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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Fruit Phyto Bars

By News Canada

Fruit Phyto Bars

by: **News Canada**

(NC)–Forget those tasteless, over-processed energy bars you buy at the store which have been sitting on the shelf for who knows how long! These delicious bars will not only tempt your taste buds but will deliver some important nutrition benefits as well. Made with antioxidant-rich California tree fruits (pick your favorite or use a combination of plums, peaches and nectarines) these bars will help you keep the sun's UV rays at bay with phytonutrients critical to maintaining healthy skin. 1 1/2 pounds fresh California tree fruit (peaches, plums and/or nectarines) 1/4 cup canola oil 1/2 cup light brown sugar 1/4 cup liquid egg substitute 6 tablespoons honey 1 teaspoon vanilla 1 cup all-purpose flour 2/3 cup whole wheat flour 1/2 cup instant nonfat dry milk powder 1 teaspoon baking soda 1 1/2 teaspoons ground ginger 1 teaspoon salt 3 cups quick-cooking rolled oats 1/4 cup dry roasted sunflower kernels

Lemon Glaze: 1 cup powdered sugar, sifted 1/4 teaspoon vanilla 2 teaspoons lemon juice 3 teaspoons hot water

Preheat oven to 325° F. Butter and flour 11"x15 1/2"x1" baking pan and set aside. Pit and dice fruit to yield

3 1/2 cups. Measure 1 cup into blender or food processor. Add oil and process until smooth. Reserve the remaining fruit.

With mixer, beat puréed mixture together with sugar, egg substitute, honey and vanilla until sugar is dissolved. Stir flours, dry milk powder, soda, ginger, salt, oats and sunflower kernels together in another large bowl. Add all at once to mixer bowl with remaining diced fruit; mix just to blend. Spread evenly in prepared pan and bake at 325° F for 30 to 35 minutes, or until pick inserted in center comes out clean.

Meanwhile, mix ingredients for glaze together until smooth. Drizzle or brush on bars while hot. Allow to cool in pan. Cut 5x6 to make 30 bars.

Fruit Phyto Bars

Nutrition information (per bar) – PROTEIN: 3 grams; FAT: 3 grams; CARBOHYDRATE: 24 grams; FIBER: 2.6 grams; SODIUM: 20 milligrams; CHOLESTEROL: 0.2 milligrams; CALORIES: 134 calories

For more recipes and information on California peaches, plums and nectarines, visit

www.eatcaliforniafruit.com

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Kids School Lunches – 13 Alternatives To Promote Healthy Eating And Avoid Fast Food

By Helen Thompson

For parents, providing your kids with healthy, nutritional lunches that they find interesting can be quite a challenge. The "if it is good for you then it must be boring" mentality makes this particularly challenging and you have such favorites as lollies, sweets and fizzy drinks to compete with.

Don't despair, it can be done and here are 13 alternatives to get you started. Instead of...

1. High fat savoury biscuits -- why not try

Fruit Phyto Bars

- * Plain dry crackers, rice cakes, corn thins or Scottish oatcakes.
- * Raw carrots or celery cut into small pieces are also an excellent choice.

2. Pies, pastry or sausage rolls — why not try

* Meat or cheese sandwiches or pasta with mince beef sauces (you can buy wheat/gluten free bread and pasta if required).

* Tuna and sweetcorn.

* Brown rice (or white) with tuna and roasted vegetables.

* Falafel (Lebanese delicacy made from chick peas).

3. Processed meats such as frankfurters, salami or other — why not try

* Mince burger (home made), lentil burgers or bean burgers.

* Leftovers from main meals.

* Quality ham (e.g. Virginia) or cooked bacon, which has been grilled, and the fat/rind removed.

* Quality sausages that are mostly meat and not too fatty (gluten free sausages are a great alternative if you can find them).

4. Biscuits (cream filled or chocolate) — why not try

* Crackers or plain sweet biscuits, oatcakes, rice crackers or rice cakes.

You can make these interesting by having different topics like tuna and sweet corn or avocado (too much avocado may be regarded as fattening).

5. Chocolate / candy bars – why not try

* Cheese cubes or dried fruit or yoghurt with fresh fruit to add to it.

* Dairy products may make you feel bloated, so sheep's or goat's yogurt make a great alternative to cows yoghurt and have a different texture and taste. They are less bulky and easier to digest).

6. Muesli bars and breakfast bars (these are often full of sugar and preservatives) — why not try

* Fresh fruit such as grapes, melon cubes, oranges or mandarins/satsumas.

* Nut muesli bars (check the ingredients first though).

Fruit Phyto Bars

7. Cordial or fizzy drinks — why not try

- * Water is the best option to add to any lunch box.
- * Dairy, soy or rice milk are also good alternatives.

8. Chocolate spreads — why not try

- * Sesame seed spread (tahini).
- * Humous.
- * Dip such as yoghurt, avocado or one that you make yourself, dipping for example, pitta bread or cut up vegetables.

9. Lollies / sweets — why not try

- * Dried fruit, nuts and raisins.
- * Make a nibbles bag with a variety of nuts and dried fruit and add sesame, pumpkin and sunflower seeds.

10. Chips / crisps or hot chips — why not try

- * Hot homemade soups with the addition of sunflower, pumpkin and sesame seeds.
- * Pecan nuts, almonds and flax seed are all great snacks as they are high in essential fatty acids and are best eaten raw (cooking them can destroy the essential fatty acid component).

The best way to encourage your children to eat these is to add them to soups as an alternative to croutons and to sprinkle them on yoghurt and cereal/muesli in the morning.

11. Fruit leather straps – why not try

- * If you have your own fruit drier, then you can dry the fruit yourself.
- * Fresh fruit, plain dried fruit e.g. sultanas, dried apricots, mixed nuts, 100% fruit bars.

12. Donuts — why not try

- * Raisin bread (you can buy wheat free raisin bread if required).
- * Muffins.
- * Flapjacks.

Fruit Phyto Bars

* Scottish oatcakes with a banana.

* Tuna and sweetcorn.

13. Potato crisps, corn chips, or similar snack food – why not try

Rice crackers, or rice cakes with a homemade dip or spread, or a bought one as long as it has a low fat content.

Helen Thompson is a qualified child care worker (Nursery Nurse) and Brain Gym® consultant who has spent many years working with children aged between 0 – 8 years. Her website at

<http://www.ChildLearningSupport.com>

includes recipes, craft activities and more.

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