

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

Food Sensitivities

Did You Know?

Gluten is a protein found in wheat products. When gluten proteins are moistened, they become a flexible network. Basically, gluten is the reason why dough is elastic. It is estimated that 1 in 133 people suffer from celiac disease. Celiac is an autoimmune disorder that can only be treated by eliminating gluten from the diet. In those with celiac disease, consuming gluten causes inflammation in the small intestines. Symptoms can include diarrhea, bloating, abdominal pain, but also fatigue and headaches.

The lactose content of one glass of whole milk is 12 grams. What is the lactose content of one slice of cheddar cheese?

Find answer in the second March edition.

Nutrition Nugget

If you are lactose intolerant, you may still be able to digest dairy products other than milk: yogurt, cheese, cottage cheese, kefir, and butter.

Pay attention when purchasing commercial sour cream and frozen yogurt. These products may have added milk solids which are high in lactose.

Family Play Time

Want a fun and healthy snack idea for you and your children? Try frozen grapes! Keep a lookout for grapes on sale. Wash them and flash freeze all your grapes on a baking tray. Once frozen, store them in your freezer in baggies. Now whenever your family craves a sweet snack, you can enjoy mini popsicles. Not only are they delicious, but these little frozen drops are full of vitamins and low in calories. Your kids will love making and eating them.



Cooking School

Homemade Almond Milk

- 1 cup raw almonds
- water for soaking nuts
- 3 cups water
- 2 dates (optional)
- 1/2 tsp vanilla (optional)



Soak the almonds in water overnight or for at least 6 hours.

Drain the water from the almonds and discard. Blend the 3 cups of water, almonds and dates until well blended and almost smooth.

Strain the blended almond mixture using a cheesecloth or other strainer.

Homemade raw almond milk will keep well in the refrigerator for 3 or 4 days.

Beefy Zucchini

Dairy, egg and wheat free.

Ingredients

- 2 pounds ground beef
- 1 small onion, diced
- 2 cans Fire Roasted Tomatoes
- 3 zucchini, chopped
- 2 teaspoons Italian Seasoning
- Salt and Pepper



1. In a heavy skillet cook beef and onion until beef is brown and onions are clear.
2. Add vegetables and seasoning, and cook until zucchini is tender.
3. Serve with rice.
4. Leftovers make a great meal for the next day.

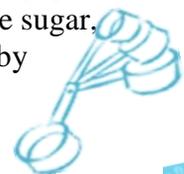
Chocolate Chip Meringue

Gluten-free dessert. Makes about 4 dozen cookies.

Ingredients

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| 3 egg whites | ½ teaspoon vanilla extract |
| 1 cup sugar | 1 pinch salt |
| ½ teaspoon distilled white vinegar | 2 cups chocolate chips |

1. Preheat oven to 300 degrees. Grease baking sheets or use parchment paper.
2. In a medium bowl, whip egg whites to soft peaks. Gradually add the sugar, vinegar and vanilla while whipping. Fold in chocolate chips. Drop by spoonful's onto the cookie sheets.
3. Bake for 20-25 minutes until cookies are dry.



ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt & Sheridan Counties.

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What Can I Do Today?

Do you suspect your child may have a food allergy or food intolerance? In addition to visiting your health provider, start keeping a food diary. Pay attention to symptoms like diarrhea, stomach aches, headaches, runny nose, nausea, hives, itching and tingling mouth. Record every food consumed and watch out for any symptoms.