



# De-Stress Recipes

## Week 1: Complex Carbohydrates

**Foods can fight stress in several ways.** Some foods can reduce levels of cortisol and adrenaline - stress hormones that take a toll on the body over time. A nutritious diet can counteract the impact of stress, by strengthening the immune system and lowering blood pressure.

**Serotonin** is the body's calming brain chemical and can be boosted by eating complex carbs. Good choices include whole-grain breakfast cereals, breads, and pastas, as well as old-fashioned oatmeal. Complex carbs are digested more slowly and stabilize blood sugar levels.

### Carrot Oatmeal Muffins

#### Ingredients

- 1 ½ cups all purpose flour
- 1 cup quick-cooking rolled oats, (not instant)
- ½ cup packed brown sugar
- 1 tbsp baking powder
- ½ tsp cinnamon or ginger
- ¼ tsp salt
- 1 cup skim milk
- 1 egg
- ¼ cup vegetable oil (or applesauce)
- 1 tsp vanilla
- 1 carrot, grated
- ½ cup chopped walnuts, (optional)



#### Instructions

1. In large bowl, whisk together flour, rolled oats, brown sugar, baking powder, cinnamon and salt.
2. In separate bowl, whisk together milk, egg, oil and vanilla; pour over dry ingredients. Sprinkle with carrot, and walnuts (if using); stir just until dry ingredients are moistened. Spoon into 12 paper-lined or greased muffin cups.
3. Bake in centre of 375°F (190°C) oven for about 20 minutes or until cake tester inserted in centre comes out clean. Let cool in pan on rack for 5 minutes. Transfer to racks; let cool completely. *(Make-ahead: Store in airtight container for up to 24 hours or wrap individually in plastic wrap and freeze for up to 2 weeks.)*

**Variation: Apple Raisin Oatmeal Muffins:** Replace carrot with 1 apple, peeled and grated; replace walnuts with 1/2 cup (125 mL) raisins.

Nutritional Information (per serving)			
<b>Calories</b>	<b>182</b>	<b>Folate</b>	<b>17 %</b>
<b>Protein</b>	<b>4 g</b>	<b>Cholesterol</b>	<b>17 mg</b>
<b>Carbohydrate</b>	<b>28 g</b>	<b>Sodium</b>	<b>145 mg</b>
<b>Total Fat</b>	<b>6 g</b>	<b>Fiber</b>	<b>1 g</b>
<b>Saturated Fat</b>	<b>1 g</b>	<b>Makes 12 servings</b>	

Resource: <http://www.canadianliving.com/>