



Move to Healthy Choices Newsletter

April 2009

They are "Making & Baking It" in Shoal Lake

New for the 2008-2009 season the canteen at the Shoal Lake communiplex is a fundraiser for the local museum committee. The volunteers have been planning, ordering, preparing, and serving in order to raise funds for a new museum.

The regular canteen menu is a mixture of deep fried food (fried in zero trans fat oil) such as onion rings, French fries and chicken fingers and more nutritious sandwiches, soups, and burgers freshly made from lean beef. During tournaments the canteen serves a variety of other menu items depending on availability and requests such as vegetables and dip, fruit, salads, pasta, pudding made with milk and baked goods from scratch.

The menu may get a bit of a new look for the 2009-2010 season with the fresh, more nutritious foods for athletes placed at the beginning of the menu board in a prominent spot. The taco salad in a bag, which is a good seller, may be made in a foil bag to reduce the amount of chips per serving which will reduce fat, sodium and calories. The pizza pop will most likely be removed from the menu as it is not a good seller and more nutritious options like pasta or quesadillas may make the main menu.



Top Tips from Shoal Lake

- Bake muffins made from scratch at the rink - the smell will sell the baked goods quickly.
- Have someone who takes charge of ordering and making sure product does not go to waste.

Shoal Lake Muffin Recipe

Mix 1 cup all bran and 1 cup boiling water and let sit.

Combine:

1 ¼ cup white sugar

¾ cup oil

2 eggs, beaten

2 cups buttermilk (if you double this recipe it will use a full litre of buttermilk or you can use 2 cups milk with 4 tsp baking soda)

¼ tsp salt

Add bran mixture and mix then add:

2 cups bran flakes

2 ½ cups flour

1 cup raisins, candied fruit, dates, or combination (Darlene uses ½ cup raisins, ½ cup candied zucchini)

½ tsp cinnamon

¼ tsp nutmeg

Store covered in refrigerator for at least two days, up to six weeks. Spoon into greased muffin tins and bake at 375 for 15-20 minutes.



Baking Substitutions

To:	Instead of:	Try:
Boost Fibre	250 mL (1 cup) white flour	- 125 mL (1/2 cup) white flour plus 125 mL (1/2 cup) whole wheat or whole grain flour - 175 mL (3/4 cup) white flour plus 50 mL (1/4 cup) ground flaxseed - Adding wheat bran or oatmeal to homemade breads
Use Less Sugar	250 mL (1 cup) sugar 250 mL (1 cup) chocolate chips Fruit canned in syrup Fruit yogurt Frosting or icing	-150 to 175 mL (2/3 to 3/4 cup) sugar; add cinnamon, vanilla or almond extract - 125 mL (1/2 cup) mini chocolate chips, 125 to 250 mL (1/2 to 1 cup) chopped nuts or chopped dried fruits such as cranberries, raisins, apricots, or cherries (or a combination) - Fruit canned in its own juice or water, or fresh fruit - Plain yogurt mixed with fresh fruit - Sliced fresh fruit, pureed fruit or a light dusting of powdered or icing sugar
Boost iron	125 mL (1/2 cup) fat, e.g. oil, margarine, or butter 375 mL (1 1/2 cups) sugar in breads, muffins, cookies	- 50 mL (1.4 cup) fat plus 50 mL (1/4 cup) pumpkin puree - Adding raisins, dried apricots, pumpkin or sesame seeds, nuts, oatmeal, wheat germ 250 mL (1 cup) molasses and 175 mL (3/4 cup) sugar; add 2 mL (1/2 tsp) of baking soda for each 250 mL (1 cup) molasses; omit baking powder or use half the amount. Molasses should not replace more than half of the sugar called for in the recipe

To reduce saturated fats in baked goods:

- Replace solid butter, lard, shortening, and hard margarine with an equal amount of a non-hydrogenated margarine (trans fat free)
- Replace melted butter or melted hard margarine with an equal amount of vegetable oil, such as canola or sunflower oil

To reduce trans fats in baked goods:

- Replace shortening, hard margarine, or margarine made with partially hydrogenated oils with non-hydrogenated margarine (trans fat free)

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