

What's Cookin': Go vegetarian

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Happy New Year everyone! Gerry and I thought we'd better start the new year off right with a good healthy snack recipe.

The recipe does have one cup of brown sugar, but if you like you can cut that in half and still have a pretty good tasting muffin—especially if you keep the dried fruit in there. There is only a small amount of oil, but you can also cut down on the oil by substituting applesauce. I would suggest leaving a couple of teaspoons of oil in, otherwise, the bran can make the muffins quite dry.

You can make this mixture in advance and store it in well-sealed plastic containers in the freezer. Thaw overnight, stir and then bake into muffins in the morning. You can also change the dried fruit—try adding dried cranberries, apricots or a combo of all the little bits and pieces you have in the cupboard. You can also add some chopped nuts—pecans, walnuts or almonds would be nice—about one half cup per batch.

This year we have more vegetarian recipes planned for you, as we continue to learn to feed my children (Gerry's grandchildren). My husband and I have been eating primarily vegetarian for about eight months now and I can tell you that I have not lost any weight, as I continue to eat lots of high calorie foods, but I can tell you that we both feel that the vegetarian eating has improved our digestive systems.

So, even if you don't want to be a total convert, why not try vegetarian once a week? If you do it right, you'll feel better and you'll be healthier and you'll cut your grocery budget as well—it's a win, win, win situation!

Have fun and keep cooking!

Questions and comments? Go to whatscooking@theifp.ca

Lori Gysel & Gerry Kentner



Bran muffins

(Makes 12 small muffins)

Ingredients:

- 1 cup bran
- 1 tsp baking soda
- 1 cup sour milk (1 cup milk with 1 tsp vinegar, let sit for 5 minutes on counter)
- 5 tbsp vegetable oil
- 1 cup brown sugar
- 1 egg
- 1 tbsp molasses
- 1 tsp vanilla
- 1 cup flour
- 1 tsp baking powder
- One half tsp salt
- 2 tbsp wheat germ (optional)
- One half tsp nutmeg
- One half cup dates or raisins



Method:

1. Soak the bran in the baking soda and sour milk for a minimum of 5 minutes.
2. In another bowl, cream oil and sugar well. Add the egg, molasses and vanilla and mix well. Add the bran mixture and mix well.
3. Combine flour, baking powder, salt, wheat germ, nutmeg and dates or raisins. Mix well and then add this to the bran mixture. Mix until combined, but do not overmix.
4. Spoon into muffin cups and bake for 20-25 minutes in a preheated 375F oven.

Ask the Professionals DIRECTORY

"Millions saw the apple fall, but Newton was the one who asked why"

~Bernard Baruch

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Q: Is there anything I can do to prevent canker sores? They seem to happen to me often and it is very uncomfortable.

A: If this is a reoccurring problem you are not alone. This condition is actually a small ulcer which forms in the lining of the mouth or the tongue. It happens to people of all ages, though more commonly in children. Most authorities believe the ulcer is the result of a virus attacking the membranes inside the mouth.

One of the better ways to prevent canker sores is to avoid breaking surface tissue inside the mouth. A break often occurs with an accidental biting of the mouth lining, sometimes resulting in a canker sore. Typically this sore lasts from eight to ten days. Dentists sometimes treat canker sores to quicken their disappearance.

To most of us, canker sores will develop and remain an annoyance no matter what we do. Rest assured, though, your dentist can provide invaluable assistance to you with this and all your dental needs.

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Q: I woke up feeling like the room was spinning around me. When I saw the doctor he diagnosed me with BPPV. What is this and how can I fix it?

A: BPPV stands for Benign Paroxysmal Positional Vertigo. It is a very common problem of the inner ear and can easily be treated by a trained professional. Crystals that are normally contained in a sac in the inner ear can become dislodged and float into the semi circular canals. Here, they stimulate sensors inappropriately and give the sensation of "spinning", or VERTIGO. There are several reasons why this may occur, including head injury, ear infections, stress and age.

The treatment consists of gentle positional changes of the head which will guide the crystals back into their proper location. If done properly, relief should be immediate and only 1-2 treatments should be required.

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