

A Day without Sugar

Recipes & Tips

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Tips for a Low-Sugar Lifestyle

Completing the [DAY WITHOUT SUGAR CHALLENGE](#) is a great start to developing healthy eating habits. But the benefits of one healthy day can be wiped away quickly by returning to a sugar-filled diet. Here are some easy guidelines for reducing sugar consumption over the long run.

- Limit your consumption of sugary drinks. Choose water or unflavored milk instead, when possible. Even fruit juices are high in sugar, so check with your pediatrician about recommended daily intake amounts.
- Pay careful attention to labels and buy products that contain less sugar. Just four grams of sugar equal a full teaspoon; it adds up! You may already be aware of the sugars in candy and soda, but the amount of sugar in many breakfast cereals and snacks may surprise you.
- Instead of processed snacks like candy, chips and baked goods, substitute fresh fruits, vegetables, whole grains and protein products.
- Limit the amount of sugar you personally add to foods and drinks. For example, reduce the sugar or honey you add to your coffee, tea and breakfast cereal.



Meal Tips

Most of us fall for high-sugar foods during breakfast, while snacking and, of course, for dessert.

Below are a handful of tasty-but-healthy alternatives to sugary items that will help reduce sugar consumption overall and serve as a guide on your [DAY WITHOUT SUGAR CHALLENGE](#).

Breakfast

Apple & Peanut Butter Wrap

A great alternative to the peanut butter & jelly sandwich.

WHAT YOU'LL NEED

- 1 apple**
- 2 wheat wraps or flour tortillas (or whole wheat sliced bread)**
- 1 tablespoon of peanut butter (preferably all-natural without added sugars)**

WHAT TO DO

- 1** Chop the apple into thin slices.
- 2** Lay the 2 wraps on a flat surface.
- 3** Spread the peanut butter on the wraps.
- 4** Layer apples (sprinkle with cinnamon if desired).
- 5** Roll, cut and serve.

SERVES 2

Breakfast Burrito

Instead of cereal, try this delicious breakfast burrito that will be a hit with the kids and keep them feeling full throughout the morning.

WHAT YOU'LL NEED

- 2 teaspoons of canola oil**
- small chips of cooked bacon or ham (optional)**
- 1 small potato, scrubbed clean and cut into cubes**
- 1 teaspoon of butter**
- 3 eggs**
- 1/8 teaspoon salt**
- pepper**
- 1/2 teaspoon dried oregano or 1 teaspoon fresh oregano**
- 2 wraps or flour tortillas (whole wheat is best)**
- 1/2 cup shredded cheese**
- tomato salsa (pico de gallo)**

WHAT TO DO

- 1** Heat canola oil in a skillet to medium high.
- 2** Add chopped bacon or ham along with 1 cup of potatoes and cook thoroughly.
- 3** In another skillet melt butter on medium heat and add eggs.
- 4** Whisk eggs and season with salt, pepper and oregano.
- 5** Add bacon/potato mix to eggs, and stir until eggs are fully cooked.
- 6** Lay wraps down, add egg mixture.
- 7** Sprinkle shredded cheese and add tomato salsa.
- 8** Roll and serve.

SERVES 2



Snacks and Side Dishes

Sweet Potato Fries

These are great with chicken or burgers or as part of a vegetarian menu.

WHAT YOU'LL NEED

non-stick spray or oil for baking sheet
2 tablespoons olive or canola oil
2 or 3 red-skinned sweet potatoes or yams (about 1½ pounds)
salt

OPTIONAL INGREDIENTS

- **squeeze of lime, shake of chili powder**
- **2 tablespoons finely minced garlic, 1 teaspoon of chopped fresh herbs (such as thyme, basil, or chives)**

WHAT TO DO

- 1** Preheat oven to 400°F. Spray or brush large baking sheet with oil. Set aside.
- 2** Peel sweet potatoes or yams. Cut lengthwise into half-inch slices, then again into half-inch-wide strips to make “fries.”
- 3** Toss strips with olive or canola oil in a medium bowl. Spread strips on baking sheet. Bake in preheated oven 15 minutes. Remove from oven and turn over. Return to oven and bake 10 to 15 minutes more, until nicely browned.
- 4** Remove from oven and sprinkle with salt. Add optional ingredients if you would like: lime and chili powder or garlic and fresh herbs

SERVES 6

Apple Chips

A healthy alternative to the popular potato chip.

WHAT YOU'LL NEED

baking sheet
4 apples
cinnamon

WHAT TO DO

- 1** Preheat the oven to 200°F.
- 2** Core and slice apples as thin as possible.
- 3** Place on a greased baking sheet.
- 4** Sprinkle sliced apples with cinnamon.
- 5** Place in heated oven for one hour.
- 6** After one hour, remove chips and allow them to cool before serving.

SERVES 2



Baked Avocado “Fries”

These make a nice side dish as an alternative to traditional fries, with a delicate crunch not usually found with avocados.

WHAT YOU’LL NEED

olive or canola oil (can be oil in a spray container)

½ cup flour

¾ teaspoon ground cumin

½ teaspoon garlic powder (not garlic salt)

½ teaspoon ground cayenne pepper

2 eggs

2 teaspoons water

1½ cups fine dry plain breadcrumbs

3 ripe avocados

salt

WHAT TO DO

- 1 Preheat oven to 400°F. Line baking sheet with aluminum foil and either brush or spray with oil. Set aside.
- 2 Combine flour, cumin, garlic powder and cayenne in small bowl. Set aside.
- 3 Using a fork, beat eggs with water until foamy (to make an egg wash). Set aside, keeping fork in bowl.
- 4 Put bread crumbs in shallow pie pan. Set aside.
- 5 Peel avocados and slice lengthwise into sticks.
- 6 Using your hands, toss a few avocado sticks in flour mixture and shake off any excess. One at a time, gently put floured avocado sticks into egg wash and – using your fork – lift from egg wash and let drip a few seconds. Drop each coated avocado stick into bread crumbs. Again with your hands, pat crumbs onto all edges of avocado sticks. Place on oiled baking sheet. Repeat with remaining avocado sticks.
- 7 Place crumbed avocado sticks into preheated oven. Bake for 15 minutes. Remove from oven and turn each “fry” over. Return to oven and bake 10 to 15 minutes more, until crisp and browned. Watch carefully so they do not burn.
- 8 Remove from oven, and sprinkle with salt. Serve. These may be served at room temperature and will remain crispy.

SERVES 6



Fruit Kabobs

Known as a fruit salad on a stick, this simple snack is a great healthy alternative for both kids and adults.

WHAT YOU'LL NEED

- 16 grapes**
- 8 strawberries**
- 4 oranges**
- 4 apples**
- unsweetened pineapple chunks, fresh or canned**
- 4 mangos**
- 1 tablespoon lemon juice**
- 8 disposable skewers**

WHAT TO DO

- 1 Cut the fruits into bite-size chunks.
- 2 Toss the apple with 1 tablespoon of lemon juice. This keeps them from turning brown.
- 3 Divide the fruits into 8 portions.
- 4 Push fruits onto skewers.
- 5 Finish the skewers with 2 grapes on each end and serve.

SERVES 4

Other Quick & Healthy Snacks

- Bananas, apples or celery with peanut butter dip
- Carrots with hummus dip
- Cottage cheese
- Fruit with plain yogurt
- Trail mix with nuts and dried fruits

Dessert

Homemade Banana Ice Cream

Just one ingredient can make a great after-dinner treat. Add a teaspoon of vanilla extract, shaved coconut or cinnamon for an exciting twist!

WHAT YOU'LL NEED

4 frozen bananas
food processor

OPTIONAL INGREDIENTS

- **teaspoon of vanilla extract**
- **shaved coconut**
- **cinnamon**

WHAT TO DO

- 1 Slice bananas into 1–2 inch pieces and place in plastic, freezer-safe bags.
- 2 Freeze bananas for a minimum of three hours.
- 3 Place frozen bananas in food processor and blend until smooth. Add vanilla extract, shaved coconut or cinnamon if you would like.
- 4 Serve cold.

SERVES 4

Arroz con Leche

This recipe uses sweetened condensed milk and vanilla to provide a sweet taste without a lot of sugar.

WHAT YOU'LL NEED

1 cup long-grain brown rice
½ teaspoon salt
2 cups water
12-ounce can (1½ cups) evaporated milk
3½-ounce can (6 tablespoons) sweetened condensed milk
1 teaspoon vanilla
2 teaspoons ground cinnamon

WHAT TO DO

- 1 Combine rice, salt, and water in 2-quart saucepan; cover and bring to a boil. Reduce heat and simmer over low heat 15 minutes. Rice will have begun to soften.
- 2 Stir in evaporated milk and condensed milk; bring to a boil, stirring. Cover and reduce heat to low 7 minutes more. Rice will still be firm.
- 3 Turn off heat and stir in vanilla and cinnamon. Cover and set aside until cool, about 2 hours. Rice will soften and absorb liquid as it cools.
- 4 Recipe may be cut in half, but there will be opened cans of the evaporated milk and the sweetened condensed milk left over.

SERVES 6–8



Berry Pops

Great for a summer treat.

WHAT YOU'LL NEED

2 cups of raspberries, blueberries or other fresh berries, whole, sliced or chopped

1 cup of natural apple or other 100% fruit juice

6 paper cups

6 popsicle sticks

WHAT TO DO

- 1 Mix berries and juice together in a pitcher (or blend together in a blender or food processor).
- 2 Pour mixture into cups.
- 3 Add a popsicle stick to each cup.
- 4 Place cups in freezer and allow them to sit for an hour or more.
- 5 Remove popsicle from cups when ready to eat.

SERVES 6

Additional Resources for Healthy Recipes

- CHEF LALA www.cheflala.com
- LATINA MAGAZINE'S RECIPE BOX www.latina.com/food/recipes/healthy
- FOOD NETWORK'S "HEALTHY MEXICAN" www.foodnetwork.com/go-international-healthy-mexican/package/index.html
- EATING WELL www.eatingwell.com
- SUGAR FREE MOM www.sugarfreemom.com
- NATIONAL INSTITUTES OF HEALTH www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

To learn more about the DAY WITHOUT SUGAR CHALLENGE visit:

www.latinoteca.com/day-without-sugar

