



The Dietitian's DISH



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Organic Foods Spring Clean the Environment

"Natural" and "organic" are not interchangeable.

The term "Natural" on a food label just means that it has no artificial colors, flavors or preservatives. "Organic" refers to the way farmers grow or process fruits, vegetables, grains, dairy products and meat. It doesn't necessarily mean health foods, as plenty of junk foods can qualify as organic. Organic farming practices are intended to be more humane, protect the environment, and create sustainability.

Organic farms cannot use:

- Synthetic and sewage-based fertilizers
- Most synthetic pesticides
- Irradiation
- Genetic engineering
- Antibiotics or growth hormones

The U.S. Department of Agriculture (USDA) created a certification program with strict government standards for what is organic and how it's labeled on packaging.

The following labels are allowed:

- **100% ORGANIC** – may use seal or statement on-package
- **ORGANIC** – (95% of ingredients are organic) may use seal or statement on-package
- **MADE WITH ORGANIC** – (at least 70% of ingredients are organic) may use statement and identify which ones in the ingredients list

Spring clean your breakfast – skip processed foods and enjoy fueling up with a batch of these Breakfast Cookies instead.



Oat & Nut Butter Breakfast Cookies

Ingredients:

- 1 1/4 cups **Full Circle Organic Quick Oats**
- 1 cup whole wheat flour
- 1 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/2 tsp. salt
- 2 large egg whites
- 1/2 cup **Full Circle Organic Honey**
- 1/3 cup **Full Circle Organic Peanut Butter**
- 2 tsps. vanilla extract
- 1 medium ripe banana, mashed
- 1 medium apple, shredded
- 1/3 cup dried fruit

Directions:

1. Preheat oven to 350°. In medium bowl, whisk together oats, flour, baking soda, cinnamon and salt. In separate medium bowl, whisk together egg whites, honey, peanut butter and vanilla extract; stir in banana. Gradually stir in flour mixture; stir just until combined (do not overmix). Fold in apple and dried fruit.
2. Line large rimmed baking pans with parchment paper. Using 2 small spoons, drop 1 heaping Tbsp. cookie mixture 2 inches apart onto prepared pan. Spray back of spoon with cooking spray; press down on each cookie to flatten slightly.
3. Bake cookies 12 minutes or until lightly browned. Cool cookies on pans 10 minutes; transfer to wire rack to cool completely.