



## MAKE THE CHANGE TO CALORIE-FRIENDLY TREATS

by Theresa Balestrieri, Bariatric Dietitian

The month of October is the unofficial kick-off to the holiday season, starting with Halloween. Although this holiday is the last day of the month, the treats tend to come out long before the actual trick or treating begins. It can be tempting to eat additional treats during the holiday, and the feeling of "I've got to have it" can sometimes be overwhelming. This can be even more challenging as the weather turns colder. Why not make a plan for your treats and bake some guilt-free muffins ahead of time?

Muffins are an easy addition to your breakfast, lunch, snack or dinner! The muffin recipes that follow satisfy that need for sweet or savory treats and provide a boost of vitamins, minerals and fiber from the fruits and vegetables baked into them. After you make a batch, consider freezing most of them so you can savor them longer or share with a friend or neighbor! This way, you aren't feeling the pressure to finish them all by yourself.



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## What's Happening this Month:

- \* Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!
- \* Our October Support Group for post-weight loss surgery patients is Thursday, October 28 from 5–6 p.m. This support group will be held virtually, so please check our online support group for the link to access, or message the dietitian at [tbalestrieri@capitalhealth.org](mailto:tbalestrieri@capitalhealth.org) to receive the link.
- \* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please e-mail Theresa at [tbalestrieri@capitalhealth.org](mailto:tbalestrieri@capitalhealth.org) so she can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips, 24/7!
- \* Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on Wednesday, October 27 from 6–7 p.m. To register, call our office to speak to Amy at 609.537.6777.
- \* For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at 609.537.6777 to schedule your first appointment with Dr. Anwar.

# RECIPES OF THE MONTH



## SAVORY VEGETABLE MUFFINS

Recipe and image from  
[thenaturalnurturer.com](http://thenaturalnurturer.com)

Prep Time: 10 minutes ▪ Cook Time: 20 minutes

NUTRITION INFO – PER SERVING  
Makes 12 servings (one muffin each)

148 CALORIES ▪ 13g CARBS ▪ 6g PROTEIN  
2g FIBER ▪ 8g FAT ▪ 2g SUGAR



### INGREDIENTS

- 1/2 cup finely chopped broccoli florets
- 1/2 cup grated carrots
- 1/2 cup grated zucchini
- 1/4 cup olive or avocado oil
- 2 eggs
- 1 1/2 cups whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp onion powder
- 1/2 tsp salt or to taste
- 1 cup milk of choice
- 1 cup shredded cheese, plus extra for topping if desired
- 1/2 tbsp Italian seasoning

### DIRECTIONS

1. Preheat oven to 350° F and line a muffin pan with 12 liners. Set aside.
2. Place grated carrots and zucchini in the middle of a paper towel. Squeeze out as much of the moisture as you can. Set aside.
3. Combine all ingredients *except vegetable and cheese* in a medium bowl. Mix until smooth and batter has an even consistency.
4. Add finely chopped broccoli florets, drained carrots, drained zucchini and shredded cheese to batter and fold in.
5. Portion between the prepared muffin tins and top with extra shredded cheese if desired.
6. Bake for 20 – 22 minutes or until a toothpick inserted into the center comes out clean.
7. Remove from oven and let sit in pan for 5 minutes. Transfer to a cooling rack and let the muffins cool completely before storing them in an air-tight container in fridge for up to 5 days (or in a freezer for up to a month).



## ZUCCHINI LEMON MUFFINS

Recipe and image from  
[thenaturalnurturer.com](http://thenaturalnurturer.com)

Prep Time: 5 minutes ▪ Cook Time: 25 minutes

**NUTRITION INFO – PER SERVING**  
Makes 12 servings (one muffin each)

129 CALORIES ▪ 21g CARBS ▪ 3g PROTEIN  
2g FIBER ▪ 4g FAT ▪ 10g SUGAR

### INGREDIENTS

- 1 cup grated zucchini
- 2 cups rolled oats
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3/4 cup mashed banana
- 1/3 cup honey
- 2 large eggs
- 2 tbsp olive oil or avocado oil
- 1 tsp pure vanilla extract
- zest of 1 large lemon
- 1/4 cup lemon juice

### DIRECTIONS

1. Preheat oven to 350° F and line a 12-hole muffin pan with liners.
2. Take the grated zucchini and place it in the middle of a clean dish towel or large paper towel. Wrap the zucchini in the towel and squeeze out as much of the moisture as you can. Set aside.
3. Pour oats, baking soda, baking powder and salt into your blender. Pulse until very finely ground and the oats resemble flour.
4. Add remaining ingredients *except zucchini* to the blender. Blend until smooth, scraping down the sides and continuing to blend as needed.
5. Add drained zucchini to the batter and fold in.
6. Portion the batter out between the 12 lined muffin tin holes.
7. Bake for 20 – 22 minutes or until a toothpick inserted into the middle comes out clean.
8. Cool for 15 – 20 minutes before enjoying. Allow the muffins to cool completely before transferring to an air-tight container. Store in fridge for 4 – 5 days (or in a freezer for up to a month).



Recipe and image from  
[thenaturalnurturer.com](http://thenaturalnurturer.com)

## HEALTHY CARROT PUMPKIN MUFFINS

Prep Time: 5 minutes ▪ Cook Time: 25 minutes

NUTRITION INFO – PER SERVING  
Makes 10 servings (one muffin each)

201 CALORIES ▪ 27g CARBS ▪ 5g PROTEIN  
2g FIBER ▪ 9g FAT ▪ 11g SUGAR

### INGREDIENTS

- 1/4 cup avocado oil or melted coconut oil
- 2 eggs
- 1/3 cup honey
- 1 cup pumpkin purée
- 2 tsp pumpkin spice
- 1 3/4 cups whole wheat flour
- 1/2 tbsp pure vanilla extract
- 1 tsp baking powder
- 1/4 tsp sea salt
- 1/4 cup milk of choice
- 1 tsp baking soda
- 2 tsp apple cider vinegar
- 1 cup grated carrot

### DIRECTIONS

1. Preheat oven to 350° F and line a muffin pan with 10 liners. Set aside.
2. Wrap grated carrots in a paper towel and squeeze out as much moisture as possible. Set aside.
3. In a bowl (or blender) combine all ingredients *except the grated carrots*.
4. Mix until you have a smooth batter and everything is incorporated.
5. Fold in grated carrots.
6. Portion out between the 10 prepared muffin cups.
7. Bake for 20 – 25 minutes or until a toothpick inserted into the middle of a muffin comes out clean.
8. Cool in a pan for 10 minutes before transferring the muffins to a cooling rack.

Allow muffins to cool completely before storing in an air-tight container in the fridge for up to 5 days (or in a freezer for up to a month).



## MINI BUTTERNUT SQUASH BLUEBERRY MUFFINS

Recipe and image from  
[thenaturalnurturer.com](http://thenaturalnurturer.com)

Prep Time: 10 minutes ▪ Cook Time: 15 minutes

### NUTRITION INFO – PER SERVING

Makes 36 servings (one mini muffin each)

50 CALORIES ▪ 6g CARBS ▪ 1g PROTEIN

1g FIBER ▪ 2g FAT ▪ 2g SUGAR

### INGREDIENTS

- 3/4 cup butternut squash puree
- 1/2 cup mashed ripe banana
- 1/4 cup maple syrup
- 1/4 cup milk of choice
- 1 1/2 cups whole wheat flour
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp baking soda
- 1/3 cup avocado oil
- 2 eggs
- 1/4 tsp salt
- 1/4 cup blueberries

### DIRECTIONS

1. Preheat oven to 350° F and line a mini muffin pan or grease it with extra oil to prevent sticking.
2. In a large mixing bowl, combine everything except *the blueberries*. Mix until well combined and batter has a smooth consistency.
3. Fold in blueberries, saving a few for topping if desired.
4. Using a small cookie scoop or heaping tablespoon, portion out the batter into the prepared muffin tins. Top with extra blueberries if desired.
5. Bake in preheated oven for 12 – 15 minutes or until a toothpick inserted into the middle of a muffin comes out clean.
6. Let muffins cool in pan for 5 minutes before transferring to a cooling rack.

Let cool and enjoy! Once completely cool, transfer to an air-tight container and store in fridge for up to 5 days (or in a freezer for up to a month).



## BUTTERNUT SQUASH CHOCOLATE MUFFINS

Recipe and image from  
[thenaturalnurturer.com](http://thenaturalnurturer.com)

Prep Time: 5 minutes ▪ Cook Time: 20 minutes

### NUTRITION INFO – PER SERVING

Makes 12 servings (one muffin each)

181 CALORIES ▪ 17g CARBS ▪ 6g PROTEIN  
1g FIBER ▪ 3g FAT ▪ 9g SUGAR



### INGREDIENTS

- 1/4 cup maple syrup
- 3 large eggs
- 1/3 cup cacao powder
- 3/4 cup natural smooth peanut butter
- 3/4 cup butternut squash puree
- 1/2 tsp ground cinnamon
- 1/2 tsp baking soda
- 1 tsp apple cider vinegar
- 1 tsp pure vanilla extract
- 1/2 cup chocolate chips

### DIRECTIONS

1. Preheat oven to 350° F and line a 12-cup muffin pan.
2. Combine all ingredients, *except chocolate chips*, in a large bowl. Mix until all ingredients are incorporated.
3. Add chocolate chips and stir to mix them in.
4. Using a spoon or small measuring cup, portion out the batter between the 12 lined muffin tin holes. Top with more chocolate chips, if desired.
5. Bake for 20 minutes or until a toothpick inserted in the middle of the muffin comes out clean.
6. Let cool for 20 minutes and enjoy.
7. Let cool completely before storing in an air-tight container in your fridge or freezer.



Recipe and image  
from [hungry-girl.com](http://hungry-girl.com)

## APPLE CINNAMON BLENDER MUFFINS

Prep Time: 15 minutes ▪ Cook Time: 20 minutes

NUTRITION INFO – PER SERVING  
Makes 12 servings (one muffin each)

77 CALORIES ▪ 16g CARBS ▪ 5g PROTEIN  
1.5g FIBER ▪ 1g FAT ▪ 2.5g SUGAR

### INGREDIENTS

- 2 cups old-fashioned oats
- 1 cup fat-free plain Greek yogurt
- 1/2 cup unsweetened applesauce
- 1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
- 1/4 cup unsweetened vanilla almond milk
- 1/4 cup Truvia no-calorie sweetener
- 1 1/2 tsp baking powder
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2/3 cup finely chopped Fuji or Gala apples (about 1 medium apple)

### DIRECTIONS

1. Preheat oven to 400° F. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.
2. Pulse oats to the consistency of coarse flour in a blender.
3. Add all remaining ingredients *except the apples*. Blend at high speed until completely smooth and uniform, stopping and stirring if needed.
4. Fold in 1/3 cup apples. Add batter to muffin pan, and smooth out the tops.
5. Sprinkle with remaining 1/3 cup apples, and lightly press to adhere.
6. Bake until a toothpick inserted into the center of a muffin comes out clean, 16 – 18 minutes.



Recipe and image  
from [hungry-girl.com](http://hungry-girl.com)

## BANANA BERRY OATMEAL MUFFINS

Prep Time: 5 minutes ▪ Cook Time: 25 minutes

NUTRITION INFO – PER SERVING  
Makes 12 servings (one muffin each)

91 CALORIES ▪ 15.5g CARBS ▪ 3g PROTEIN  
2g FIBER ▪ 2g FAT ▪ 4g SUGAR



### INGREDIENTS

- 2 cups old-fashioned oats
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 cup (about 2 medium) mashed ripe banana
- 1/2 cup egg whites (about 4 large)  
or fat-free liquid egg substitute
- 1/4 cup unsweetened vanilla almond milk
- 2 tbsp light butter, melted
- 1 tsp vanilla extract
- 1 cup freeze-dried berries (strawberries,  
blueberries, raspberries, etc.)

### DIRECTIONS

1. Preheat oven to 350° F. Spray a 12-cup muffin pan with nonstick spray.
2. In a large bowl, combine oats, baking powder, and baking soda. Mix well. Add banana, egg, almond milk, butter, and vanilla. Stir until uniform.
3. Fold in freeze-dried fruit. Evenly fill the muffin pan with batter, and smooth out the tops.
4. Bake until a toothpick inserted into the center of a muffin comes out clean, about 22 minutes.



### Product of the Month FOOD PROCESSOR

A food processor is the best appliance for finely chopping, mincing, slicing and grating your vegetables efficiently. This appliance is great for meal prep and can help you get more vegetables in your dishes—in fact, it would work perfectly for many of the muffin recipes in this newsletter! A food processor saves time from slicing and dicing and saves money as well. Pre-chopped vegetables cost more than uncut varieties. To save time and help with meal planning, pick one day a week to do your slicing and dicing and then you can put your processor away instead of bringing it out and cleaning it multiple times a week. You can find a variety of food processors on Amazon and at other retailers ranging from \$30–\$300, each providing an array of functions. A Hamilton Beach Food Processor at around \$55 should be able to handle most of your food prep needs.

