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EAT WELL, CARE WELL. FINGER FOODS

Finger foods are not only fun for children, but for people of every age and stage of life. Finger foods can be particularly beneficial for people with Alzheimer's or dementia. Bite-size pieces of food can help to improve motor skills and build confidence when eating. Waffles and pancakes are two of my ultimate favorite foods! They are very popular finger foods since they are usually dry and easy to hold. It is also easy to sneak in additional protein, nutrients, and flavors. For example, you can cut waffles or pancakes into finger sandwiches and top with peanut butter (my favorite flavor). You can add nutrients by incorporating whole grain flours, nuts, Greek yogurt, fruit, dry powdered milk or protein powders to the recipe. The recipes on the next page are a great example of this. **March 25th is even Waffle Day!** Another great thing about pancakes and waffles is they are quick to make and can be enjoyed at any meal of the day. Pancakes for dinner is my favorite during a long week. Finger foods are not limited just to carbs; they can also incorporate meat, fruits, and veggies. For example, orange segments, sliced cucumbers, and cut veggies, wedges or cubes of cheese, meatballs, and more... Finger foods are a great way to try a new food in small servings. *Happy Waffle Month, I hope you enjoy it as much as I will!*

WEEKLY CHALLENGES

EXPERIMENT WITH A
NEW FINGER FOOD

USE WHOLE GRAIN
FLOURS

BE ACTIVE THREE
TIMES

TRY ONE OF THE
RECIPIES

DID YOU KNOW?

WAFFLE DAY BEGAN IN
SWEDEN AND MARKS
THE BEGINNING OF
SPRING!

Protein Waffles

This recipe was adapted from: <http://www.diettaste.com/breakfast/protein-waffles.html>

INGREDIENTS:

- 2 cups oat flour, or flour of your choice
- 1 tablespoon protein powder or dry powdered milk
- 1 2/3 tablespoon baking powder
- 1 tablespoon sugar
- Pinch of salt
- 2 eggs
- 1 2/3 cup Greek yogurt
- 1 teaspoon vanilla extract
- Dash of cinnamon

DIRECTIONS:

1. In a bowl, combine flour with protein powder or powdered milk, baking powder, sugar, and salt, if desired.
2. In a separate bowl, mix eggs with yogurt and vanilla extract. (experiment with different extracts for different flavors).
3. Add wet ingredients to the dry ingredients and stir just until incorporated (do not overmix).
4. Cook waffles in greased waffle maker according to package directions.
5. Serve as a finger food and consider putting syrup in a small bowl for dipping.

Parmesan Chicken Bites

This recipe was adapted from: <https://damndelicious.net/2014/12/26/parmesan-chicken-bites/>

INGREDIENTS:

- ½ cup vegetable oil
- 1-pound boneless, skinless chicken breasts, cut into 1-inch chunks
- Salt and pepper to taste
- 1 cup panko breadcrumbs
- ¼ cup grated parmesan
- 1 teaspoon garlic powder
- ½ teaspoon smoked or regular paprika
- ½ cup flour
- 2 large eggs, beaten
- 2 tablespoon chopped fresh parsley leaves

DIRECTIONS:

1. Heat vegetable oil in a large skillet over medium high heat
2. Season chicken with salt and pepper
3. In large bowl, combine panko, parmesan, garlic powder and paprika. Set aside.
4. Place chicken in flour, dip into eggs, then into panko mixture, pressing to coat
5. Add chicken into skillet, and cook till golden and crispy, about 3-4 minutes. Transfer to a paper towel-lined plate
6. Serve immediately, garnished with parmesan and parsley, if desired.
7. Allow to cool to the touch if serving as a finger food.