

## Hummus Brownie Bites

Lauren's Note: I made these brownie bites a few weeks ago, and they turned out SO WONDERFULLY FUDGEY!!! I did have a problem with them sinking in the middle so you kinda had to eat them right out of the pan (which isn't really a problem in my opinion), and eating the crumbles is delicious as well. The next time I make these I'm going to make them as full brownies—I don't have the time for that, but feel free to try them as full brownies as well!

### Ingredients:

- 1 10 oz. tub classic hummus
- ½ cup applesauce
- 2/3 cup cacao powder
- ¾ cup coconut sugar or regular sugar or stevia
- 2 tsp baking powder
- 1 tsp baking soda

### Directions:

1. Preheat the oven to 350°F and grease a mini muffin tin or a brownie pan with oil.
2. Place all ingredients into a food processor (or high speed blender) and blend until everything is combined.
3. Spoon about 1.5 tbsp batter into each muffin cup and place in the oven. Bake for 20 minutes or until edges are set.
4. Remove from the oven and let the brownies set for 10-15 minutes. Enjoy!

## Everything in Moderation

As a nutrition student and future dietitian, many people ask me about particular diets, my opinions on various foods, and what they should be eating. One of the biggest pieces of advice I give to people when they ask me these types of questions is “everything in moderation.” But what exactly does this mean?

### Macronutrients

The macronutrients are the three main molecules that the human body needs to function correctly. What are these three macronutrients (often referred to as “macros”)? Protein, fat, and carbohydrates. Each one of these nutrients is essential for your body to function properly, therefore, your diet needs to include all three of these nutrients!

### Benefits of Each Macronutrient

Each macronutrient has its own role in the body and in meals. Protein helps build and sustain muscle, plus it's what keeps you full after your meals. Protein sources include meat, beans, nuts, lentils, and milk. Carbohydrates are your body's main source of fuel. Carbohydrate sources include starchy vegetables, bread, milk, rice, pasta, and fruit. Fat stores energy, protects and warms the body, and is essential for bodily function on the cellular level. Fat sources include nuts, avocados, oil, full-fat dairy, eggs, and fatty fish.

### Why Carbs and Fat Get a Bad Rep

So many diets through the years have demonized carbs and/or fats,

claiming that if you eliminate one and eat more of the other (plus protein) you will lose weight. While initially you may lose weight because you are likely eating less by cutting out whole food groups, it's hard to sustain these diets because your body needs carbs, fat, and protein. Intrinsicly, the nutrients themselves are not what cause a person to gain weight; it is an excess of calories that do. In the same way, an excess of carbs (=excess calories) and/or an excess of fat (=excess calories) cause weight gain. Many foods that are high in carbs and fat are easy to overeat and/or have little other nutritional benefits, which is why the comprising macros are demonized.

### What Does This Mean for My Eating?

Be aware of the macronutrient content of the foods you are consuming. Every food can fit in a healthy diet (yes even ice cream or a cookie or a slice of cake). The key is moderation. Make sure you are eating enough of each macronutrient (this varies by person, and I don't have the credentials to give out this information), but not too much of any one of them. Try to include some protein, some fat, and some carbs at every meal and at least two of them for snacks (ideally protein plus either carbs or fat, since protein is what helps keep you full). Similarly, if you have a meal that's higher in fat or carbs, possibly try to focus eating more protein and carb or fat (depending on which

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was more heavy in the aforementioned meal) for your remaining meals that day. This does not need to be a militant limiting of the nutrient for the rest of the day but an awareness of balance and moderation as it pertains to carbs, protein, and fat. As I've mentioned, any food can fit in a healthy diet. Treat yourself to some ice cream or a slice of cake or some potato chips if you want... in moderation. This means observing portion control (such as pouring yourself a bowl of chips instead of eating out of the bag) and enjoying these foods maybe once or twice a week, as opposed to every single day. Additionally, there can be too much of a healthy food, just as there is too much of an "unhealthy" food (put in quotes because even foods deemed unhealthy can have a proper place in a healthy diet, as I described above). Foods like nuts, nut butter, avocados, coconut oil, and olive oil are all traditionally thought of as healthy, but they contain a high amount of fat and are very calorie dense, so one must exercise portion control (aka moderation!!) when enjoying these foods. Snacks like granola and dried fruit also tend to be a little high in sugar, so again one must eat these in moderation.

## **Intuitive Eating**

Recently I've been reading the book *Intuitive Eating : A Revolutionary Program That Works* by Evelyn Tribole and Elyse Resch. It discusses the lifestyle that these two dietitians have developed which can essentially be described

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by my focus here "everything in moderation." They describe why this lifestyle change actually works even though it goes against what many nutrition claims and diet programs advertise. Plus, the book lays out the steps to properly implement the intuitive eating method into your life. If this interests you, I highly recommend this book as it lays out the concept and method very simply (and a lot better than I did here).

