

# Smart Snacking

## Movable Feast: Pack up Healthy Fare for Outdoor Fun

(NAPSA)—When sunny weather is calling, there's little better than spending the day outdoors hiking, biking or playing—except maybe some delicious, healthy snacks to keep up your energy along the way.

No problem. Sports nutritionist Mitzi Dulan, R.D., author of "The Pinterest Diet," has developed a tempting collection of "Movable Feast" recipes for CanolaInfo that fit the bill.

"These recipes are perfect for those wonderful, on-the-go days because they're quick to prepare and easy to pack, but don't skimp on flavor or nutrition," she says.

Dulan puts a twist on familiar recipes to create exciting and healthy new tastes such as Beet Hummus, a bright blend of beets and chickpeas, and Caprese Muffins, which turn the favorite Italian salad of fresh mozzarella, tomato and basil into portable bites. Sweet treats get a nutritious makeover, too, with additions such as black beans to brownies and bananas to oatmeal cookies.

"We burn a lot of calories when we're playing outdoors," says Dulan, who is team nutritionist for the Kansas City Royals and a mother of two. "Eating nutrient-rich foods that are high in fiber, protein and healthy fats is the best way to replenish those calories and stay satisfied."

Each energy-boosting recipe in this "Movable Feast" collection is made with heart-smart canola oil, which has the least saturated fat and most plant-based omega-3 fat



**Beet Hummus is a vibrant take on a Mediterranean classic. This unique version uses beets to add tangy taste and vivid color while canola oil adds a smooth and light texture for a creamy dip.**

of all common cooking oils. There are as few as four ingredients per recipe and no more than 10. Recipes include:

- Lemon-Cucumber Quinoa
- Caprese Muffins
- Cherry-Almond Protein Energy Balls
- Black Bean Brownies
- Banana-Oatmeal Cookies and:

### **Beet Hummus**

*Yield: 2 cups*

*Serving size: ¼ cup*

- 1½ cups cooked beets**
- 1 can (15.5 oz) chickpeas, rinsed and drained**

**1 Tbsp tahini**

**1 garlic clove**

**½ tsp cumin**

**¼ tsp salt**

**1 Tbsp canola oil**

**1 lemon, juiced (about 4 Tbsp)**

**In blender or food processor, add all ingredients. Blend until smooth. Transfer to serving bowl. Serve with cut vegetables.**

*Nutritional Analysis per Serving: Calories, 85; Total Fat, 3 g; Saturated Fat, 0 g; Cholesterol, 0 mg; Sodium, 222 mg; Total Carbohydrates, 13 g; Fiber, 3 g; Sugars, 5 g; Protein, 3 g; Folate, 43 mcg; Potassium, 168 mg.*

"These recipes are fun, simple and healthy," Dulan says. "Take this 'movable feast' with you for a great day out."

For other recipes and facts about canola oil, visit [www.canola.info.org](http://www.canola.info.org).