

The Daily Apple

A quarterly newsletter for friends and participants of EFNEP-Travis County
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New Year's Resolutions

by Apphia Mann

Happy New Year! Many of us will start out the year with our resolutions. Whether it's to shop less, start saving for retirement, eat healthier or exercise daily, we all know when it comes to food and fitness, these resolutions can be the hardest to stick to. Here are some ideas that could help us all be more successful with keeping to a healthier lifestyle.

1. Aim for a lifestyle change.

Instead of just following a fad diet or an extreme exercise routine that could leave you feeling burnt out quickly, choose goals that can be part of a long-term lifestyle change. A goal could be simply buying and eating more fruits and vegetables instead of just a crash diet that will have only short-term results, if any.

2. Find people to be healthy with.

Whether it's a relative, coworker or friend, keeping one another accountable can be a huge help when we are feeling less motivated. Working and being active with a companion can help make an exercise routine more enjoyable. Also, giving and getting encouraging reminders can go a long way.



This year choose to eat healthier and to be physically active.

3. Celebrate small victories.

Don't just dismiss the fact that you did 30 minutes of exercise every day for the last week. Find a way to mark and celebrate your success! Write it down in an exercise log or treat yourself to a small present like new work-out accessory. Just try not to reward yourself with a "cheat day" that could reverse all your hard-earned progress.

4. Think of yourself as a role model.

We are constantly setting an example to those around us. We may have children that are watching us or a spouse that we want to encourage to live healthier. Make these changes because you want to be the best version of you for your loved ones!

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In Season: Sweet Potatoes



Sweet potatoes are a nutritious complement to any meal this time of year. They are an excellent source of carotene, a building block for vitamin A. Sweet potatoes are also rich in vitamin C, Fiber, and potassium. This low calorie tuberous root vegetable can be prepared a number of ways. These sweet and fat free vegetables can be baked in the oven just like an Idaho potato to complement any meal, or they can be used as part of a delicious pastry or baked goods recipes.

Sweet Potato Muffins

Ingredients:

- 4 tablespoons margarine
- 1/2 cup sugar
- 2/3 cup mashed sweet potatoes
- 1 egg
- 3/4 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup skim milk
- 1/4 cup chopped pecans
- 1/4 cup raisins

What to do:

1. Pre-heat your oven to 400 degrees F.
2. Cream margarine and sugar in mixing bowl.
3. Add egg and sweet potatoes; mix well.
4. In large bowl, stir flour with baking powder, salt, and spices.
5. Add milk to sweet potato mixture and add to dry ingredients.
6. Mix well and fold in nuts and raisins.
7. Spoon into greased 1 1/2 inch muffin tins filling each 2/3 full.
8. Bake at 400 degrees F for 10 minutes or until golden brown.
9. Let cool for about 5 minutes before serving.

Makes 30 mini muffins.

Sweet Potato Smoothie

Ingredients:

- 1/2 cup mashed sweet potatoes
- 1 cup low fat or fat free vanilla yogurt
- 1 cup 100% orange juice
- 1/2 teaspoon vanilla extract

This recipe requires a blender

What to do:

1. Wash hands and cooking area.
2. Mash cooked sweet potatoes with a potato masher or fork.
3. Combine sweet potatoes, yogurt, orange juice and vanilla in blender and blend until smooth.
4. Serve immediately or cover and store in the refrigerator.

Makes 3 servings of 3/4 cup.



Tip: This recipe can be made by children under adult supervision. Start your kids early on learning how to prepare healthy snacks!

Stay active with your kids!

by Lilly Mondaca,
Youth Nutrition
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The weather is colder and days are shorter, but don't be discouraged from getting your daily physical activity. These are some ideas on how to keep your kids active indoors during this winter:

- Put on some music and dance
- Do strength exercises. Use items such as water bottles and canned foods as dumbbells if you don't have any.
- While watching T.V., during commercials, use this time to do something active
 - *Jumping Jacks
 - *Toe touches
 - *Running in place