

kiwi™

Growing families the natural and organic way™

inside:

Organic Beer & Wine Review

Milk: Sorting Out the Choices

Holiday Eco-Crafts and
Decorating Tips

Ultimate Green Holiday Gift Guide 75+ IDEAS for the Whole Family

HEALTHY ENTERTAINING TIPS

15★ HOLIDAY★ RECIPES

HEALTHY HOLIDAY SWEET TREATS

DECEMBER 2007



\$3.99 USA/\$4.99 CANADA
www.kiwimagonline.com



Reprinted courtesy of KIWI magazine. Visit www.kiwimagonline.com

Cookie swap secrets +
scrumptious recipes

Swap *sweets*

by Janice Newell Bissex and Liz Weiss

Gathering with relatives and friends to swap favorite confections is a welcome respite from the frenetic pace of the season—and let's face it, there's nothing better than a cookie jar that's so full you can barely close the lid!

We're registered dietitians, but when it comes to holiday goodies, our attitude is more elf than Scrooge. That said, we can never resist the opportunity to give recipes, especially the sweetest, most butter-laden treats, a healthy makeover.

So this year, why not start a new cookie-swap tradition with our better-for-you goodies? While they're not calorie-, fat- or sugar-free, their ingredients blend nutrition into every delectable bite.

Photography by Colin Cooke
Food Styling by Andrea Kapsales



Chocolaty Coconut Mini Tortes

These super fudgy, hard-to-resist nibbles get a healthy conversion with a few smart switches. For starters, we use whole wheat flour instead of white. Then we swap the usual stick or two of butter with a healthier fat: canola oil. By using omega-3 eggs, we also up the ante on nutrition.

- 8 oz. semisweet chocolate chips (about 1¼ cups)
- ½ cup canola oil
- 1 cup granulated sugar
- ½ cup whole wheat flour
- ½ cup unsweetened cocoa powder, sifted
- ¼ cup shredded, unsweetened coconut
- 5 large omega-3 eggs, beaten
- Confectioners' sugar

1. Preheat oven to 350 degrees.
2. Lightly oil or coat 24 mini muffin cups with nonstick cooking spray and set aside.
3. Stir the chocolate chips and canola oil in a medium saucepan over low heat until melted, about 2 minutes. Remove from heat.
4. Whisk the sugar, flour, cocoa powder and coconut in a large bowl until well combined. Whisk in the eggs until well blended.
5. Add the melted chocolate mixture and stir to combine. Spoon the batter evenly into the prepared muffin cups.
6. Bake about 15 minutes or until a toothpick inserted in the center comes out clean.
7. Transfer the pan to a wire rack and cool for 5 minutes. Remove the tortes and cool.
8. To add "snow" to the top of each torte, sprinkle with confectioners' sugar.

YIELDS 2 DOZEN *Per serving: calories 150, fat 9g, protein 2g, carbohydrates 18g, fiber 1g, sodium 15mg*



Photo by Tina Rupp

Kids in the Kitchen



Many childhood memories revolve around time spent in the kitchen cooking with Mom or Dad. Here are a few ways to get your kids involved in the preparation of our recipes.

Chocolaty Coconut Mini Tortes:

Use a metal strainer or sifter to dust confectioners' sugar on top.

Sugarplum Fairy Treats:

Pulse the cereal and dried fruit in the food processor.

Peppermint Meringue Snowballs:

Add sugar to the egg whites, one tablespoon at a time.

Super Sugar Cookies:

Sprinkle decorator's sugar on top of each star before baking.

Ginger Drizzle Cookies:

Help drizzle the sugar glaze over the cookies after they cool.

Sugarplum Fairy Treats

Dried fruit is ubiquitous during the holiday season, so we used some in these deliciously chewy treats. Whole grain cereals, omega-3-rich walnuts and dried apricots, plums and cranberries add a hefty helping of good health and cheer.

1 cup	quick cooking oats	½ tsp.	ground cinnamon
1 cup	shredded wheat cereal	½ tsp.	salt
1 cup	walnuts	2	large omega-3 eggs
1½ cups	dried fruit (we use a combination of dried apricots, plums and cranberries)	⅓ cup	honey
		1 tsp.	vanilla extract
		¼ cup	mini chocolate chips

1. Preheat oven to 350 degrees.
2. Lightly oil or coat an 8" x 8" baking pan with nonstick cooking spray and set aside.
3. Place the oats, shredded wheat, walnuts, dried fruits, cinnamon and salt in a food processor and pulse until the mixture is finely chopped (each fruit should be the size of a dried pea).
4. In a large bowl, whisk together the eggs, honey and vanilla. Add the oatmeal mixture and chocolate chips and stir to combine.
5. Transfer mixture to the baking pan and spread it evenly with the back of a spoon or spatula.
6. Bake about 18 minutes or until the edges turn golden brown. Cool completely in pan before slicing.

YIELDS 2 DOZEN *Per serving: calories 100, fat 4.5g, protein 2g, carbohydrates 16g, fiber 2g, sodium 55mg*



◀ Ginger Drizzle Cookies

Jenni K., of New Castle, Ohio, is a mother of three boys and a Meal Makeover Moms' Club member. We took on the challenge to make her Dipped Gingersnaps healthier. We swapped half the white flour with whole wheat flour, added some ground flaxseed and nixed her shortening-based frosting in favor of a simple sugar glaze.

1 cup	all-purpose flour	1 cup	granulated sugar
1 cup	whole wheat flour	½ cup	canola oil
2 Tbsp.	ground flaxseed	1	large omega-3 egg
2 tsp.	baking soda	¼ cup	molasses
1½ tsp.	ground ginger		
1 tsp.	cinnamon		
½ tsp.	salt		

Peppermint Meringue Snowballs

As many as one in 133 Americans may be affected by celiac disease, a genetic intolerance to gluten, which is the protein found in wheat, rye and barley. To keep those on gluten-free diets happy through the holidays, make these festive Snowballs.

- 4 egg whites
- ¼ tsp. cream of tartar
- 1 cup granulated sugar
- ¼ tsp. peppermint extract, optional*
- ¼ cup finely crushed gluten-free candy canes or peppermint candy

1. Preheat oven to 200 degrees.
2. Line two large cookie sheets with aluminum foil and set aside.
3. Using an electric mixer, beat the egg whites and cream of tartar on medium speed until frothy.
4. Gradually add the sugar, one tablespoon at a time, beating until whites stand in stiff, glossy peaks. This will take about 10 minutes. Beat in the peppermint extract as desired.
5. Drop rounded tablespoons of the mixture onto baking sheets, leaving a 1" space in between. Sprinkle tops with crushed candy.



6. Bake 1½ hours.
7. Turn oven off and leave meringues in oven for 30 minutes. Let them cool completely before removing from foil. Store in an airtight container.

YIELDS 3 DOZEN *Per serving: calories 30, fat 0g, protein 0.5g, carbohydrates 7g, fiber 0g, sodium 5mg*

**Do not use peppermint extract that contains peppermint oil (the meringues will deflate if you do). For best results, use imitation (gasp!) peppermint extract.*

Start Your Own Cookie Swap

Janice's tips for getting started.

For the past 20 years, my Boston-suburb neighborhood has held a holiday cookie swap. I look forward to this event every year, as do my children, who love sweet treats. No matter where you live, you can start the same tradition. Here's how:

.....
 Ask each guest to bring six dozen of their favorite holiday cookie, along with copies of the recipe to share and a few empty containers.

.....
 Have a large table cleared so that you can display all of the special treats.

.....
 Break out your calculator and figure out how many of each type of cookie everyone gets to take (72 divided by the number of guests). Each guest still goes home with six dozen cookies, this time in many delicious varieties.

1. Whisk the all-purpose flour, whole wheat flour, ground flaxseed, baking soda, ground ginger, cinnamon and salt in a bowl.
2. In a separate bowl, combine the sugar and canola oil and beat on medium speed until well blended, about 1 minute. Add the egg and molasses and continue to beat until smooth, about 1 minute.
3. On low speed, gradually beat in the dry ingredients until just combined.
4. Cover the bowl with plastic wrap and place in the refrigerator to chill until firm, at least 1 hour.
5. Preheat oven to 350 degrees.

6. Lightly oil or coat two large baking sheets with nonstick cooking spray and set aside.
7. Roll the dough into 1¼" balls and place on a prepared baking sheet, leaving a 2" space in between.
8. Bake 10 to 12 minutes or until golden brown.
9. Let cookies cool on the baking sheet for 5 minutes. Transfer them to a wire rack and cool completely. Repeat with remaining dough.

YIELDS 3 DOZEN *Per serving: calories 80, fat 3.5g, protein 1g, carbohydrates 13g, fiber 1g, sodium 105mg*

Sugar Glaze

- 1 cup confectioners' sugar
- 2½ tsp. 1% lowfat milk*

1. Place sugar and milk in a bowl and stir until mixed thoroughly.
2. If the glaze is too thick, add a few drops of milk as needed.
3. Drizzle glaze over each cookie in a lattice- or squiggle-shaped design.

**If you want your icing to harden, replace one tablespoon of milk with light corn syrup, an ingredient that we don't typically use because it's a highly refined sugar. Choose the ingredient that you are most comfortable with.*



Super Sugar Cookies

How do dietitians satisfy a sweet tooth? They bake with some sugar, of course! We use the sweet stuff in this recipe—after all, these are sugar cookies—but we've also brought in health-enhancing ingredients such as canola oil, whole wheat flour, almonds and omega-3 eggs.

- 1 cup almonds, unsalted
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tsp. baking powder
- ½ tsp. salt
- ½ tsp. ground cinnamon
- ¾ cup granulated sugar
- ½ cup canola oil
- 1 large omega-3 egg
- 2 tsp. honey
- 1 tsp. vanilla extract
- All natural colored decorator's sugar

1. Finely chop almonds in a food processor.
2. Whisk the all-purpose flour, whole wheat flour, almonds, baking powder, salt and cinnamon in a bowl.
3. In a separate bowl, combine the sugar and canola oil and beat on medium speed until well blended, about 1 minute. Add the egg, honey and vanilla, and continue to beat until smooth, about 1 minute.

4. On low speed, gradually beat in the dry ingredients until just combined.
5. Cover the bowl with plastic wrap and place in the refrigerator to chill until firm, at least 1 hour.
6. Preheat oven to 350 degrees.
7. Generously coat two large baking sheets with nonstick cooking spray and set aside.
8. On well-floured surface, with floured rolling pin, roll out a quarter of the dough ¼" thick. Keep the rest of the dough refrigerated.
9. With a cookie cutter (dreidel, star, tree, etc.), cut dough into shapes. Use a spatula to place the cookies on a prepared baking sheet; sprinkle well with decorator's sugar.
10. Bake about 7 minutes or until golden brown.
11. Cool on the baking sheet for 5 minutes. Transfer cookies to a wire rack and cool completely. Repeat with remaining dough.

YIELDS 3 DOZEN *Per serving: calories 90, fat 5g, protein 2g, carbohydrates 11g, fiber 1g, sodium 30mg*

Janice Newell Bissex, MS, RD and Liz Weiss, MS, RD, also known as *The Meal Makeover Moms*—are registered dietitians, authors and, of course, moms. Their recipes are featured in their book, *The Moms' Guide to Meal Makeovers*, and on the website www.mealmakeovermoms.com.

72 kiwi • November/December 2007

Healthy Baking 101

By adding some good-for-you ingredients to our recipes, we add a pinch of nutrition while maintaining the indulgence factor.

Whole wheat flour is a whole grain with the germ and bran intact. Compared to refined flour, it's higher in fiber as well as important nutrients such as magnesium and vitamin E.

Nuts such as almonds, walnuts and pecans are rich in heart-healthy fats as well as fiber, protein, vitamin E and selenium. The trick to hiding them so the kids don't say, "Yuck, what's that lump?" is to chop them into tiny bits (either with a knife or by pulsing in a food processor).

All natural breakfast cereals/oats are an easy way to add whole grain goodness to your baked items.

Omega-3 eggs come from hens that are fed a diet rich in fish oil, algae or flaxseed. Each egg contains 100 to 200 milligrams of heart-healthy omega-3 fats (more than 10% of the daily recommendation).

Dried fruit is the next best thing to fresh fruit. It's naturally sweet and packed with fiber and health-enhancing antioxidants.

Ground flaxseed is rich in alpha-linolenic acid, the vegetable form of omega-3 fat. A few tablespoons in cookie, cake and pancake batters add a burst of health-promoting fat without altering the flavor. (You can even sneak it into meatloaf.)