



# Made From Scratch

## Back to School Focus Foods

Whether you're heading to back school or work, eating the right food can make a big difference in how you perform. Eating the wrong foods can result in restlessness, inflammation, and lower energy levels. Try one of these focus food recipes to help you stay on task.

### Overnight Oatmeal with Berries

#### Ingredients:

- 1/2 c. low-fat milk (less for thicker oatmeal)
- 1/4 c. Greek yogurt, fat-free
- 2 tsp. honey
- 1/4 tsp. cinnamon
- 1/4 tsp. vanilla extract
- 1/2 c. uncooked rolled oats
- 1/4 c. raspberries, frozen

#### Instructions:

1. Combine milk, Greek yogurt, sugar, cinnamon, and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries
4. Cover and refrigerate for 8 hours overnight.
5. Enjoy cold or heat as desired.



#### Nutrition facts | Servings: 1

**Calories:** 311 | **Fat:** 4 g | **Saturated Fat:** 1 g | **Fiber:** 9 g | **Carbs:** 53 g | **Protein:** 17 g | **Sodium:** 86 mg

**Note:** Frozen blueberries or strawberries may be used in place of raspberries.

### Blueberry Almond Chicken Salad Lettuce Wraps

#### Ingredients:

- 1/2 c. Plain nonfat Greek yogurt
- 1/4 c. fresh basil (chopped)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 3 c. cooked chicken (chopped)
- 3 c. blueberries
- 1/2 c. celery (chopped)
- 1/4 c. green onion (scallion) (chopped)
- 8 iceberg or bibb lettuce leaves
- 2 tbsp. almonds (sliced and toasted)

#### Instructions:

1. In a bowl, combine yogurt, basil, salt, and pepper until blended.
2. Add chicken, blueberries, celery, and scallions and toss until evenly coated.
3. Arrange lettuce leaves on a serving platter and top with chicken mixture, dividing evenly between lettuce leaves.
4. Top with almonds.



#### Nutrition facts | Servings: 4 | Serving size: 1/2 cup chicken per lettuce leaf; 2 lettuce leaves per serving

**Calories:** 260 | **Fat:** 6 g | **Saturated Fat:** 1 g | **Fiber:** 3 g | **Carbs:** 11 g | **Protein:** 39 g | **Sodium:** 350 mg

**Did you know?** Blueberries are often called nature's superfood? Blueberries are full of antioxidants, which protect your body from free radicals. Blueberries are also high in nutrition and low in calories. Studies have shown that eating blueberries can slow the rate of cognitive decline and fight Alzheimer's Disease in adults.

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Power Granola

### Ingredients:

- 1 c. unsalted cashews (chopped)
- 1 c. unsalted raw pumpkin seeds
- 1 c. unsalted pecans (chopped)
- 1 c. unsalted sunflower seeds
- 1 c. old fashioned rolled oats (not quick cooking)
- 1/4 c. peanut butter
- 1/4 c. olive oil
- 1/4 c. Splenda brown sugar blend



### Instructions:

1. Preheat oven to 300°.
2. Line a baking sheet with parchment paper or foil. Coat with non-stick cooking spray and set aside.
3. In a bowl, combine cashews, pumpkin seeds, pecans sunflower seeds, and oats. Set aside.
4. In the microwave, melt peanut butter, oil, and Splenda brown sugar blend. Stir to combine.
5. Pour the peanut butter mixture over the oat mixture and stir to coat.
6. Spread granola in a packed single layer onto a prepared baking sheet. Bake for 40-45 minutes, stirring every 10 minutes to ensure even browning.
7. Remove from oven and let cool completely. Break up the granola and store it in an air-tight container.

**Nutrition facts** | Servings: 22 | Serving size: 1/4 cup

**Calories:** 200 | **Fat:** 17 g | **Saturated Fat:** 2.2 g | **Fiber:** 2 g | **Carbs:** 8 g | **Protein:** 5 g | **Sodium:** 0 mg

**Note:** This granola is a great pre- or post-workout snack with a great balance of carbs and protein. It also makes an excellent breakfast cereal or add it to your Greek yogurt. This granola is made of a variety of seeds and nuts that are packed with healthy fats. Add dried cranberries or raisins for extra flavor.

## Avocado Tuna Salad

### Ingredients:

- 2 (6.4 oz) pouches of tuna packed in water
- 1/2 c. pico de gallo
- 1 medium avocado (cut in half)

### Instructions:

1. Remove the pit from the avocado. Use a spoon to scoop out the insides of the avocado and place it in a medium bowl. Mash the avocado with a fork or potato masher. Add the pico de gallo and mix well.
2. Add the tuna to the bowl and mix well. Serve the tuna salad with your choice of whole-wheat crackers, whole-wheat pitas, or lettuce wraps.



**Nutrition facts** | Servings: 5 | Serving size: 1/2 cup

**Calories:** 130 | **Fat:** 5 g | **Saturated Fat:** .8 g | **Fiber:** 3 g | **Carbs:** 4 g | **Protein:** 18 g | **Sodium:** 300 mg

**Did you know?** Fatty fish, including salmon, tuna, cod, and pollock, are among the most commonly known foods for concentration. Fatty fish contain omega-3 fatty acids and DHA, which are great for improving concentration and memory. Nutritionists recommend at least two servings of fatty fish each week. Focus on fish that are low in mercury, such as the four mentioned above.