

Wildcat Extension District

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<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette, Montgomery, Wilson Counties

Southwind Extension District
620-365-2242

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Serving: Allen, Bourbon, Neosho, Woodson Counties

Cherokee County

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Serving: Cherokee County

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Blueberry Muffins

12 Servings

Ingredients:

- 1/2 cup vegetable oil
- 1 cup sugar
- 2 eggs
- 1/2 cup milk, low-fat
- 1 teaspoon vanilla
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups blueberries (fresh or frozen)



Source: Pennsylvania Nutrition Education, USDA MyPlate

Directions:

1. Wash hands with soap and water. Preheat the oven to 375 degrees.
2. Grease the muffin pans. Or use muffin cups.
3. In a large mixing bowl, stir the oil and sugar until creamy.
4. Add eggs, milk, and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt.
6. Add the flour to the oil and sugar in the large bowl. Stir together.
7. Fold the blueberries into the batter.
8. Fill each muffin cup 2/3 full with batter.
9. Bake for 25 to 30 minutes.

Nutrition Information: Serving size: 1 muffin, Total Calories 252, Total Fat 10g, Cholesterol 32mg, Sodium 195mg, Carbohydrates 37g, Fiber 1g, Total Sugars 20g, Protein 4g

July is National Blueberry Month, this once wild berry became domesticated during the early 1900's. Blueberries are sweet, and wildly popular, they may help lower blood pressure, prevent heart disease, improve memory, aid in exercise recovery, and more. July 11th is National Blueberry Muffin Day so enjoy.

The summer is a great time for you to invite kids into the kitchen to cook healthy meals together at home! The benefits of cooking together include building children's self-esteem, helping them develop small muscle skills as they complete kitchen tasks, and creating time for bonding with your children. Cooking together also helps children practice math and reading skills as they read and interpret recipes, work with fractions, and measure ingredients. Research also suggests that youth who cook have healthier dietary habits.

So, how can you get your kids in the kitchen this summer to experience some of these same benefits? Keep these tips in mind:

Remember that meals will likely take longer to prepare. Do not try to cook together when you are in a hurry.

Teach children about handwashing. Before cooking, you should always wash your hands with clean water and soap for at least 20 seconds. This is roughly the same amount of time it takes to sing the "Happy Birthday" song twice.

Have children complete age-appropriate tasks. For example, tasks for 2 to 4-year-old children could include using measuring spoons or pouring liquids, while tasks for 8 to 11-year-old children could include using a vegetable peeler or whisking. To find a more complete list of age-appropriate tasks from Illinois Extension, visit bit.ly/Cooking-With-Children.



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Misleading Marketing

The grocery store is filled with all sorts of brands claiming they have the next healthiest items on the market. With package labeling being so misleading these days, it's more important now than ever to read the nutrition label!

Here are 7 misleading phrases to watch for:

All Natural- Food that has the "All Natural" wording on the label cannot contain added colors, artificial flavors, or synthetic substances. These foods **CAN** however contain preservatives, high fructose corn syrup, or have high numbers of sodium.

No Sugar Added- Just because no sugar was added, does not mean that there is no sugar in the product. Most foods, including fruits, vegetables, milk, and grains have naturally occurring sugar. This is important to note for those that have to watch their sugar intake.

Sugar-Free- These items often contain more fat to compensate for the taste and texture that is lost when the sugar content is reduced.

Fat-Free- These products likely contain extra sugar to compensate for the reduced fat content.

Light- Although "light" may make you think that the food is lower in calories, it can actually be referring to the flavor rather than the nutrition content.

Gluten-Free- Gluten-Free foods are great for people who have problems digesting gluten, but gluten-free does not mean the products have whole grains, contains fiber, or have fewer carbohydrates. Gluten-free donuts are still donuts.

Made with Real Fruit- Products that claim to be made from real fruit may not contain very much fruit at all. Food manufacturers do not need to list the percentage of fruit, so a product claiming "made with real fruit" can contain 100% fruit or 1% fruit.



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