

Today in

NUTRITION CLASS

Your child learned about...

Grains



Make it
Eat it!
Love it!

Raisin Bran Muffins

Ingredients

- | | |
|----------------------------|-----------------------------------|
| 4½ cups raisin bran cereal | 2 teaspoons cinnamon |
| ¾ cup sugar | 2 cups low-fat buttermilk |
| 1¼ cups whole wheat flour | ½ cup oil |
| 1¼ cups all-purpose flour | 2 eggs, beaten |
| ½ teaspoon salt | ½ cup walnuts, chopped (optional) |
| 2½ teaspoons baking soda | 2 teaspoons vanilla |

Directions

- Mix dry ingredients in a large mixing bowl. Add buttermilk, oil, eggs, nuts, and vanilla. Mix well.
- Put batter into greased muffin pans. Bake in a preheated 400 degree oven for 15-20 minutes, or until golden brown. Makes about 24 muffins.

Store leftover muffins in the freezer!

- Grains Group Foods:** bread, rice, cereal, oatmeal, pasta, popcorn, crackers, muffins, waffles, pancakes, etc.
- Foods in the grains group give our bodies **Energy**.
- Whole grains** like whole wheat bread and brown rice are healthier than refined grains like white bread and white rice because the whole grains give us more of the nutrients our bodies need.
- Grains are seeds.** Whole grain foods are made from the entire grain seed while refined grain foods are made from only one part of the grain seed.
- Choose whole grain foods by looking for the word "**whole**" as part of the first ingredient on the ingredients list.



Family CHALLENGE

Add at least one whole grain food to what you eat every day. Work toward making **half your grains whole!**

Write your own challenge: _____

Get your GROOVE On

Take the energy you get from your grain foods and go for a family hike. While you are walking, talk about whole grain foods you each would like to eat and how you would make them a part of your meals.

LEARN more here

- Whole Grains Council:** <http://wholegrainscouncil.org/>
- MyPlate:** <http://www.choosemyplate.gov/food-groups/grains-tips.html>
- Guide to Whole Grains:** <http://www.cookinglight.com/cooking-101/essential-ingredients/all-about-whole-grains-00412000070480/>
- Nourish Interactive:** www.nourishinteractive.com



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