



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

Dietitian's Dish



GLUTEN FREE DIET AWARENESS MONTH NOVEMBER

A gluten-free diet eliminates foods that contain or are cross-contaminated by the gluten protein.

Foods containing wheat, barley, and rye should be avoided.

While oats are naturally gluten free, they may become cross-contaminated at the farm, in storage, or during transport to the food manufacturer.

Look for Gluten Free on packages and shelf tags.



NATIONAL DIABETES MONTH

Dates are a diabetic-friendly source of vitamins and minerals like calcium, iron, potassium, zinc, and magnesium.

They're also a source of antioxidants, which can help reduce inflammation and oxidative stress in the body.

Eating dates daily may improve total & HDL cholesterol levels. With a lower Glycemic Index, dates should not cause dramatic blood sugar spikes when eaten in limited amounts.

Try these sweet treats in a lunchbox or as a snack!

Gluten Free Pecan Date Nut Bites

Ingredients:

- 10 dates, pitted
- 1/2 cup raw hazelnuts
- 1/2 cup raw pecans
- 1 cup almond meal
- 1/8 tsp. salt
- 1/2 tsp. vanilla extract
- 1 Tbsp. coconut oil, melted
- 1 tsp. maple syrup
- 1 Tbsp. espresso powder (mixed with 2 Tbsp water)
- 2 Tbsps. cocoa powder

Directions:

1. Soak dates in hot water for 10 minutes. Drain water.
2. Chop nuts in a food processor. Add almond meal and pulse a few times. Add salt, vanilla, coconut oil, maple syrup, espresso mixture and dates and pulse until a dough forms. Dough will be sticky. Transfer dough to a bowl.
3. Roll the dough into 3/4-inch balls. Roll the balls in the cocoa powder. Keep chilled.

Recipe and image courtesy of Healthe cooks.com



Pumpkin Oatmeal Energy Bites

Ingredients:

- 2 1/4 cups gluten free oats, uncooked
- 1/4 cup oat flour
- 1/2 - 1 tsp. pumpkin pie spice
- 3/4 cup pureed pumpkin
- 2 Tbsps. honey



Recipe (adapted) and image courtesy of Quaker oats.com

Directions:

1. To make oat flour, place 1/4 cup of oats in blender or food processor. Process until finely ground.
2. Place oats, oat flour, and pumpkin pie spice in large bowl; stir to blend well. Add pumpkin and honey. Stir until ingredients are well blended.
3. Shape into 24 (about 1 inch diameter) balls. Refrigerate, covered, until chilled. Store leftovers in refrigerator, covered.