary Fiber 5 g / Total Sugars 3 g / Total Fat 11 g / Saturated Fat 2 g / Cholesterol 0 mg



A nutrition Fact Sheet



Bananas

Nutrition Facts

One banana provides about 20% of the recommended daily amounts of vitamin B-6 and vitamin C and over 10% of the recommended daily amount for potassium and fiber.

Buying and Storing

- Choose bananas according to the peel color and ripeness desired. Select bananas that are bright yellow for salads or immediate eating.
- Use fully ripe bananas, with speckles on the peel for baking, smoothies, or recipes that specify mashed bananas.
- To slow ripening, refrigerate. (The peel will turn black but the fruit inside will be fresh and ripe).
- If bananas are too green, place them in a brown paper bag in a warm dry area (but not in direct sunlight) for a day or two to help ripen. If there is still not enough yellow appearing on the peel, place a ripe apple in the bag with the bananas.
- To freeze bananas, peel and store them in a container or freezer bag until ready to use.

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Ways to Enjoy

- Serve sliced banana with peanut butter on a whole grain English muffin or whole grain bread.
- Add chopped banana to lowfat yogurt or hot or cold whole grain cereal.
- Add to smoothies or blender drinks. For example: Blend ½ cup lowfat milk, ½ cup crushed ice, a little sweetener (maple syrup, honey, etc.), 1 frozen, sliced banana, and 1 cup lowfat plain yogurt.
- Make banana “ice cream” by peeling bananas, freezing them in chunks, and blending in a blender or food processor.
- Make banana “popsicles” by freezing halved bananas on popsicle sticks. Then dip in melted chocolate and freeze again.

Contact Us

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Apples

In season:



August to
October

Pick it!

There are about 2500 varieties of apples with varying degrees of crispness and sweetness.

Look for smooth skin with bright coloring and no bruises or soft spots.

Keeping apples in a bag in the refrigerator or in the drawer help them last longer.

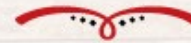
As apples ripen, they can cause other fruits and vegetables nearby to ripen, so check them often.



Try it!

Wash before eating. Use raw as a snack or in a sack lunch, sliced in salad. Bake into apple crisp or dried into apple chips.

Unsweetened applesauce with sweet apples: peel, core, and chop 4 apples. Simmer in a saucepan with ¼ cup water and one lemon slice for 10 minutes. Stir often. Crush when soft. Add cinnamon and nutmeg.



Types of Apples

Gala: Favorite for fresh eating, baking, salads, making applesauce. Heart shaped, yellow-orange skin and red striping

Granny Smith: Great baked and sautéed and great fresh. Bright green peel with pink blush, tart taste

Red Delicious: Excellent fresh, sweet mild flavor, skin can be tough. Tall conical shape with bright red coloring



Did you know...

Fiber found in skin and pulp of fruits and vegetables, can prevent constipation, help maintain weight, and lower risk of diabetes and heart disease.



SDSU
Extension

Carrot

In season:



Summer & Fall

Dakota: *Pangi zizi*

Lakota: *p̄haŋǵí zizi*

Pick it!

Baby carrots are slightly shorter carrots that have been peeled, trimmed, and packaged.

Select carrots with dark orange color for more beta-carotene.

Carrots can also be white, yellow, red and purple.

Avoid huge overgrown carrots, as centers can be woody.

Keep fresh for several weeks in the crisper drawer of the refrigerator in pierced plastic bags with green tops trimmed.

Scrub all soil from carrots before eating or cooking if desired, peel.

Try it!

Carrots match well with almost any vegetable.

Raw carrots good for snacking and adding to salads.

Cook by steaming or microwaving and add to soups, stews or roast, grill, or stir fry.

Carrots can be shredded and baked into cakes and breads.

Green carrot tops can be added to soups and stews but store separately just a few days.

Types of Carrot

Orange: most common, 7-10 inches long, many varieties

Baby: tender and sweet, 3-5 inches long, ½ inch thick

Purple, Red, Yellow, White: different pigments result in different colors



Did you know...

Beta-carotene antioxidant in brightly colored fruits and vegetables. Brighter the color the higher the beta-carotene. Our bodies use beta-carotene to make Vitamin A.