



COLONIAL NEWS

Health Committee Newsletter

November 2017

The Fifth Edition

Welcome to the Albert Gallatin School District Health Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families, and staff to use this information to make healthy decisions and to live a healthy active lifestyle.

Air Fryers — a New Way to Fry

In this edition of the newsletter I will be discussing air fryers. Everyone knows that fried foods taste great. However, fried foods are not healthy. Frying food requires the use of animal fat or vegetable oil. Consuming these types of fats, especially saturated fats, contribute to heart disease, stroke and high cholesterol. Would you like the taste of fried food with little or no use of oil and without the risk of developing a life threatening disease? If so, an air fryer might be an investment you should consider.

Air fryers require no more than a TBSP of oil. The oil is only used to add a crisp to the food to resemble something that has been deep fried in the traditional method. When using my air fryer, I rarely use any oil at all.

What types of food can be made in an air fryer? Anything you would have previously deep fried and more.

Things that I have Fried:

- Country Fried Steak
- Chicken Fingers
- French Fries
- Wings
- BBQ Chicken
- Steaks
- Tater Tots
- Fried Chicken
- I have also found that using the air fryer for reheating food eliminates issues with food becoming chewy, such as pizza that is reheated in a traditional method.

So if you're looking for an easy way to reduce fats and not lose the crispy texture, but prefer the taste of deep frying, then you need to give an air fryer a try. Using the air fryer can be a step toward a healthier lifestyle. Air fryer recipes and product information can be found online.



Recipe of the Month: Pumpkin Muffins

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 minutes

Yield: 12

Ingredients

- 1/3 cup melted coconut oil
- 1/2 cup real maple syrup
- 2 eggs
- 1 cup pumpkin puree
- 1/4 cup milk of choice (I used almond milk)
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 3/4 cups whole wheat pastry flour or regular whole wheat flour
- 1/3 cup old-fashioned oats, plus more for sprinkling on top

Instructions

Preheat oven to 325 degrees. Grease a 12-cup muffin tin well and set aside.

In a medium bowl, add the melted coconut oil, pure maple syrup, egg, pumpkin puree, milk and vanilla. Whisk to combine well. In a large bowl, add the soda, salt, cinnamon, flour, and oats. Stir to combine. Add the wet ingredients to the dry ingredients and stir until just combined. Don't over mix here.

Divide the batter among the 12 muffin cups. Sprinkle with additional oats. Bake for 22-25 minutes, or until a toothpick inserted into the center comes out clean and the muffins spring back when lightly touched. Let the muffins cool for 5 minutes in the pan and then remove and allow them to cool on a wire rack. Enjoy warm or at room temperature.

Notes

If you want these to taste more like dessert, try adding in 1 cup of good chocolate chips. Pumpkin and chocolate are always a good idea.



November's exercise of the month

Wall-Up

Targets: Abs and obliques

- Place stability ball about 2 feet in front of wall.
- Lie face up on ball with lower back on its center, knees bent 90 degrees, feet flat on wall, calves parallel to floor.
- Put hands behind head, elbows out to sides. Crunch up; lower. Do 10 reps.



Reading is to the mind what
exercise is to the body.

Joseph Addison