

DE-STRESS RECIPES

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 (whole wheat or multigrain is good too!)
- 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 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 ½ cup (125 mL) raisins.

Nutritional Information (per serving)			
Calories	182 cal	Cholesterol	17 mg
Protein	4 g	Sodium	145 mg
Carbohydrate	28 g	Fiber	1 g
Total Fat	6 g	Makes 12 servings	
Saturated Fat	1 g		

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