

TABLETALK

NOVEMBER, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

What is a “grain product”?

Any food made from wheat, rice, oats, cornmeal, barley, or cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain-rich products. Grains are divided into two groups: **whole grains** and **refined grains**. Whenever possible, whole-grain versions of these grain products should be offered. Most children 2 years and older do not consume enough whole grains or other foods rich in dietary fiber. You can help by providing children with a variety of whole grains during the week. The *Dietary Guidelines for Americans* recommends making at least half your grains *whole* grains.

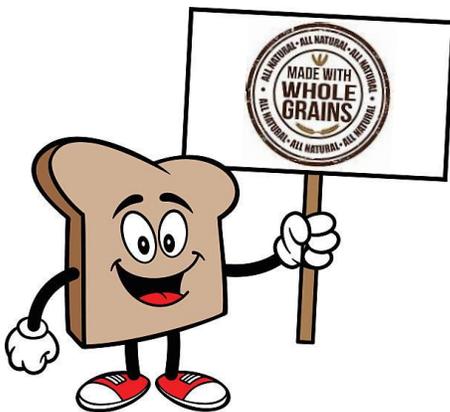
Increase the amount of *whole* grains in children’s diets by purchasing, preparing, and serving foods that contain a whole grain as the first ingredient in the ingredient list. Including whole-grain foods in meals and as snacks can:

- Give children the B vitamins and minerals they need for energy to play and learn.
- Promote proper digestion and make children’s “potty time” easier by providing dietary fiber.
- Help them feel full longer and maintain a healthy weight as they grow.
- Add texture and flavor to their plate.

What types of grains should you offer?

Instead of: Choose Whole Grains:

White rice	Brown rice, wild rice, quinoa
White flour	Whole-wheat flour
White bread or wheat bread	100% Whole-grain bread
Noodles, pasta, spaghetti, macaroni	Whole-wheat pasta or whole-grain noodles
Flour tortillas	Whole-grain tortillas and whole-corn tortillas
Crackers	Whole-grain crackers
Degermed cornmeal	Whole-grain cornmeal



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Chef Bob's Cookbook

100% Whole-Grain Banana Pancakes (gluten-free, dairy-free)



Banana Pancakes

PREP: 10 min

COOK: 12 min

TOTAL: 25 min

YIELDS: 8-9 medium pancakes

Main Ingredients

- 3 small or 2 medium overly ripe bananas mashed (270 grams / 9.5 ounces total, without the peel)
- 2 tablespoons coconut oil or butter, melted
- 2 teaspoons lemon juice
- 2 teaspoons vanilla
- 2 eggs

- 1 cup (95g) oat flour (gluten-free oat flour, if needed) *see below**
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

** To make your own oat flour, grind quick or rolled oats in a coffee grinder or food processor until it resembles flour.*

Directions

1. In a large bowl, combine the wet ingredients (bananas through eggs) and stir until well combined.
2. In a medium bowl, mix together the remaining ingredients.
3. Pour the dry ingredients over the wet and stir just until combined. There might still be some lumps.
4. Let the mixture sit for 10 minutes.
5. Meanwhile, heat a non-stick pan over medium-low heat. Spray it lightly with cooking spray or lightly butter it.
6. Pour 1/4 cups of batter onto the pan and cook for 3-4 minutes until bubbles start to form around the edges of the pancake.
7. Flip it and cook for another 90 seconds or until golden brown on the bottom.
8. Continue with the remaining batter and serve the pancakes immediately.
9. Cover and refrigerate any leftovers for up to 4 days.