

Peanut Butter & Pretzel Truffle

Makes 20

Ingredients:

1/2 cup crunchy natural peanut butter

1/4 cup finely chopped salted pretzels

1/2 cup dark chocolate chips, melted

Cooking Directions:

Combine peanut butter and pretzels in a small bowl. Chill in the freezer until firm, about 15 minutes. Roll the peanut butter mixture into 20 balls (about 1 teaspoon each). Place on a baking sheet lined with parchment or wax paper and freeze until very firm, about 1 hour. Roll the frozen balls in melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

Nutrition Facts: Per truffle: 64 calories; 4 g fat (1 g sat, 2 g mono); 1 mg cholesterol; 2 g sugars; 2 g protein; 1 g fiber; 53 mg sodium.

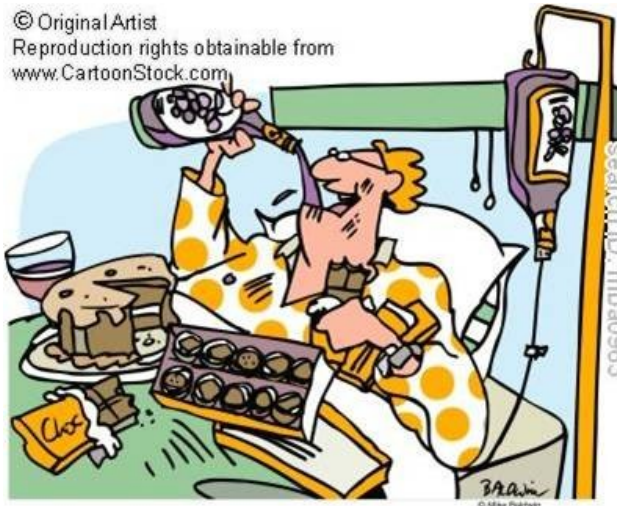
From: eatingwell.com



Key Concepts to Keep in Mind...

- * Everything in moderation.
- * Portion size matters.
- * Consume these foods as a part of your balanced diet.

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**Taking this advice to extremes.
Remember a little can go a LONG way!**

“Bad” Foods You Should Be Eating!

Eat some of your favorite foods without feeling guilty!!!



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Framingham State
University
Nutrition Fair 2010

Foods you may think are “bad” for you but are actually good!!

1. Peanut Butter

Myth: Peanut Butter is very high in fat.

Truth: Peanut butter is high in fat but most of the fat is monounsaturated fats, which have been shown to decrease your “bad” LDL cholesterol.

2. Eggs

Myth: Eating eggs is bad for your heart.

Truth: Eggs are a good source of nutrients. One egg contains 6 grams of protein and some healthful unsaturated fats. Eggs are also a good source of choline, a vitamin which has been linked with preserving memory.



3. Chocolate

Myth: Chocolate has a lot of fat and sugar in it and must be bad for you because it tastes so good!

Truth: Dark chocolate contains flavonoids, which are water-soluble plant pigments that have health benefits such as lowering blood pressure.



4. Beef

Myth: Beef is full of saturated fat and cholesterol and is not part of a healthy diet.

Truth: Lean cuts of beef are low in fat and are a great source of protein and iron. Iron is an essential mineral for getting oxygen from your lungs to cells throughout your body.

5. Potatoes

Myth: Potatoes are high in carbohydrates and have very little nutritional value.

Truth: Potatoes are high in complex carbohydrates which supply your body with energy. The skin is rich in vitamin C, potassium, and fiber. Potatoes are also low in calories.



6. Red Wine

Myth: Alcohol has NO health benefits.

Truth: Moderate consumption of alcohol has been shown to reduce the risk of cardiovascular disease, stroke, and Alzheimer’s disease. Studies have also found that moderate drinkers are less likely to develop type 2 diabetes. Keep in mind moderate alcohol consumption is necessary to see these health benefits.