

FOOD BYTES

**October
2023**

Hi there!

Meal Prep

Meal prep can not only help save time, but it can also help save money by reducing food waste. It can also help make healthy eating habits easier to stick with. Here's some tips and ideas for meal prepping:

- **Start simple:** You don't have to go overboard to start. Even precutting your vegetables that you'll use in meals can help
- **Plan a menu:** If you plan out your meals in advance it can help you to better plan for what you will need to purchase to have for the week. Consider what you already have on hand when planning meals so you can use up what you have on hand first.
- **Check your calendar:** Insure you're not planning a complex meal on a day your schedule is busy.
- **Make one item that will work for multiple meals:** you can cook one main item, such as chicken, ahead of time and then plan it in multiple recipes during the week to save time



Oatmeal is a whole grain that is a good source of fiber. Specifically, it has soluble fiber, which is beneficial for heart health. It's also a good source of protein and low in Fat.

**OCTOBER IS
NATIONAL
OATMEAL
MONTH**

KITCHEN TIP

Meal prepped foods typically last 3-5 days in the fridge, depending on the foods.

You can also prep some foods and recipes in advance and freeze them for a later date.

Recipe

Breakfast Peanut Butter-Chocolate Chip Oatmeal Cakes

Makes 1 Servings

Ingredients:

- 3 cups old-fashioned rolled oats
- 1 ½ cups low-fat milk
- ½ cup creamy natural peanut butter, divided
- ¼ cup unsweetened applesauce
- 2 large eggs, lightly beaten
- 3 tablespoons packed light brown sugar
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ¼ cup mini semisweet chocolate chips

Instructions:

1. Preheat oven to 375°F.
2. Coat a 12-cup muffin tin with cooking spray.
3. Combine oats, milk, 1/4 cup peanut butter, applesauce, eggs, brown sugar, baking powder, vanilla and salt in a large bowl.
4. Fill each muffin cup with a heaping 2 tablespoons of batter, then divide the remaining 1/4 cup peanut butter and chocolate chips among the muffin cups, about 1 teaspoon each.
5. Cover with the remaining batter, about 2 tablespoons each.
6. Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack.

