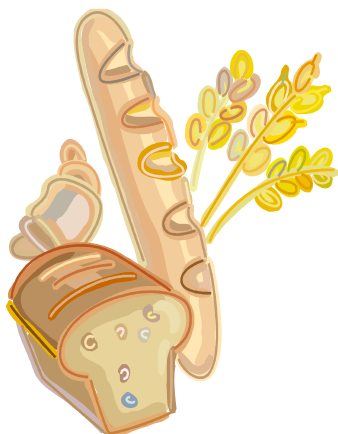


Mission Meltaway Weekly Newsletter March 19, 2009 / Week 3

Complex Carbs? Simple!



Much confusion surrounds the topic of carbohydrates. But, as with fats, it is the type of carbohydrate that you eat that is most important. Eventually, all carbohydrates turn to sugar in our bodies. These sugars give us the energy needed to perform tasks; from breathing to bicep curls.

Complex carbohydrates can be found in whole grains, legumes, vegetables (such as quinoa, kidney beans, and winter squash).

Research has shown that Complex Carbohydrates help you feel full and satisfied after a meal and keep your levels of blood sugar on an even keel, reducing the risk for developing Type II Diabetes.

For more information on healthy choices check out the website: www.cookinglight.com

7 Grain Banana Bread

- 1 c. dry whole grain cereal (such as Fiber One)
- 2 tsp. baking powder
- ½ c. unbleached flour
- ¾ c. whole wheat flour
- ½ tsp. baking soda
- ½ c. brown sugar or ¼ c. honey or molasses
- 2 eggs
- 1/3 c. unsweetened applesauce
- 1 Tbsp. vegetable or canola oil
- 2 ripe bananas

Combine all the dry ingredients and mix well. In a blender, processor or by hand, mash the bananas, add the applesauce and oil, mix well. Combine the dry and the wet together. Pour into greased 8 inch loaf pan. Bake at 350 degrees for 50 to 60 minutes. Store one day in foil or plastic wrap before slicing.

Makes 12 servings / per serving =140 calories and 3 grams of fat