



BECAUSE THERE'S ALWAYS A REASON TO CELEBRATE!

11/1/16-11/30/16

Nutrition News

November 2016

November is National Raisin Bread Month!

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Is it a dessert? Is it a breakfast food? Well, it's both! You'll want to celebrate National Raisin Bread Month by warming up your oven on a cool day to bake this classic bread with lots of raisins and even more cinnamon. Switch out the sugar for Maple syrup for a healthier version.

November 12th is National Pizza with the works Day!

On this fabulous holiday think outside the box and try something new! Cauliflower crust pizza:

1. Chop cauliflower into small florets, then steam until fall-apart soft. Drain fully.
2. If using rolled oats, process them in a food processor until

oats achieve a flour-like texture. Stir the oat flour with the oregano, garlic, and salt.

3. Preheat oven to 450 F. Once cauliflower cools a little, place it in a clean dish towel and squeeze out the moisture, you want it as dry as possible.
4. Place the cauliflower into a medium bowl and add mixture. Mash and stir well. Then stir in the oat mixture.
5. Place on of the parchment-lined baking sheet. Pat into a circle and bake 25 minutes, or until lightly browned with crispy edges.
6. Remove and add toppings of choice. Bake an additional 8 minutes. Allow to cool 5 minutes, then slice and enjoy!

November 21 is National Stuffing Day!

Try substituting whole grain bread in your stuffing this year, rather than white bread and you'll be adding more vitamins, minerals, and fiber to the big Thanksgiving feast!

November 23rd is National Cashew Day!

If you're typically the one to reach for a jar of peanut butter, try mixing it up and reach for cashew butter instead. Added bonus: Cashew butter has more magnesium, iron and zinc than peanut butter.

But who could forget the biggest foodie day of the year, Thanksgiving!

Try not to eat too much so you feel just as stuffed as the turkey on the table! Happy Thanksgiving to all!!