

Nutritional Support for Caregivers: Prevent burnout with delicious, healthy foods and stress-reducing habits



Delicious and Nutritious Snacks (and Lunch)

Barbra Cohn

Healthwriter1@gmail.com

<https://barbracohn.com>

- Hummus and/or Baba Ganoosh with celery and carrot sticks, Bell pepper slices, or any other veggies that appeal to you.
- Turkey slices wrapped around raw veggies (Buy roasted turkey slices, available at most deli counters, as opposed to turkey preserved with nitrates.)
- Avocados contain healthy fats. Eat $\frac{1}{4}$ to $\frac{1}{2}$ an avocado by scooping out with a spoon, or mash it up, add your favorite herbs/spices, and use as a dip for veggies or healthy chips.
- Sliced apple with almond butter, peanut butter, or tahini
- Hard boiled eggs or deviled eggs
- Small handful of nuts—almonds, cashews, walnuts, pumpkin seeds, with an apple
- Whole milk yoghurt and fruit
- Bean tacos or tortillas, stuffed with tomatoes, greens, avocado, , shredded carrots, Bell pepper, salsa
- Chicken drumsticks
- A scoop of tuna salad topped with sunflower seeds, chopped tomato, celery, fresh basil
- $\frac{1}{2}$ cup of whole milk cottage cheese with berries, or fruit of your choice, or $\frac{1}{2}$ chopped raw veggies
- Bake a sweet potato or yam the night before. Cut in half and top with 1 Tbs. cashews, almonds or pumpkin seeds, $\frac{1}{4}$ cup whole milk yoghurt or coconut milk yoghurt, cinnamon
- Ricotta, feta and spinach spread (4 servings)
1 pound ricotta cheese

¼ pound feta
1 cup spinach (frozen is ok)
¼ cup walnuts, chopped
1 Tbs. olive oil
½ cup onion, sautéed in olive oil
1 Tbs. rosemary
¼ tsp. black pepper.
Blend together and eat with raw veggies or healthy crackers

Recipe for Gluten-free Flax Meal Muffins

¾ cup brown rice flour
¾ cup buckwheat flour
½ cup ground flaxseed
½ cup date sugar (or sweetener of your choice)
1 tsp baking soda
½ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp salt
½ cup raisins
2 eggs (see egg substitution options)
¼ cup oil of your choice (I used grape seed oil)
½ cup unsweetened applesauce
1 cup buttermilk or coconut milk

Preheat oven to 375°. Line a 12-cup muffin tin with unbleached paper liners and set aside. In a large bowl, whisk together brown rice flour, buckwheat flour, flaxseed, sweetener, baking soda, cinnamon, nutmeg, salt and raisins.

In a second large bowl, whisk together eggs, oil, applesauce and buttermilk. Add flour mixture to buttermilk mixture and stir until just combined.

Spoon batter into prepared muffin tins and bake until golden brown and a toothpick inserted in the center of a muffin comes out clean, about 30 minutes. Cool muffins in pan for 5 minutes before transferring to a wire rack to finish cooling.