Try these healthy substitutions in baking...

without sacrificing flavor

1. Black beans for flour—swapping out flour for a can of black beans (drained and rinsed) in brownies is a great way to cut out the gluten and fit in an extra dose of protein. See the black bean brownie recipe on page 3.

2. Unsweetened applesauce for sugar—using applesauce in place of sugar can give the necessary sweetness without the extra calories from sugar. While one cup of unsweetened applesauce contains about 100 calories, a cup of sugar can pack in more than 770 calories.

3. Unsweetened applesauce for oil or butter—This works well with any sweet bread or muffin recipes and even with pre-boxed mixes. Try the low-fat blueberry muffin recipe on page 4.

4. Vanilla for sugar—cutting sugar in half and adding a teaspoon of vanilla as a replacement can give just as much flavor with significantly fewer calories.

5. Mashed bananas for fats—the creamy, thickening-power of a mashed (ripe) banana acts the same as avocado in terms of replacing fat in baking recipes.

6. Evaporated skim milk for cream—it is the same consistency with a fraction of the fat!

7. Graham crackers for cookies (in pie crusts) - Next time you are going to use sugar or Oreo cookies for your pie crust, use graham crackers. Reduced-fat graham crackers offer the same consistency and flavor with about 1/2 the calories of those other cookies.

Try these substitutions on the stovetop!

1. Brown rice for white rice—brown rice provides more fiber and nutrients!

2. Olive oil for butter—when cooking eggs, this simple switch is a great way to cut down on saturated fats, while getting a healthy dose of essential omega-3 fatty acids

3. Grated steamed cauliflower for rice—cut both calories and carbs with this substitution.

4. Spaghetti squash for pasta—roasted and pulled apart with a fork, spaghetti squash is a great low-carb and lower-calorie substitute for pasta. Serve with marinara sauce and a side salad!
Peace Neighborhood Center will resume their weekly produce distribution Friday, September 14th from 10am-12pm. Peace Neighborhood center is located at 1111 N. Maple Road, in Ann Arbor.

For Snacks...

1. Veggies instead of pita for dipping—instead of consuming that extra carbohydrate from the pita, dip cut up vegetables into hummus instead.

2. Kale chips for potato chips— that is right, I said kale. This nutritious, leafy green, can easily be made into a chip. When lightly coated with olive oil, salt, pepper, paprika or chili powder and baked, they can be a nice, crunchy snack, with less fat and salt than your normal potato chip!

3. Frozen yogurt for ice cream—this can cut down on the fat, but still you only want to consume a small portion!

For Meals...

1. Greek yogurt for sour cream—half the fat and calories, but tastes very similar. Plus, nonfat Greek yogurt offers an extra dose of lean protein.

2. Arugula, romaine lettuce, spinach and kale for iceberg lettuce—darker greens have more nutrients such as iron, Vitamin C and other antioxidants. Iceberg does not provide much of anything. For a salad or an addition to a sandwich, go with the darker greens!

3. Plain yogurt with fresh fruit for flavored yogurt—pre-flavored yogurts come with a lot of extra sugar. Try plain yogurt (or Greek yogurt) and add your own fresh fruit to the dish.

4. Nuts for croutons (on a salad) - getting rid of the croutons means getting rid of extra carbohydrate, fat and sodium you just don’t need. Add a small handful of almonds, pecans or walnuts for heart-healthy fats.

For Seasoning...

1. Pureed fruit for syrup—instead of piling on the syrup for pancakes or waffles, try pureed fruit warmed on the stovetop with a tiny but of honey. Less sugar and more vitamins and antioxidants.

2. Herbs or citrus juice for salt—other things can be added to food other than salt for it to taste good! Fresh herbs and citrus juice can provide just as much flavor without the added risks of excess sodium intake.

3. Garlic powder for salt—garlic powder can provide a lot of flavor without the additional sodium. But don’t mistake garlic powder for garlic salt.
Black Bean Brownie Recipe: low-fat & gluten-free

- 15 ounce black beans, drained and rinsed
- 2 whole bananas
- 1/3 cup agave nectar
- 1/4 cup unsweetened cocoa
- 1 Tbsp cinnamon
- 1 tsp vanilla extract
- 1/4 cup raw sugar (optional)
- 1/4 cup instant oats

1. Preheat oven to 350°F. Grease an 8x8” pan and set aside.

2. Combine all ingredients, except oats, in a food processor or blender and blend until smooth, scraping sides as needed.

3. Stir in the oats and pour batter into the pan. Bake for about 30 minutes or until a toothpick inserted in the center comes out clean.

4. Allow to cool before slicing.

5. Note: if you find these brownies too soft or fudgy, add another 1/4 cup oats or flour.

Substitution is Key

Did you know if you replace one 20-ounce bottle of regular pop per day you could save up to 240 calories per day? This equates to around 1/2 pound per week!

*Over a year, this could be 25 pounds not added to your waist line!*

What can you replace this with? Try water with fruit slices, such as strawberries, lemons or limes. Like carbonation? Try a splash of spritzer water.

September is Hunger Action Month!

More than 200 food banks that are in the Feeding America network (including Food Gatherers!) unite to urge individuals to take action in their communities. Did you know that 1 in 7 adults and 1 in 6 children struggle with hunger right here in Washtenaw County? How can you help? Speak Out Against Hunger™ this September.

⇒ Find Food Gatherers and ‘like’ us on Facebook or follow our mascot CarlSuperCarrot on Twitter.

⇒ Go Orange on September 6th. Wear orange or go Orange digitally through Feeding America’s Facebook application.

⇒ Advocate by sending an email to our County Commissioners pledging your support for and thanks for their funding of Food Gatherers’ hunger relief efforts.
Low-Fat Blueberry Muffins

Directions:

1. Pulse rolled oats & oat bran in food processor or blender for 10 seconds. Reserve 2 Tablespoons oat mixture.
2. In medium bowl, combine remaining oat mixture, baking soda and cinnamon. Mix well & set aside.
3. In small bowl, combine applesauce, honey, vanilla and milk. Pour into oat mixture. Stir until just blended.
4. Gently mix in egg whites.
5. Dust well-drained blueberries with 2 Tablespoons reserved oat mixture. Gently fold the blueberries into batter.
6. Divide mixture evenly into greased muffin pans and bake at 350°F for 20-25 minutes.
7. Serves 12.

What’s New at Food Gatherers?

We have several new team members that have joined our staff. If you see them at your pantry site, around the community or at our warehouse, please say hello!

Taylor Reeves
Development Associate

Deepali Stark
Development Officer

Julia Petty
Administrative Assistant