

D

DELICIOUS,
DELIGHTFUL
DISHERS FOR PEOPLE WITH
DIABETES

BreakFast and Snacks

Big bites for breakfast and breaks



Chef Bubbles Cruz-Lerias

Sweet Options:
Healthy Alternatives to sugar
Eat Breakfast Like a King
Through Healthy
Delightful Choices

Snack Attack
Your Recipes for Delicious
Snacks that are Healthy too!

In partnership with

AstraZeneca



For inquiries, contact:



**Philippine Association
for the Study of
Overweight and Obesity**

Unit 2502 25/F Medical Plaza Ortigas, San Miguel Avenue Pasig City, Philippines
Phone: (632)6321533 / (632) 3599268 • Visit: <http://obesity.org.ph> or Email: sec@obesity.org.ph

Food Styling by **Maria Vanessa Zapanta**

Table of Contents

1 Message from the Editor

2 Message from the President

3 Sweet Options by Maria Januszczak

6 Chef Bubbles

7 Breakfast

- 7 Cheese and Mushroom Bread
- 8 Zucchini Loaf
- 9 Pancakes
- 10 Granola
- 11 Parmesan Klenaters

12 Snacks

- 12 Peanut Butter Doughnuts
- 13 Peanut Butter Coating
- 14 Double Chocolate Muffins
- 15 Ensaimada
- 16 Oatmeal Cranberry Bars
- 17 Very Fruity Muffins
- 18 Prune Clafouti
- 19 Whole Wheat Pie Crust
- 20 Streusel Kuchen

21 Mapple Made

23 Shake it Up Nutralite

24 Evidence-Based Weight Loss Tips

Message from the Editor

For some patients, a diagnosis of diabetes often means “starving oneself”, or in Tagalog, “wala na akong kakainin”.

Fortunately, a diabetic diet equates to healthier food choices and not food deprivation. In fact, even among non-diabetics, these foods can be considered as just the more substantial ones, jam-packed with essential nutrients without excessive amount of calories.

How does one eat right? What can I have for snacks? These are a couple of questions we often hear from patients.

We all have to start the day with a proper breakfast and make sure that the next meals will be lighter, with or without snacks. Should one decide to take a snack, calories should still be accounted for.

In 2015, old friends from BS Food Technology in UP Diliman came together: Chef Bubbles, the internationally acclaimed culinary expert, Maria Rosario Januszcak, the food ingredients connoisseur, and I, an endocrinologist to deliver this issue. We conjured up to provide diabetic patients some breakfast and snack recipes which could be made at home using easy-to-find ingredients. Natural sugar substitutes were also used. Beside each recipe is a nutrition guide, also showing the total number of calories per serving.

We do hope you enjoy trying out these tasty, healthy, guilt-free comfort food recipes at home!




MIA C. FOJAS, MD, FPCP, PSEDM
Editor





Message from the President

The original French statement: 'Qu'ils mangent de la brioche', that is, 'Let them eat brioche/cake' (brioche is a form of cake made of flour, butter and eggs) was widely attributed to Marie-Antoinette (1755-93), the Queen consort of Louis XVI. She is supposed to have said this when she was told that the French populace had no bread to eat. When we apply this to our patients with diabetes or those who may be overweight or obese, we imagine them as having very limited options - practically unsatisfying, unimaginative, and "poor" alternatives. Well, with this new edition of 'D magazine', we shall give Delicious, Delightful Dishes for people with Diabetes...more than just 'brioche,' we promise.

In our society, food has been seen as a "unifier": whether visiting a home or hospital; at a huge conference or a family reunion - food is inevitably a vital part of the event. Food brings us together.

In this 3rd installment, we feature the culinary chef-d'oeuvre Chef Bubbles Cruz-Lerias who has concocted to-live-for recipes: from your traditional "healthy-fied" ensaimada and pancakes to exciting novelties like Prune Clafouti & Streusel Kuchen. It is PASOO's advocacy to be inclusive of persons living with diabetes and those battling weight and obesity problems through the enjoyment of good, tasteful & healthy food choices, physical activity, & a positive outlook.

Cheers to delicious & delightful, yet healthy food choices!!!

A handwritten signature in black ink, reading 'Edgardo L. Tolentino, Jr.'.

EDGARDO L. TOLENTINO, JR, MD, FPPA

President

Philippine Association for the Study of
Overweight & Obesity





There are several alternatives to sugar that are readily available in the market. Unfortunately, the modern-day consumer is often inundated with information, and the selection process can become a challenge on which sweetener to use. Consumers are bombarded with marketing terms that often confuse rather than aid their understanding.

Take sugar for example, a person who might want to live a healthier life would start by perusing the supermarket shelves to see what is available. They can see that there is honey, stevia, maple syrup, agave, golden syrup, coconut sugar and possibly yacon syrup.

Their labels all say “natural” so they must all be good.

The term “natural” is often abused and misused because there are no guidelines on when to use it on food ingredients and food products.

According to the US FDA website, the FDA considers the term “natural” to mean that nothing artificial or synthetic (including all color additives regardless of source) has been included in, or has been added to, a food that would not normally be expected to be in that food.

Stevia

Taking that definition for natural, some resources would argue that stevia should not be classified as a natural sweetener since the extraction process requires the addition of a USP alcohol grade solvent to isolate the glycosides, responsible for its sweetness. Pure stevia has zero calories and has been effectively used in drinks and other food products.

Be sure to look at the ingredient label and check if it is 100 percent pure stevia extract. If the label states stevia powder, that means it is a blend and not made from pure extract. Stevia blends are a lower cost alternative and could have stevia extract mixed with maltodextrose, xylitol, glycerin and many other additives.



Sweet Options



Maple Syrup

Every March, in the Eastern part of North America, specifically Quebec and some parts of Vermont, maple sap is collected from specific types of Maple trees and the collected sap is boiled until the desired colour, Brix (amount of sugar solids) and consistency are reached. About 40 parts maple sap is needed to produce 1 part maple syrup, this is equivalent to 40 gallons of sap to produce 1 gallon of syrup which explains why a bottle of pure maple syrup is expensive compared to other sweeteners. Trees are not harmed in the process of extracting the sap. They continue to grow and produce sap every year.

Canada produces about 75 to 80 percent of the world's maple syrup. According to the research done by Health Canada, maple syrup is found to be an excellent source of manganese, which plays an important role in energy production and antioxidant defenses. It is also necessary for normal brain and nerve function. A portion of ¼ cup of maple syrup is enough to fulfill the 100% of the daily requirements for this mineral. Other minerals found in maple syrup are magnesium, calcium and potassium, decreasing the risk of hypertension or stroke. Below is a chart taken from Health Canada comparing the vitamin and mineral content of maple syrup with other natural sweeteners.

The glycemic index of maple syrup around 54. In addition to vitamins and minerals, maple syrup is rich in antioxidants.

Per 60ml portion in %DV*	Maple syrup of Canada	Honey	Sugar	Brown Sugar	Agave syrup
Manganese	100	3	0	9	0
Riboflavin (B ₂)	37	2	1	0	0
Zinc	18	2	0	1	0
Magnesium	7	1	0	7	0
Calcium	5	0	0	5	0
Potassium	5	1	0	6	0
Calories	217	261	196	211	256
Sugars (in G)	54	71	51	54	56

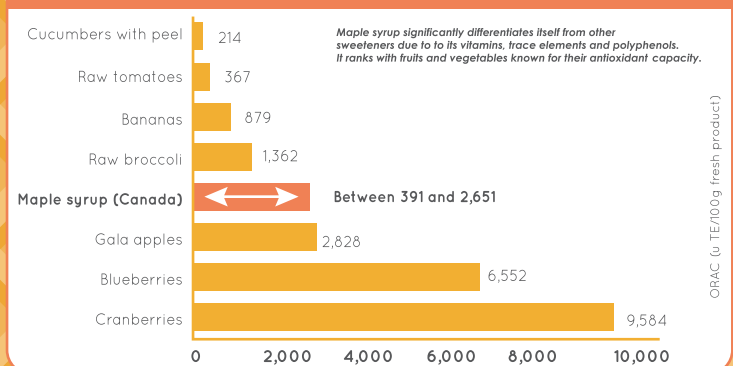
Legend: ■ Excellent source of ■ Good source of ■ Source of
 *DV: The Daily Value is the amount deemed sufficient to meet the daily needs of the majority of healthy individuals.
 Source: Canadian Nutrient File (Health Canada)
 Chart Source <http://canadamaple.wpengine.com/wp-content/uploads/2010/12/maple-nutritional-value.jpg>

Antioxidants prevent oxidation or deterioration brought on by exposure to oxygen. In human health, antioxidants are important since they protect our normal cells from harmful molecules that are also called free radicals.

Maple syrup can be purchased in both light and dark colours. The darker colour simply indicates that the sap was harvested late in the season. Dark maple syrup has a stronger taste and is generally used in cooking or recipes. The amber coloured or lighter maple syrup is popularly used for pancakes. Try cooking and baking with maple syrup. It pairs well with root vegetables such as squash, potatoes and carrots. Pork, turkey and chicken will taste better with maple syrup.

Give your immune system a boost with antioxidant-rich maple syrup

Oxygen Radical Absorbance Capacity (ORAC) of maple syrup vs. fruits and vegetables



Sources: 1. USDA National Nutrient Database for Standard Reference, <https://www.nal.usda.gov/foodcomp/search>
 2. Federation of Quebec Maple Syrup Products.

Substitute maple syrup whenever corn syrup is called for or to replace sugar in any recipe, just use ¾ cups of pure maple syrup where the recipe calls for 1 cup of sugar and it will impart a more complex flavor to your finished product.

Coconut Sugar

Coconut sugar is made from fresh coconut sap collected from the cuttings of the flower buds on dwarf coconut trees. The sap is caramelized, then crystallized into a fine grained brown sugar. It's 100% natural, dissolves easily and is the perfect alternative to refined sugars in applications such as confectionery and desserts. The creamy, almost caramel-like sweetness also works well in the flavouring of curries and rich sauces for savory dishes.

According to the Philippine Department of Agriculture, coconut sugar has a low Glycemic index (GI) of 35. Glycemic index is a measure of how a food raises blood glucose (or blood sugar)



compared to a reference food (such as glucose or white bread). Table sugar has a GI of about 60.

People with diabetes can use coconut palm sugar as a sweetener, but use it with caution.

It provides just as many calories and carbohydrates as regular sugar: about 15 calories and 4 grams of carbohydrate per teaspoon.

Coconut sugar that is properly processed will have a light colour and with no lumps. The dark coloured coconut sugar simply means it was slightly burnt in the processing and will have a bitter taste.

YACON

Native to South America, The yacón plant has been introduced to Japan and is also being grown in the Philippine Cordillera. The yacón root is amazing and tastes great. Farmers in Peru would take yacon tubers and would snack on them. The texture is similar to the singakamas or the jicama. It contains a prebiotic known as fructooligosaccharides or FOS for short. Prebiotics are non-digestible materials that enhance the growth of probiotics or good bacteria in the digestive system.

As a natural sweetener, with an unbelievably low GI, it has great potential for those dieting, and those with diabetes. Besides its use as a sweetener, there are many other claims of potential benefits.



These benefits include the lowering of blood pressure and cholesterol, weight loss, reduced occurrences of constipation, and healthier bones.

I will not recommend agave (pronounced 'uh-GAH-vay') as a sugar substitute even though it is a natural sweetener. Agave contains a high amount of fructose, even higher than high fructose corn syrup. Recent studies seem to indicate that consuming high amounts of fructose is a major cause of obesity. Table sugar and high fructose corn syrup contribute industrial fructose and not natural fructose as found from whole fruit. Therefore, consuming fructose from whole fruit is beneficial to human health.

As always, eat in moderation and always read product labels and the list of ingredients.

Breakfast and Snack Recipes with Flare but without the Guilt...

A good day starts with a good breakfast and this was the inspiration for the items made in this issue.

High fiber flours, fruits, the use of coconut sugar and less processed ingredients are what make these baked goods packed with nutrients. From a baker's standpoint, I believe you can still have your cake and eat it to. These products are not just for breakfast, they can be quick bites for people on the go and for those breaks that go well with coffee, long talks and good company.

There's just no compromise for good taste and health so eat up and live happy.



Ana Lois "Bubbles" Cruz-Lerias
Chef Instructor - Pastry & Bakery
International School for Culinary Arts
& Hotel Management (ISCAHM)



Cheese and Mushroom Bread

Ingredients:

130 grams	Whole wheat flour
5 grams	Sifted Baking powder
50 grams	Unsalted, melted Butter
50 grams	Canola Oil
2 pcs	Fresh, large Eggs
80 grams	Unflavored Almond milk
5 grams	Vanilla extract
1 pinch	Iodized Salt
140 grams	Coco sugar
30 grams	Soaked, chopped Shitake mushrooms
30 grams	Cubed Cheddar

Mise en Place:

- Combine whole wheat flour and baking powder
- Preheat oven 175°C
- Line loaf pan with parchment paper

Cheese and Mushroom Bread	Total	Per serving
Energy kcal	2232	372
Protein g	40	7
Fat g	117	19
Carbohydrate g	263	44
Fiber g	18.3	3.1
Cholesterol mg	553.9	92.3
Sodium mg	1280.3	213.4
Vit A IU	379.6	63.3
Vit C mg	0.0	0.0
Thiamin mg	0.7	0.1
Calcium mg	601.1	100.2
Iron mg	10.6	1.8

Total no. of servings: 6 slices (1 loaf pan)

Serving size: 1 slice; 4 inches x 2 inches x 1.25 inches

Method:

- In a bowl, combine melted butter, oil, eggs, almond milk, vanilla extract, salt and coco sugar. Mix well.
- Add in the whole wheat flour and baking powder blend. Mix just until partially incorporated.
- Add in the mushrooms and ham bits. Mix until all ingredients are just moistened. The batter will look rough.
- Transfer batter into prepared pan.
- Bake for 20-25 minutes or until cake tester comes out clean.
- Cool for 3 minutes then unmold.
- Transfer onto wire rack and cool completely before cutting.



Zucchini Loaf

Ingredients:

130 grams	Whole wheat flour
5 grams	Sifted Baking powder
50 grams	Unsalted, melted Butter
50 grams	Canola Oil
2 pcs.	Fresh, large Eggs
80 grams	Unflavored Almond milk
5 grams	Vanilla extract
1 pinch	Iodized Salt
140 grams	Coco sugar
60 grams	Grated, squeezed Zucchini
36 grams	Roasted, chopped Walnuts

Mise en Place:

- Combine whole wheat flour and baking powder
- Preheat oven 175°C
- Line loaf pan with parchment paper

Method:

- In a bowl, combine melted butter, oil, eggs, almond milk, vanilla extract, salt and coco sugar. Mix well.
- Add in the whole wheat flour and baking powder blend. Mix just until partially incorporated.
- Add in the grated zucchini and chopped walnuts. Mix until all ingredients are just moistened. The batter will look rough.
- Transfer batter into prepared pan.
- Bake for 20-25 minutes or until cake tester comes out clean.
- Cool for 3 minutes then unmold.
- Transfer onto wire rack and cool completely before cutting.

Zucchini Loaf	Total	Per serving
Energy kcal	2361	295
Protein g	38	5
Fat g	133	17
Carbohydrate g	264	33
Fiber g	20.0	2.5
Cholesterol mg	553.9	69.2
Sodium mg	1174.9	146.9
Vit A IU	358.6	44.8
Vit C mg	0.5	0.1
Thiamin mg	0.9	0.1
Calcium mg	418.5	52.3
Iron mg	11.2	1.4

Total no. of servings: 8 mini loaves

Serving size: 1 slice;

around 1.75 inches X 3 inches X 1 inch



Pancakes

Ingredients:

50 grams	Whole wheat flour
63 grams	All purpose flour substitute
10 grams	Coco sugar
2 packets	Splenda Sucralose
1 pinch	Salt
8 grams	Sifted Baking powder
1 piece	Large Whole egg
225 grams	Unsweetened Almond milk
28 grams	Canola oil

Method:

- In a bowl, combine with a whisk, whole wheat flour, all purpose flour substitute, coco sugar, splenda, salt and baking powder.
- In another bowl, whisk together with egg, almond milk and canola oil.
- Add liquid mix into the dry and stir just to combine. Mixture must still be a little lumpy.
- Using 1/3C measuring cup, scoop out the mixture on to the preheat pan.
- Cook for about 1 minute per side on low heat or until golden brown.
- Keep pancakes warm under a tea towel.

Mise en Place:

- Preheat a non-stick pan

Pancakes	Total	Per serving
Energy kcal	1146	229
Protein g	22	4
Fat g	43	9
Carbohydrate g	159	32
Fiber g	17.0	3.4
Cholesterol mg	223.2	44.6
Sodium mg	281.7	56.3
Vit A IU	179.3	35.9
Vit C mg	0.0	0.0
Thiamin mg	0.3	0.1
Calcium mg	194.9	39.0
Iron mg	10.6	2.1

Total no. of servings: 5

Serving size: 5 inches in diameter, thickness around 0.25 inch or 1/3 cup

Granola

Ingredients:

100 grams	Rolled oats
20 grams	Uncle Bob's 10-grain cereal Cereal Mix
30 grams	Chopped Dried cranberries
30 grams	Chopped Prunes
30 grams	Agave syrup
15 grams	Canola oil
15 grams	Coco sugar
10 grams	Non-fat milk
3 grams	Vanilla extract
1 pinch	Iodized Salt

Mise en Place:

- Preheat oven to 165°C.
- In a bowl, combine rolled oats, cereal mix and dried fruits. Set aside

Method:

- In a small saucepan, combine agave syrup, canola oil, coco sugar and skim milk.
- Bring to a light simmer and stir to prevent burning.
- Remove from heat once sugar dissolves.
- Add the oat mix, vanilla extract and salt.
- Mix well, ensure that all dry ingredients coated with syrup.
- Transfer to sheet pan lined with parchment paper.
- Roast in the oven for about 20 minutes.
- Stir mixture every 4 minutes to facilitate browning and prevent pieces from sticking to each other.
- Remove from oven once toasty color is achieved.
- Cool and store in an airtight container

Granola	Total	Per serving
Energy kcal	946	189
Protein g	20	4
Fat g	23	5
Carbohydrate g	173	35
Fiber g	14.3	2.9
Cholesterol mg	0.5	0.1
Sodium mg	232.6	46.5
Vit A IU	1.4	0.3
Vit C mg	18.8	3.8
Thiamin mg	1.2	0.2
Calcium mg	121.5	24.3
Iron mg	11.8	2.4

Total no. of servings: 5

Serving size: about 1/3 cup



Parmesan Klenaters

Ingredients:

Sponge

5 grams	Instant yeast
90 grams	Fresh Milk
85 grams	Whole wheat flour

Dough

4 grams	Instant yeast
15 grams	Non-fat milk
15 grams	Brandy
1 piece	Fresh, large Egg
20 grams	Coco sugar
128 grams	Whole wheat flour
1 pinch	Salt
40 grams	Unsalted, softened Butter
50 grams	Grated Parmesan

Parmesan Klenaters	Total	Per serving
Energy kcal	1525	153
Protein g	57	6
Fat g	62	6
Carbohydrate g	191	19
Fiber g	22.9	2.3
Cholesterol mg	362.0	36.2
Sodium mg	1148.2	114.8
Vit A IU	180.5	18.0
Vit C mg	0.0	0.0
Thiamin mg	1.5	0.1
Calcium mg	707.1	70.7
Iron mg	9.9	1.0

Total no. of servings: 30 pieces

Serving size: 1 inch x 4.5 inches per piece

Mise en Place:

Day 1 Make the Sponge

- In a mixing bowl, whisk to combine instant yeast, milk and whole wheat flour.
- With the hook attachment and with the mixer running in medium speed, develop the dough until clean-up stage.
- Shape the dough into a ball and then store in airtight container and leave to ferment in the chiller overnight.

Method:

Day 2

- In a mixing bowl with a hook attachment and with the mixer set at slow speed, combine dough ingredients – instant yeast, milk, brandy, egg and coco sugar.
- Add in the fermented sponge and mix until combined.
- Add in the whole wheat flour and salt.
- Mix at slow speed for 2 minutes.
- Add the butter and turn speed up to medium. Mix for 1 minute.
- Turn speed up to fast and develop dough for 3 minutes
- Round the dough and allow to ferment for 1 hour under a plastic sheet.
- On a lightly floured surface, gently roll the dough out into a rectangle. Set a plastic sheet over it and allow to rest for 10 minutes.
- Using a pizza cutter, divide the dough into 30 rectangles.
- Cut a slit in the middle of each piece and insert one end through to make a ribbon.
- Set each piece on a lightly dusted sheet tray.
- Heat up the oil for frying (170°C)
- Fry each piece to golden brown. This will take less than a minute.
- Drain over paper towels.
- In a bowl, toss with grated parmesan cheese while still warm.

Peanut Butter Doughnuts

Ingredients:

338 grams	Fresh, whole Milk
16 grams	Instant Yeast
40 grams	Coco sugar
4 grams	Iodized Salt
1 piece	Fresh, large Egg
450 grams	Whole wheat flour
63 grams	Unsalted, softened Butter
	Oil for frying
	All-purpose flour for dusting

Peanut butter Doughnuts	Total	Per serving
Energy kcal	3401	170
Protein g	84	4
Fat g	179	9
Carbohydrate g	391	20
Fiber g	48.3	2.4
Cholesterol mg	392.5	19.6
Sodium mg	1816.2	90.8
Vit A IU	180.9	9.0
Vit C mg	0.0	0.0
Thiamin mg	3.0	0.2
Calcium mg	672.4	33.6
Iron mg	18.8	0.9

Total no. of servings: 20 doughnuts
Serving size: 1 doughnut; 50 grams

Method:

- In a mixing bowl, combine milk, yeast, coco sugar, salt and eggs.
- Add in whole wheat flour. Set the mixer at slow speed for 2 minutes.
- Add in softened butter and continue mixing at slow speed for 1 minute.
- Shift mixer speed up to medium and develop the dough for 3 minutes or until gluten is fully developed.
- Roll the dough into a ball and bulk ferment for 45 minutes. Keep the dough covered under a sheet of plastic.
- On a lightly floured surface, roll out the dough to about 1/3-inch thick.
- Allow the dough to rest under a plastic sheet for about 10 minutes. Heat oil to 165°C.
- Using a doughnut cutter, cut out circles making optimum use of the dough. Work with minimal trimmings.
- Transfer cut pieces on a tray.
- Slowly drop the pieces in hot fat and fry for about 45 seconds per side.
- Drain on paper towels.
- Dredge with Peanut Butter Coating



Peanut Butter Coating

Ingredients:

113 grams	Sifted Cornstarch
7 packets	Splenda, sifted Sucralose
80 grams	Sugar-free peanut butter

Method:

- In a bowl, whisk together cornstarch and sucralose.
- Rub-in the peanut butter until a free-flow powder texture is achieved.
- Dredge doughnuts while still warm.



Double Chocolate Muffins

Ingredients:

50 grams	Whole wheat flour
55 grams	All-purpose flour substitute
10 grams	Sifted Cocoa powder
5 grams	Sifted Baking powder
1 pinch	Iodized Salt
75 grams	Canola oil
67 grams	Coco sugar
1 piece	Whole, large Egg
120 grams	Unsweetened, unflavored Almond milk
3 grams	Vanilla extract
4 packs	Sugar free, chopped Dark chocolate

Method:

- In a bowl, whisk together whole wheat flour, all-purpose flour substitute, cocoa powder, baking powder and salt. Set aside.
- In another bowl, whisk together oil, coco sugar, egg, almond milk and vanilla extract. Stir until well incorporated.
- Add in the dry ingredients and mix until lumpy.
- Fold-in about 2/3 of the chocolate pieces.
- Scoop batter into prepared pan and fill about ¾ full.
- Scatter remaining chocolate pieces on top.
- Bake for 15 minutes or until tops feel soft but springy when lightly pressed.

Mise en Place:

- Preheat oven 180°C
- Line muffin pan

Double Chocolate Muffins	Total	Per serving
Energy kcal	3109	518
Protein g	150	25
Fat g	178	30
Carbohydrate g	559	93
Fiber g	252.8	42.1
Cholesterol mg	223.2	37.2
Sodium mg	921.8	153.6
Vit A IU	179.7	29.9
Vit C mg	0.0	0.0
Thiamin mg	0.8	0.1
Calcium mg	1084.0	180.7
Iron mg	98.9	16.5

Total no. of servings: 6 cupcakes
Serving size: 1 cupcake; 70 grams



Ensaïmada

Ingredients:

250 grams	Unsweetened Almond milk
13 grams	Instant yeast
40 grams	Coco sugar
1 piece	Large Whole egg
300 grams	Sifted Whole wheat flour
100 grams	All purpose flour substitute
8 grams	Iodized Salt
50 grams	Canola oil
11 grams	Agave syrup For glazing

Cheese topping:

55 grams	Grated Cheddar
5 grams	Grated Parmesan
3 packets	Splenda

Mise en Place:

- Preheat oven to 180°C
- Lightly grease fluted pans

Method:

- In a mixing bowl using a whisk, combine almond milk, yeast, coco sugar and egg.
- Add in the whole wheat flour, all purpose flour substitute and salt. With the hook attachment run the mixer at slow speed for 2 minutes.
- Add in the oil and continue mixing at slow speed for 1 minute.
- Shift mixer speed up to medium and develop the dough for 3 minutes or until gluten fully developed.
- Roll the dough into a ball and bulk ferment for 1 hour. Keep the dough covered.
- Gently degas the dough and divide into 75-gram pieces.
- Loosely pre-shape the dough pieces into ovals.
- Allow the dough to rest for 10 minutes under a plastic sheet.
- Shape each piece into a rope about 10-12 inches long and coil to form a spiral.
- Set each shaped piece into the prepared molds.
- Leave the shaped dough pieces under a plastic sheet to proof until double in size. This will take about 25-35 minutes.
- Bake for 20 minutes until lightly brown.
- Unmold and cool for 5 minutes on a wire rack.
- Glaze with agave syrup and top with cheese mix.

Ensaïmada	Total	Per serving
Energy kcal	2758	251
Protein g	78	7
Fat g	86	8
Carbohydrate g	422	38
Fiber g	46.2	4.2
Cholesterol mg	227.5	20.7
Sodium mg	4138.8	376.3
Vit A IU	217.8	19.8
Vit C mg	1.9	0.2
Thiamin mg	2.1	0.2
Calcium mg	812.7	73.9
Iron mg	23.2	2.1

Total no. of servings: 11 pieces
Serving size: 1 piece; 75 grams;
like a burger bun



Oatmeal Cranberry Bars

Ingredients:

100 grams	Whole wheat flour
1 gram	Ground Cinnamon
4 grams	Sifted Baking powder
1 pinch	Salt
125 grams	Coco sugar
5 packets	Splenda Sucralose
10 grams	Agave syrup
50 grams	Unsalted, softened Butter
1 piece	Fresh, large Egg
100 grams	Dried, chopped Cranberries
40 grams	Instant Oatmeal

Mise en Place:

- Preheat oven to 180°C
- Lightly grease and flour a square pan
- Combine whole wheat flour, cinnamon, baking powder and salt. Set aside

Method:

- In a bowl, using a rubber spatula, combine coco sugar, sucralose, agave syrup and butter. Mix well.
- Add the egg and mix well.
- Add in the flour mixture and mix until no dry patches are present.
- Fold in the cranberries and the oatmeal. Mix to combine.
- Transfer to prepared pan and level.
- Bake for 20 minutes or until top feels springy but soft.
- Allow to cool for 5 minutes before unmolding.
- Cool completely on a wire rack.
- Cut into bars.

Oatmeal Cranberry Bars	Total	Per serving
Energy kcal	1815	151
Protein g	25	2
Fat g	53	4
Carbohydrate g	325	27
Fiber g	20.0	1.7
Cholesterol mg	330.7	27.6
Sodium mg	740.1	61.7
Vit A IU	179.3	14.9
Vit C mg	12.7	1.1
Thiamin mg	1.0	0.1
Calcium mg	488.3	40.7
Iron mg	8.8	0.7

Total no. of servings: 12 bars

Serving size: 1 bar; 1.5 inches X 6 inches X 0.5 inch



Very Fruity Muffins

Ingredients:

20 grams	Chopped Dried apricots
10 grams	Chopped Dried apples
20 grams	Chopped Dried cranberries
30 grams	Sugar-free Berry jam
75 grams	Oat flour
25 grams	Whole wheat flour
100 grams	All-purpose flour substitute
15 grams	Protein berry shake mix
6 grams	Sifted Baking powder
3 grams	Sifted Baking soda
1 pinch	Iodized Salt
300 grams	Yogurt
15 grams	Unsweetened, unflavored Almond milk
1 pc.	Fresh, large Egg
80 grams	Canola Oil
5 grams	Vanilla extract
50 grams	Coco sugar

Method:

- In a bowl, whisk together oat flour, whole wheat flour, all-purpose flour substitute, protein berry shake mix, baking powder, baking soda and salt. Set aside.
- In another bowl, whisk together yogurt, almond milk, egg, oil, vanilla extract and coco sugar. Stir until well incorporated.
- Add in the dry ingredients and mix until lumpy.
- Scoop batter into prepared pan and fill about $\frac{3}{4}$ full.
- Top each muffin with the driedfruits.
- Bake for 15 minutes or until tops feel soft but springy when lightly pressed.

Mise en Place:

- Preheat oven 180°C
- Line muffin pan
- In a bowl, combine dried apricots, dried apples and dried cranberries with berry jam. Set aside.

Very Fruity Muffins	Total	Per serving
Energy kcal	2211	184
Protein g	58	5
Fat g	112	9
Carbohydrate g	256	21
Fiber g	15.6	1.3
Cholesterol mg	265.4	22.1
Sodium mg	2157.8	179.8
Vit A IU	444.7	37.1
Vit C mg	4.7	0.4
Thiamin mg	1.0	0.1
Calcium mg	893.2	74.4
Iron mg	12.6	1.0

Total no. of servings: 12 muffins
Serving size: 1 muffin; 65 grams



Prune Clafouti

Ingredients:

	1/3 recipe Whole wheat pie crust
	Custard
5 grams	Oat flour
57 grams	Coco sugar
1 piece	Whole, large Egg
40 grams	All purpose Cream
60 grams	Unsweetened Almond milk
50 grams	Seedless, chopped Prunes

Mise en Place:

- Lightly grease muffin pan
- Preheat oven 175°C

Method:

- Roll out pie dough and line muffin pans.
- Blind bake for 10 minutes.
- Remove from oven and set aside.
- Prepare the custard by combining oat flour, coco sugar and eggs in a bowl with a whisk.
- In a microwavable container, combine cream and almond milk.
- In a microwave, heat the dairy for 30 seconds. It should be steaming hot.
- Slowly add the hot dairy into the egg mixture.
- Strain the mixture.
- In each empty crust, scatter bits of chopped prunes.
- Pour the egg mixture until almost to the brim. Careful not to overfill.
- Transfer to the oven and bake for 15 minutes or until custard still has a soft jiggle to it.
- Allow to cool for 5 minutes before unmolding.

Prune Clafouti	Total	Per serving
Energy kcal	1353	271
Protein g	26	5
Fat g	57	11
Carbohydrate g	191	38
Fiber g	13.0	2.6
Cholesterol mg	316.3	63.3
Sodium mg	547.7	109.5
Vit A IU	292.2	58.4
Vit C mg	0.0	0.0
Thiamin mg	0.6	0.1
Calcium mg	265.3	53.1
Iron mg	9.1	1.8

Total no. of servings: 5

Serving size: each piece is about half the height of a regular cupcake



Whole wheat Pie Crust

(for Prune Clafouti)

Ingredients:

3 Grams	Iodized Salt
280 Grams	Whole wheat flour
100 Grams	Shortening
1 Piece	Fresh, large Egg
As needed	Cold water

Method:

- In a bowl, combine salt and whole wheat flour.
- Add the shortening and rub it into the flour until the mixture has a coarse meal texture.
- Whisk the eggs and add it to the mixture.
- Add cold water a little at a time just until a dough forms.
- Roll the dough into a ball and wrap in cling film.
- Allow the dough to rest for 30 minutes before rolling out.



Streusel Kuchen

Ingredients:

212 grams	Whole wheat flour
4 grams	Iodized Salt
10 grams	Instant Yeast
150 grams	Unsweetened Almond milk
30 grams	Coco sugar
50 grams	Unsalted, softened Butter
2/3 recipe	Streusel
20 grams	Chopped Pecans
75 grams	Sugar free Mixed berries jam

Mise en Place:

- Preheat oven 180°C
- Lightly grease sheet pan
- Prepare streusel topping
- Transfer jam into piping bag

Method:

- In a bowl, combine whole wheat flour and salt.
- In a mixing bowl, whisk together almond milk, instant yeast and coco sugar.
- Add the whole wheat flour mix.
- With a dough hook, set mixer at slow speed and mix for 2 minutes.
- Add softened butter and continue mixing as slow speed for 1 minute.
- Turn speed to medium and knead for 3 minutes or until developed.
- Remove dough from bowl and shape into a ball.
- Cover with plastic sheet and allow to ferment for 1 hour.
- Roll out dough onto the prepared pan; shape it into a rectangle.
- Leave to proof for 15 minutes. Cover loosely with plastic sheet.
- Gently create dimples on the surface using fingers and then randomly pipe jam on top.
- Sprinkle streusel topping and then chopped pecans.
- Leave to rest for 20 minutes.
- Bake for 20 minutes.
- Allow to cool for 5 minutes before cutting.

Streusel Kuchen	Total	Per serving
Energy kcal	2311	193
Protein g	44	4
Fat g	98	8
Carbohydrate g	338	28
Fiber g	37.7	3.1
Cholesterol mg	179.2	14.9
Sodium mg	1658.6	138.2
Vit A IU	0.1	0.0
Vit C mg	0.2	0.0
Thiamin mg	2.0	0.2
Calcium mg	277.1	23.1
Iron mg	14.7	1.2

Total no. of servings: 12 bars
Serving size: 1 bar;
1.5 inches X 5 inches X 1 inch



Maple-Made

Tapping the Secrets of Pure Maple Syrup

Pure maple syrup is so much more than just a great accompaniment to your breakfast waffles. This all-natural sweetener, which comes directly from the maple tree, is 100% pure and free of any coloring or additives, unlike bottles of popular “pancake syrup.” Pure maple syrup doesn’t just taste great; it’s also a better choice of sweetener when it comes to making good decisions about your health.

NUTRITIONAL VALUE

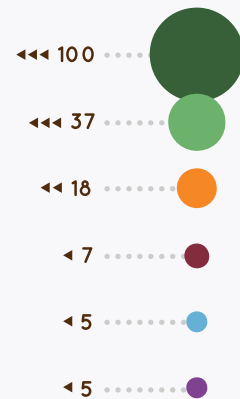
Percentage Daily Value, Per 1/4-Cup Portion

Manganese ...	●	
Plays an important role in energy production and antioxidant defenses	●	... Riboflavin (Vitamin B2)
	●	Aids in the metabolic process
Zinc ...	●	
Essential for a healthy immune system	●	... Magnesium
	●	Associated with lowered risk for coronary heart disease
Calcium ...	●	
Strengthens bones and teeth	●	... Potassium
	●	Helps maintain normal blood pressure

Legend

◀◀◀ Excellent source of ◀◀ Good source of ◀ Source of

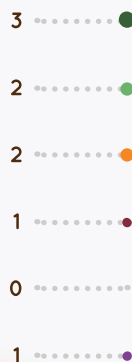
MAPLE SYRUP FROM CANADA



Calories ██████████ 217

Sugar (g) ██████████ 54

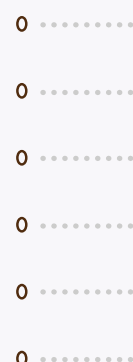
HONEY



Calories ██████████ 261

Sugar (g) ██████████ 71

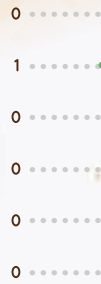
AGAVE SYRUP



Calories ██████████ 256

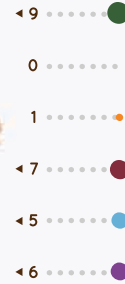
Sugar (g) ██████████ 56

SUGAR



Calories 196
Sugar (g) 51

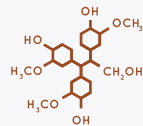
BROWN SUGAR



Calories 211
Sugar (g) 54



Pure maple syrup does not cause the same spike in blood insulin levels as some other sugars, according to a recent study.



Pure maple syrup has the same beneficial classes of polyphenolic compounds found in berries, tomatoes, tea, red wine, whole wheat, and flax seed.

*Daily Value is the amount deemed sufficient to meet the daily needs of the majority of healthy individuals.
Source: Canadian Nutrient Health File (Health Canada)

A SWEET SUBSTITUTE

Naturally sweet and nutrient-rich, maple syrup can be substituted for other sweeteners in most recipes. When experimenting, pay attention to the amount of liquid in your recipe and how the taste of maple may change or enhance the flavor of your creation.

HONEY



AGAVE SYRUP



SUGAR



BROWN SUGAR



REPLACE WITH

Equal amounts of
maple syrup

Equal amounts of
maple syrup

2/3 c maple syrup
per 1 c sugar

2/3 c maple syrup
per 1 c sugar



BAKING TIPS



▼25°

Reduce the overall liquid in the recipe by about 1/4 C for each cup substituted.

Turn the oven temperature down about 25° from the listed baking temperature when using maple syrup in place of sugar.

For more tips and recipes featuring pure maple syrup, visit purecanadamaple.com

SHAKE IT UP with NUTRILITE™



Banana Berry Slush

Ingredients:

- 80 g frozen banana (w/o peel)
- 1 scoop (23.5g) NUTRILITE™ Protein Mix Berries Flavor Drink Mix
- 1/2 cup skim milk
- 3 pcs. ice cubes

Directions:

1. Using a food processor or blender, blend the fruit until smooth.
2. While machine is running, add the ice cubes one at a time until the mixture takes on a slushy consistency.
3. Pour into glasses and serve immediately.

Nutrition Facts:

Energy:141 kcal
Carbohydrates:16.6 g
Protein:11.17 g
Fat:3.5 g



OfficialAmwayPH @AmwayOfficialPH amwayph_official

Choco Berry Smoothie

Ingredients:

- 2 scoops (24.2g) NUTRILITE™ Soy Protein Drink Mix Chocolate Flavor
- 200 ml skim milk
- 50 g fresh strawberry
- 2 teaspoons of low fat yogurt
- Ice cubes

Directions:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. serve immediately.

Nutrition Facts:

Energy:178 kcal
Carbohydrates:23.2 g
Protein:17 g
Fat:1.7 g



Amway™

Evidence-Based Weight Loss Tips

by Mia C. Fojas, MD, FPSEDM

Recently, it was found that for every 5 kg/m² increase in body mass index from the overweight state (25 kg/m²) mortality rate is increased due to cardiovascular disease by 40%. Median survival at BMI of 30–35 kg/m² is reduced by 2–4 years; while at 40–45 kg/m², it is reduced by 8–10 years (which is comparable with the effects of smoking).

On the other spectrum, every 5 - 10% weight loss has its benefits. For example, in the Look AHEAD (Action for Health in Diabetes) trial those who had modest weight loss of about 5-10% of their original body weight, were more more likely to have a significant reduction in their A1c (better glucose control), 5 mmHg reduction in both systolic and diastolic blood pressure, improvement in the cholesterol profile, and decreased the incidence of obstructive sleep apnea. More weight reduction of about 11-16% caused stepwise reduction in body fat mass, intra-abdominal adipose tissue and volume, and intrahepatic triglyceride content.

Several tips to help one lose weight have come up in the social media, but which ones have clearer evidence and are recommended by legitimate healthcare professionals? Here are some of them:

1. Nutrition

In general the recommended caloric requirements for weight loss are:

- 500 to 750 kcal deficit in the usual diet per day, totalling 3,500 to 5,250 kcal per week, or around
- 1,200 to 1,500 kcal per day for females, and
- 1500 to 1,800 kcal per day for males

Here is what ~500 kcal really looks like:



Bacon - 4 slices
Big Mac - (550 kcal)
Starbucks Venti Caramel Frappuccino with Low Fat Milk (2%) and whipped cream
Cheddar Cheese 128 g
Skittles - 2 regular sizes
Eggs - 6 pieces
Steak - 9 ounces or 255 g
Bananas - 5 pieces



Fish and white meat are the best sources of protein which should occupy 1/4 of a 9 inch plate. Choose high fiber carbohydrates with low glycemic index (GI) content, such as wheat bread, brown rice, steel-cut oats and oat bran. As a general guideline for carbs, the more sticky the rice, the higher the GI.

Half of one's plate should be occupied by at least 1 cup cooked or raw vegetables. Another important recommendation is also the

consumption of at least 9 servings of fruits and vegetables per day. Nine servings translate to about 2 cups of fruit and 2.5 cups of vegetables per day. Caution on the high glycemic fruits though.

1 serving of fruit

1 small apple, orange, pear or mango (130g)
1 wedge pineapple, papaya or watermelon (130g)
10 grapes or longans (50g)
1 medium banana
¼ cup++ dried fruit (40g)

1 serving of vegetables

¾ mug* cooked leafy vegetables (100g)
¾ mug* cooked non-leafy vegetables (100g)
Raw leafy vegetables (150g)
Raw non-leafy vegetables (100g)

(*250 mL mug)

Hydration with 8 or more glasses of water is also very important.

2. Activity

In general, a minimum of 150 min. per week of moderate aerobic activity is recommended. Moderate activity can be done through brisk walking, swimming or mowing the lawn. If one intends to decrease the duration of activity to 75 min. per week, vigorous aerobic activity can be through running or aerobic dancing. Combined moderate and vigorous activities can also be done.

3. Behaviour

Monitor thyself.

For nutrition, “mindful eating” is a must. Mindfulness is the state of being aware of something or paying attention to what is happening inside and outside one’s body. Mindful eating includes awareness of physical hunger and satiety cues, environmental or emotional triggers to eat, and making healthier food choices. This involves cultivating awareness of the hunger experience, cultivating the taste experience and being satisfied with the food. Self-regulation is also important.

For activities, it does help to count the number of minutes spent on exercises as well as the number of calories lost, and be proud of oneself as the duration and level of difficulty gradually increases and is well-tolerated.

The weight must also be monitored together with the waist circumference at the same time each day undressed. How often? In studies that included overweight and obese adults, those who were asked to weigh themselves daily and chart the results were most likely to either lose weight and then keep it off.

Losing weight takes a lot of work, but its effects on health and longevity are its foremost rewards.

What's My Plate All About?

