

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

Food Sensitivities

Cutting Corners

Sunflower Seed Butter

Ingredients

- 1 (16 oz) bag of Sunflower kernels
- ¼ cup (approx.) Canola or other flavorless oil

In a food processor, grind the sunflower seeds until they are finely processed and are beginning to clump together. Slowly drizzle in the oil, while processor is running. Add the oil slowly until you reach the desired consistency.

Store in refrigerator.

Family Connections

One of the best ways to teach children to value wholesome ingredients is to get them involved in food preparation. Kids love to make these watermelon pops (dairy-, gluten-free).

- 2 cups seedless watermelon, cut into chunks
- 1 banana
- 2 kiwi
- ½ cup fresh or frozen blueberries

1. Place watermelon chunks into a blender and puree.
2. Peel and slice the banana and kiwi. Place 2 slices of each fruit and blueberries into each pop mold.
3. Use a popsicle stick to press the blueberries between the kiwi and banana slices, forcing them against the walls of the mold.
4. Fill pop molds with watermelon puree.
5. Add sticks and freeze.



0.02 grams. 1 slice of cheddar cheese consists of 0.07% lactose, compared to a 4.80% lactose content in one glass of milk.

Answer to the question of the March(1) edition.

Keep It Safe

If someone in your family has a food allergy, be wary of certain grocery store items that have a high risk of cross-contamination with allergenic foods: nuts, chocolate candies, foods from the deli counters and salad bars, bulk items from barrels or containers, fresh fish counter, and nuts in the produce section.

Food on the Move

Traveling with children who have food allergies can be challenging. Here are a few tips (www.kidswithfoodallergies.org) to keep in mind:

- Plan out meals ahead of time.
- Stay at hotels that offer kitchenettes that allow you to prepare your own meals.
- Bring a supply of epinephrine autoinjectors at all times (for those who need them). Keep them away from excessive heat or cold
- Make sure your child wears a medical identification bracelet
- Speak out about your child's allergies to restaurant and hotel managers.



Egg, Ham, and Cheese Bake (Crust-less Quiche)

Gluten-free

Ingredients

- 8 eggs
- 1 cup of shredded cheese
- 1 cup of plain yogurt
- 1 cup of chopped ham
- 2 chopped green onions
- ¼ cup of chopped jalapeno pepper, if desired
- 1/8 teaspoon of salt
- Additional salt and pepper to taste



Preheat oven to 375 degrees F. Mix eggs in a big bowl, and add all other ingredients. Pour the mixture into an 8-inch baking pan and bake for about 25-30 minutes or until the top is turning brown.

Soft Zucchini Cookies

Dairy-free.

Yields: 3 dozen

Ingredients

- ½ cup granulated sugar
- ½ cup vegetable oil
- 1 egg
- 1 teaspoon baking soda
- ½ teaspoon nutmeg
- 1 cup chopped nuts, if desired

- ½ cup brown sugar
- 1 cup finely grated zucchini
- 2 ¼ cups flour
- 1 teaspoon cinnamon
- 1 cup chocolate chips or raisins



Heat oven to 350 degrees. In a mixing bowl, cream together sugars, oil and zucchini. Add in egg and mix well. In a separate bowl combine flour, soda, cinnamon, nutmeg and salt. Stir into sugar and egg mixture until well combined. Stir in chocolate chips or raisins and nuts. Drop by teaspoonful onto a greased cookie sheet. Bake 10 to 12 minutes. Remove from oven and let cool on a cookie sheet for one minute. Remove to a rack and cool completely.

ASK AN AGENT

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

To ask a question or for more information contact:
 Ludmila Keller, Richland County Agent
 406-433-1206
 Ludmila.keller@montana.edu

What Can I Do Today?

If you have Celiac disease, you can make your own gluten-free, all-purpose flour blend for your baking:

- ½ cup rice flour
- ¼ cup tapioca starch/flour
- ¼ cup cornstarch or potato starch

Many grocery stores also offer a variety of gluten-free flours that you can use for baking and cooking.