

Featuring Salba Smart on *Eat, Drink And Be Aware* on January 20, 2010
Online Impressions: 1,200

EAT, DRINK AND BE AWARE

NOTES ON THE EXAMINED LIFE FROM A FITNESS-MINDED FOODIE

WEDNESDAY, JANUARY 20, 2010

Hump Day Eats

Good Evening!

Wednesday is one of my busy days with back to back classes and clients, as well as afternoon kids activities and evening clients, but I of course have a few minutes to share my eats with you as well as recipes.

The day started off with a classic:

Pear & Almond Salba Oats

1/2 cup rolled oats

1/2 cup skim milk

1/2 cup water

1 tbsp Salba Smart

Dash of Cinnamon



Combine above ingredients in small pan and cook over medium heat for 4-5 minutes. Remove from heat and top with:

1 small red pear, diced

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7 almonds, chopped

Drizzle of honey

Enjoy!

I don't know if I have expressed my love for oatmeal lately! It really is the best stuff on earth and such a great way to start the day. I also love oats before running, perfect energy food. The two meals that give me energy without weighing me down or sloshing around while I run are:

Oatmeal- any combos but especially "whipped" banana method and Almond Butter & Banana on Ezekiel English Muffin

I brought a little baggie of 8 almonds and 1 tbsp of dried cherries with me to eat between clients. Always a good snack.

I had to stop at the grocery store because it is Teacher Appreciate Day tomorrow and I am bringing a Wild Rice Salad and Apple Butternut Squash Soup. I am currently cooking those right now so will share the recipes with you tomorrow. The house smells great so I hope they turn out well.

So I had a late lunch of:

Greek Berry Bowl + Peanut Butter Toast and Banana

3/4 cup Fage 0% Greek Yogurt

Fresh Raspberries and Blueberries

Banana, Sliced

Drizzle of Honey



1 piece of Spelt Apricot Almond Bread with

1/2 tbsp of Justin's Honey Peanut Butter

Banana Slices

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Besides oats, I would have to say that Bananas are at the top of my list of Fav's.

Impulse buy at the store..... let's just say I have A LOT of nut butters at home.

Steve made the best stew/soup for dinner tonight. It is a take on a recipe from The Lee Bros. Simple Fresh Southern cookbook for Hominy Stew with Chicken and Chilies. Oh my, this stew is amazing. Very fresh and extremely filling. I had to add just a little mexican cheese to the top to add a little zing to it but other than that everyone (including the kids) loved it!



Dessert was the infamous Chocolate Pudding with Whipped Cream and Raspberries!

Old Fashioned Chocolate Pudding

2 cups Mootopia Fat-Free Milk, divided
1/3 cup evaporated cane juice sugar
3 tablespoons cornstarch
3 large eggs
4 ounces bittersweet chocolate, cut into 1/4-inch pieces
2 teaspoons vanilla extract
6 ramekins or glasses



1. Combine 1 1/2 cups of the milk and sugar in a 2-quart saucepan. Whisk once or twice to start dissolving the sugar. Bring to a boil over medium heat, whisk occasionally.
2. Pour the remaining 1/2 cup milk into a medium bowl and whisk in the cornstarch. Whisk in the eggs, one at a time.
3. When the milk boils, whisk about a third of it into the cornstarch and egg mixture.
4. Return the remaining milk to a boil and whisk the cornstarch and egg mixture, continuing to whisk until the pudding thickens and comes to a boil. Cook, whisking constantly, for 30 seconds.
5. Remove from the heat, whisk in the chocolate until melted, then whisk in the vanilla.

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6. Spoon the pudding into individual ramekins or glasses. Press a piece of plastic wrap directly against the surface of the pudding to prevent a skin from forming on it.

7. Refrigerate the pudding until it is cold.

8. Garnish with Bittersweet Chocolate Chips.

This recipe is from my favorite cookbook *Perfect Light Desserts* by Nick Malgieri and David Joachim.

I have to attend to my soup and rice salad for tomorrow so I am off for now but I will share those recipes with you. I came up with the Wild Rice Salad by myself and I think it is going to turn out really well... or I hope!



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