

Fall '03

# Recipe

## Apple Clafoutis

12 servings, 133 calories per serving

### Ingredients:

- 5 Apples, Red or Golden Delicious
- 2 Tbsps. Canola Oil
- ½ cup Organic Cane Sugar, divided
- 1 Tsp. Cinnamon, ground
- 2/3 cup Whole Wheat Pastry Flour
- 4 Large Eggs
- 1 cup Plain Soy Milk
- Canola Oil Spray

### Instructions:

- 1 Peel apples and cut into ¼ inch slices.
- 2 Heat the canola oil in an 8 inch skillet. Add apples and toss to coat.
- 3 Combine ¼ cup sugar and cinnamon. Sprinkle over apples and saute for about 2 minutes to soften fruit. This step may be done ahead of time.



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- 4 Put the remaining sugar, flour, eggs and soy milk in a blender and process until smooth.
- 5 Spray 12-count muffin tin with canola oil spray. With a slotted spoon, remove apples from skillet and divide evenly within tin.
- 6 Add the apple liquid to the batter and process just to mix. Pour batter over apples.
- 7 Bake for 20-30 minutes or until browned in a 400 degree oven. If a knife stuck into the center comes out clean, they are done.
- 8 Serve immediately for best effect, but clafoutis is delicious at room temperature.

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### NUTRITION NOTES

#### Singing the Sugar Blues?

By Brenda Jaeck, Certified Holistic Health and Nutritional Counselor.

Most of us have a love/hate relationship with sugar. We love it because it tastes good and often has happy connotations (think birthdays and weddings). We eat it because it gives us instant energy when we're fatigued or stressed, or to help us accommodate our lifestyle - that of always being on the run and skipping meals. Hormones sometimes drive women's sugar consumption.

Sugar consumption has increased steadily - increasing 28 percent since 1985, a direct result of the low-fat craze. We as a nation have become fatter over these same years. Currently, the average American consumes 150 pounds of sugar per year; the USDA recommends a maximum of 45 pounds per year.

Stopping or curbing sugar consumption is very difficult, at best. Sugar has an addictive trait - the more we eat, the more we want. Additionally, sugar is everywhere - in everything from soft drinks to crackers and bread, and even condiments like ketchup and mayonnaise.

Sugar has many negative qualities. It is filled with empty calories - meaning they offer no nutrients. It causes fatigue, mood swings, and hyperactivity. Also, it increases appetite, which then leads to weight gain. Sugar leads to tooth decay and insulin resistance/diabetes. Sugar has been linked to PMS, depression, yeast infections and heart disease.

So, what can we do? We can take steps to limit consumption of sugar. These include eating a balanced diet and trying alternative ways of mood improvement (try exercising or calling a friend). Become sugar-aware. To do this, start by reading packaged food labels. Sugar has many other names - such as high fructose corn syrup, dextrose, caramel, glucose and many others.

When you do consume sugar, you can limit its effects by increasing your consumption of fiber and water in order to promote better elimination of sugar remnants.

When eating sugar or any other food, always remember - food becomes you. ■