Health Cookies

Yield: 24 cookies

Ingredients	Amount	Method	
		Preheat oven to 350 °F.	
Whole wheat flour	250ml	Whisk flours, wheat germ,	
White flour	250ml	baking powder, baking soda,	
Wheat germ	125ml	salt, oatmeal and cinnamon	
Baking powder	5ml		
Baking soda	5ml	together in a large bowl.	
Salt	5ml		
Oatmeal	250ml		
Cinnamon	5ml		
Sugar	250ml	In a different bowl, cream the	
Brown sugar	125ml	margarine and sugars.	
Trans-fat free Marga-			
rine	125ml		
Eggs	3	Add eggs, apple sauce, vanilla	
Unsweetened apple		and orange zests and mix well.	
sauce	250ml	Slowly add the flour mixture	
Large orange (zest)	1	until combined.	
Bitter sweet chocolate		Add chocolate chips and cran-	
chips (semi-sweet or		berries and mix until they have	
dark chocolate)	250ml	spread out throughout the	
		dough. Scoop with 2oz ice	
Dried cranberries	250ml	cream onto cookie sheets.	
		Bake for 15 minutes until done.	
		Take from the oven and allow	
		to cool on cookie sheets for 1	
		or 2 minutes. Remove them	
		and allow them to cool com-	
		pletely before storing them.	

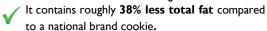


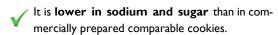
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Nutrition Facts

Serving Size		75g
Amount: 1 cookie		% Daily value
Calories	227	11%
Total Fat	8.4g	13%
Saturated Fat	2.9g	
Polyunsaturated Fat	2.2g	
Trans Fat	0.1g	
Cholesterol	20mg	6%
Sodium	77mg	4%
Total Carbohydrates	28g	11%
Sugars	13g	
Dietary Fiber	3.4g	
Protein	5g	5%
Calcium		1%
Iron		12%

This health cookie lives up to its name.





It is also a very good source of fiber (from wheat germ and whole wheat flour), and iron.

References:

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/usingutiliser/snacks-collations-eng.php

http://www.sparkpeople.com/resource/nutrition articles.asp? id=504

SMART SNACKING



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BENEFITS OF SNACKING ...





SNACKS at regular intervals during the day can keep your blood sugar levels stable and your mind alert. So, instead of a mid-afternoon crash, you'll be full of vigor through dinnertime.

Moreover, a wise choice of snacks can also help add extra nutrition that might be missing from other meals.

A snack with a combination of lean protein, complex carbohydrates and some healthy fat will help you feel satisfied and fuller for longer.

Examples of SMART SNACKS:

- Cheese whole wheat sandwich
- Carrot sticks or other bright colour veggies with low-fat dressings or tofu dips
- Fruit and yogurt smoothie
- Whole-wheat crackers and hummus.
- Salsa and baked whole wheat tortilla chips
- Glass of plain or chocolate milk
- Peanut butter and pretzels
- Dry mixed whole-grain cereal and a container of milk
- Dark green leafy salad with orange sections and almonds
- Handful of nuts and dry fruits





Snacking Myths

Despite the benefits that snacking can offer, some people think of snacks as something extra they should not eat.

Did you ever have these myths in mind?

Myth I: Snacks are fattening.



FACT Eating a healthy snack during a long stretch between meals can take the edge off hunger, which may lead to overeating otherwise.

Myth 2: Snacks spoil your appetite for meals.



FACT Eating a small amount of food 2 to 3 hours before a meal will not spoil your appetite,; instead, it keeps you from becoming ravenously hungry. You will be less inclined to overeat at next meal.

Myth 3: Snacking is the same as eating junk foods.



FACT Snacks do not have to equate junk foods. Smart snacking can help fill in the gaps in meals to complete a healthful diet.

Myth 4: Healthy snacking means I can never eat chips again?



FACT It's absolutely fine to eat your favorite foods as snacks occasionally but it may require a little planning. If you have a high fat snack, you need to balance that out with lower-fat choices at other meals.

Practice Moderation

As with the rest of your diet, moderation is crucial when snacking no matter how healthy your snacks are. Watch your portion sizes!



Snacking isn't Grazing

The optimal way of snacking is to eat little and often. However, many snackers often ignore the bit about eating only a little, hearing only the message to "eat often".

Tips to avoid grazing:

- Fill a small plate with your snack, and leave the kitchen. When your plate is empty, snack time is over.
- Never bring the entire container with you in front of the television or computer. Enjoy your snack without distraction and you won't be tempted to reach for more.
- Put away foods in the kitchen cabinets when you don't need them.
- Limit yourself to a single serving.
- Buy nuts in shells. You will find yourself eating less when foods are less assessable.

On a side note:

You can make your snacks more sustainable by:

- ⇒ Eating whole fresh fruits bought from local farmer's market.
- ⇒ Limiting the purchases of foods with individual packaging.
- ⇒ Carrying your snacks with reusable contain-
- ⇒ Make your own healthy snacks at home, i.e. granola bars, muffins, cookies.

Try our Health Cookies recipe!

