

Nutrition News

Deceptively Nutritious Snack And Meal Ideas

(NAPSA)—Here's food for thought: There is no need to compromise nutrition for convenience. Fruits and vegetables are staples of a well-balanced diet but over 75 percent of Americans don't get their full servings of them every day. Keeping your pantry and freezer stocked with canned and frozen fruits and vegetables, however, can make that easier.

No matter the occasion or time of year, with these easy tips you can add powerful antioxidants and nutrients to your diet without sacrificing great taste.

- **Switch up your morning routine:** Smoothies and fresh-squeezed juices are a great substitute for the morning bagel or doughnut. Whether they are from your blender or your local juice bar, smoothies and fresh juices are delicious, easy ways to get extra servings of fruits/veggies from your breakfast.

- **Let fruits lighten up your meal:** Try "pumping up" your pasta sauce by simply stirring 1 cup of LIBBY'S® 100% Pure Pumpkin into 3 cups of your favorite jarred or homemade pasta sauce. This will also work well with soups and stews. You'll not only increase the volume of your sauce, soups and stews but you'll automatically reduce the levels of fat, sugar and sodium. Your family will never notice the difference.

- **Mix it up:** Even the healthiest eaters can get tired of plain old carrots and celery. The next time you are at the grocery store, go out on a limb and try something new. Pick up more-exotic fruits and vegetables like kale, broccolini or mangoes; you might just discover your next favorite food.

- **Make dessert count:** Dessert is a typically overlooked time to add in fruits and veggies. Tonight, try topping low-fat ice cream with frozen berries or try a delicious pumpkin dessert such as "Pumpkin Perfect" Oatmeal Cookies. Both provide you with an antioxidant-packed sweet finale.



"PUMPKIN PERFECT" OATMEAL COOKIES

(Makes 18 servings)

Ingredients:

- 1 pkg. (17.5 oz.) oatmeal cookie mix
- ½ cup LIBBY'S® 100% Pure Pumpkin
- 3 tablespoons vegetable oil
- 1 large egg
- 1 cup sweetened dried cranberries, raisins or nuts (optional)

Directions:

PREHEAT oven to 375° F.

COMBINE cookie mix, pumpkin, oil and egg in large bowl. Stir in dried cranberries, if desired. Drop by rounded teaspoonfuls, about 2 inches apart, onto ungreased baking sheets.

BAKE for 10 to 12 minutes or until lightly browned and set in centers. Cool on baking sheets for 1 minute; remove to wire racks to cool completely.

Recipe makes 3 dozen cookies.

Nutrition Facts Per Serving:
100 cal, 5 g total fat (2.5 g sat fat), 15 mg chol, 90 mg sodium, 12 g carbo, 1 g fiber, 1 g pro, 10% Daily Value vitamin A, 0% Daily Value vitamin C, 2% Daily Value iron, 0% Daily Value calcium.

For more easy pumpkin snack and recipe ideas, visit VeryBestBaking.com/Libbys.