



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## How Do You Fuel Your Picky Eater?

These days, there's more awareness about eating well to stay healthy, making it extra stressful to have a picky eater. For those of you dealing with this challenge in your family, am I right? How do you find a balance to avoid the power struggles with your picky eater?

Try finding recipes that serve up good-for-you ingredients in tasty ways. In the right combination and with some creativity, even the pickiest of eaters might come around. Don't forget to ask for help in the kitchen! Sometimes it's less "scary" to try something new when you help prepare it.



*Finding flavorful ways to get heart healthy oats or immune-boosting apples into your day can be a great start.*

*Give apple slices some extra flavor and pizzazz with these Apple Peanut Butter Breakfast Nachos from [inseasonzine.com](http://inseasonzine.com).*

## Mini Banana Oatmeal Muffins

### Ingredients:

- 1 cup old-fashioned rolled oats
- 1 large egg, lightly beaten
- 1 large ripe banana, mashed
- 3/4 cup nonfat Greek yogurt
- 1/4 cup plain or cinnamon applesauce
- 1/4 cup unsweetened almond or coconut milk
- 3 Tbsps. honey
- 1 tsp. ground cinnamon
- 3/4 tsp. baking powder
- 3/4 tsp. vanilla extract
- 1/8 tsp. salt



- **Optional toppings:** almond or peanut butter; blueberries, pomegranate seeds or raspberries; chopped apples, cashews, dark chocolate, dried apricots, mangoes or strawberries; sliced almonds; pecan pieces

### Directions:

1. Preheat oven to 350°. Spray mini muffin tin with baking spray. In large skillet, toast oats over medium heat 8 minutes or until golden brown, stirring occasionally.
2. In large bowl, whisk egg; whisk in banana, yogurt, applesauce, milk, honey, cinnamon, baking powder, vanilla extract and salt until combined. Fold oats into egg mixture until combined.
3. Evenly divide oatmeal mixture into prepared cups, filling 3/4 full. Add toppings before baking, if desired. Bake 20 minutes or until toothpick inserted in center of muffins comes out clean.