

GREEN SLATE

MAKE 2020 THE YEAR YOUR FAMILY GETS SERIOUS ABOUT THE ENVIRONMENT.

PRODUCED BY **SIMONE OLIVERO** | PHOTOGRAPHY BY **ERIK PUTZ**
ILLUSTRATIONS BY **TRISHA ABE** | ART DIRECTION BY **STEPHANIE HAN KIM**



AURA INTERIOR PAINTS IN LUCKY CHARM GREEN 2030-30, BLACK 2132-10, BENJIA MINIMOORE.COM
SLOUCHY OVERALLS IN ARMY, SHORT SLEEVE TEE IN OLIVE, MINIMOORE.COM, JEFFERSON 2.0 LITEKNIT CHILD SHOES: NATIVESHOOES.COM

“

WE MUST CHANGE ALMOST EVERYTHING IN OUR CURRENT SOCIETIES. THE BIGGER YOUR CARBON FOOTPRINT, THE BIGGER YOUR MORAL DUTY. THE BIGGER YOUR PLATFORM, THE BIGGER YOUR RESPONSIBILITY. ADULTS KEEP SAYING: 'WE OWE IT TO THE YOUNG PEOPLE TO GIVE THEM HOPE.' BUT I DON'T WANT YOUR HOPE. I DON'T WANT YOU TO BE HOPEFUL. I WANT YOU TO PANIC. I WANT YOU TO FEEL THE FEAR I FEEL EVERY DAY. AND THEN I WANT YOU TO ACT. I WANT YOU TO ACT AS YOU WOULD IN A CRISIS. I WANT YOU TO ACT AS IF OUR HOUSE IS ON FIRE. BECAUSE IT IS.

—GRETA THUNBERG

”

WE'VE GOT A PROBLEM

CHILDREN UNDERSTAND THE URGENCY OF THE CLIMATE CHANGE CRISIS—SOMETIMES BETTER THAN ADULTS. HERE'S HOW TO INSPIRE THEM AND LET THEM TURN DESPAIR INTO ACTION.

WRITTEN BY JASON McBRIDE



ON OUR daily 10-minute walk to my son's school in Toronto's west end, we pass a number of familiar sights: a couple of small dogs (a Boston terrier named Happ and a chihuahua named Milo); a grubby parkette littered with ancient, sun-bleached toys; the malodorous Dumpster behind the seafood shop; the somewhat less malodorous Dumpster behind the bustling microbrewery; and the railroad tracks where we sometimes pause to watch black train cars, each containing crude oil, slowly snake by.

Over the past few months, "That's bad for the Earth" has become a common refrain for Jack, who is six. Plastic: bad for the Earth. Littering: bad for the Earth. Driving: bad for the Earth. Eating meat: bad for the Earth and bad for animals. Listening to his teachers and classmates or just picking up on conversations at home has unleashed Jack's environmental awareness, and it seems to be boundless. Well, not quite: If you take him to a birthday party, he will still gleefully grab his loot bag, no matter how much disposable plastic crap it contains.

I am, at once, delighted and concerned that he is thinking about this stuff at all. Like many parents, I've spent countless sleepless nights worrying about climate change and the future. But, more recently, I've also been worrying about the present. Climate change isn't something that will affect Jack's generation five, 10 or 20 years from now; it's affecting them, like it's affecting all of us, right now. In mid-August, the Canadian Paediatric Society published a report that stated that "climate change is the single largest global health threat of

the 21st century" and that children can be disproportionately affected by related issues: increased air pollution, contaminated water and increased UV exposure due to ozone depletion. This past summer and early fall, weather-related catastrophes, undeniably exacerbated by climate change, erupted with routine frequency across Canada, from forest fires in Alberta to hurricanes and post-tropical storms in Nova Scotia and Prince Edward Island. All around the world, the news this year was similarly grim.

TURNING DESPAIR INTO ACTION

Lindsay Bunce, executive director of EcoSchools Canada, recommends creating an action plan to help kids manage the stress of climate change. EcoSchools Canada provides independent, third-party environmental certification of schools and outdoor education centres, assessing and recognizing each institution's commitment to sustainability and ecological action. Jack's public school is a designated EcoSchool, and it has earned "points" through its promotion of litterless lunches, creation of a pollinator garden and recycling of craft supplies, among other things. (While previously restricted to Ontario schools, the initiative rolled out across the country this past fall.) Bunce has found that the most effective way to teach kids, no matter what their age or grade, about environmental issues is to, first of all, "focus on tangible action and hope." That can be as simple as encouraging students to turn off lights, measuring those actions over time and allowing them to reflect on the benefits of their activity. Once key behaviours are in place and a culture of sustainability is established across a school and school board, this often leads to more ambitious infrastructure projects, such as boosting insulation and installing solar panels.

When it comes to individual students, "Think about what a child has autonomy over and what they can control," she says. Following Bunce's advice, we added two new recycling bins to our regular blue and green bins and made these Jack's responsibility. He is now in charge of recycling used markers (these go back to school) and toothpaste tubes (our dentist recycles these).

Now, as I write these words, I think that maybe there's another lesson in these particular fleeting moments: While the antidote to despair—our own and our children's—about the future might be action, a supplementary remedy is to fully cherish the present. Any discussion of the climate crisis usually centres on what we will lose, but it's just as important to remember—and enjoy—what it is we currently have.



AURA INTERIOR PAINTS IN LUCKY CHARM GREEN 2020-30, BLACK 2122-10, BENJAMIN MOORE.COM
CONSCIOUS COLLECTION LONG-SLEEVED TOP, 1/2-LENGTH LEGGINGS: H&M.COM

IN THE BEDROOM



With constantly growing, regular play-in-the-dirt kids, even homes with minimalist parents will face the onslaught of apparel. Here's how to cope.

REDUCE

These eco-conscious kids' brands offer a feel-good way to buy new.



NUDNIK clothing is made from clean, unused, pre-consumer off-cut organic cotton fabrics that would have otherwise ended up in landfill.



MABEE BABY kids' loungewear is made from a healthy mixture of up-cycled, salvaged and new materials.



MINI MIOCHE makes stylish clothing using ethically sourced Global Organic Textile Standard (GOTS) cotton and bamboo.



THE WILD donates monthly to the David Suzuki Foundation and uses eco-friendly non-toxic inks to print its designs.



DOG AND DAISY clothing is made of sustainable Standard 100 by Oeko-Tex fabrics, which include organic cotton, lyocell and modal blends.



NEST DESIGNS makes muslin products for kids using a blend of rayon, cotton and bamboo, which is a sustainable material.

REUSE

Kara and Raegan Kennedy, co-owners of Little White Sneakers, a kids' clothing consignment shop in Toronto, share tips for buying second-hand clothes.

1

Buy quality brands.

2

Look for signs of significant wear, like fading, pilling, worn seams or threadbare spots.

3

Check clothing near a bright window for faint stains or signs of wear.

4

Take a pass on shoes that show wear on the treads.

5

See if the shop will give you credit for clothes your kid has outgrown. You might even be able to get a few outfits without spending a cent.

RECYCLE

Some of your favourite brands are doing their part to give your kid's stuff a second life.

H&M Get a \$5 credit for dropping off old clothes from any brand at this fast-fashion retailer. Collected clothes are sorted for donations, to be resold, or recycled into other items, like cleaning cloths or broken-down fibres, which can be used in insulation.

NATIVE This Canadian shoe company accepts all types of footwear for recycling as part of The Remix Project. Collected shoes are dismantled and used to make materials to build playgrounds.

NIKE When you bring old sneakers to Nike locations participating in the Reuse-A-Shoe program, they grind them up and use what's created to make new shoes, apparel and playing and running surfaces.

THE NORTH FACE Drop any brand of clothing or footwear in any condition at participating The North Face stores to be repurposed or recycled. When you donate, you get a \$10 reward that you can use on purchases of \$100 or more at The North Face.

PATAGONIA If your Patagonia gear can't be repaired, you can mail it in or drop it off at a participating Patagonia store and they will repurpose or recycle those items.

ZARA Drop off old clothes at participating Zara locations and they will be donated, recycled, transformed into new fabric, or sold to finance the social projects of non-profit organizations, like the Salvation Army.

LAMP ILLUSTRATION: ISTOCK PHOTO

IN THE KITCHEN

The average Canadian household wastes 140 kilograms of food each year—roughly \$1,100 worth. But unlike many other environmental issues, controlling how much food we throw out is completely within our control.

WASTE NOT, WANT NOT

Bob Blumer, Food Network host and ambassador for both Love Food, Hate Waste and Second Harvest, shares tips for reducing household waste.

TIP 1

Plan your weekly shopping list together as a family and make every family member responsible for using the items they put on the list.

TIP 2

Use smaller plates and serve smaller portions (with seconds available on request).

TIP 3

Stop patting yourself on the back for throwing scraps into the green bin and start finding creative ways to cook with them instead.

TIP 4

Don't be tempted by great deals that come in oversized packages at the grocery store unless you are confident your family will consume all of it.

TIP 5

Keep your fridge at 37F. This extends the life of everything you bring home from the grocery store and the farmers' market and extends the life of all the stray bits you might have been tempted to toss, like the tops of fennel fronds and beet greens.

TIP 6

Rescue these foods!



Bananas Freeze them in their peel or store them peeled in a resealable bag for use in banana bread or smoothies.



Apples Make applesauce.



Herbs Add them to soups, stocks, salads, salsas, marinades, pesto, rubs and more.



Tomatoes Make tomato sauce for pasta or pizza and freeze.

GREEN GADGETS

THIS USEFUL GEAR HELPS REDUCE WASTE IN THE KITCHEN.



Sodastream Stop buying fizzy drinks! This machine lets you make your own, which will save you money, reduce plastic bottle or can waste and control the amount of sugary syrup kids are consuming.



Bosch Fresh by Design This new line of refrigerators uses a FarmFresh System technology that balances temperature and humidity levels, filters out naturally occurring ethylene gas to slow ripening in produce, and evenly circulates cool, fresh air so the food inside your fridge lasts longer.



Nespresso These pods are 100 percent recyclable, and the aluminum can be up-cycled into new products like the Vélosophy bike.

PLANT-BASED MADE EASY

Meat-free doesn't have to be a Monday thing. These ready-made proteins make plant-based eating a no-brainer.



PC Chickenless Breaded Strips Ready in 20 minutes, these breaded strips are tender and crispy, just like real chicken fingers.



Yves Falafel Balls These tasty Middle Eastern bites are perfect in grain bowls or wrapped in a pita.



The Meatless Farm Co. Meat Free Ground Picture spaghetti bolognese with a fraction of the fat. The company claims this plant-based ground tastes better than beef.

8 eggs

3 cloves garlic, minced

TIP: Garlic loses potency over time, but even sprouted garlic can be eaten.

Salt and freshly ground black pepper

½ cup cooked meat, diced

TIP: Use up that last bit of sausage or ham at the back of the fridge.

1 tbsp olive oil

TIP: Rescue flavoured oil from a finished jar of sun-dried tomatoes

½ red bell pepper

TIP: Pick the one that has started to wrinkle—it's still good!

¾ cup cheese, grated

TIP: Use up those leftover ends from a cheese plate.

2 leeks (or ½ an onion), diced

TIP: The throw-away middle section of a leek works nicely as an onion alternative.

4 cups veggie tops, stems or greens, chopped

TIP: Don't toss those carrot tops! These green-bin fillers add lots of flavour.

TIP: Any starting-to-wrinkle tomatoes, mushrooms or bell peppers can be thrown in with the greens

"FREE"-TATA

Make this tasty dinner in less than 30 minutes using up all the scraps in your fridge.

1. Preheat oven to 425F.
2. Heat a 10-in.- ovenproof pan over medium heat. Add oil, garlic and leeks and cook, about 3 min, stirring.
3. Add veggie tops, stems or greens and 2 tbsp water. Cover and cook until wilted and water has mostly evaporated, 3 min. Remove lid and cook for another few minutes, stirring occasionally, until greens reduce in volume by about half.

4. Meanwhile, crack 8 eggs into a large bowl and whisk with half the cheese and salt and pepper to taste.
5. Add cooked meat (if desired) to pan and pour egg mixture overtop. Use a wooden spoon to evenly distribute the egg mixture over ingredients. Sprinkle remaining cheese overtop, then place thin slices of red bell pepper on top.
6. Transfer to oven and bake until cooked through, about 12 min. Makes 4 servings.

KITCHEN APPLIANCE, FOOD ILLUSTRATIONS: ISTOCK PHOTO

PHOTO: ERIK PUTZ; FOOD STYLING: ASHLEY DENTON; PROP STYLING: MADELEINE JOHARI; AURA INTERIOR PAINTING; BLACK 2132; 10: BENJAMIN MOORE.COM



TEXT: ALEX MLYNEK TOY ILLUSTRATIONS: ISTOCK PHOTO
 AURA INTERIOR PAINTS IN LUCKY CHARM GREEN 2030-30, BLACK 2132-10, BENJAMIN MOORE.COM
 CONSCIOUS COLLECTION LONG-SLEEVED TOP: H&M.COM



IN THE PLAYROOM



It's easy to just shut the door and pretend your playroom isn't a dumping ground for every birthday present, party loot bag and art experiment. While lots of toys can be passed on or resold, here's what to do with the stuff that usually ends up in the trash.

TINY TOY CO. That little partnerless doll shoe you found in between your couch cushions, or a random piece from a Lego set—basically any small toy or toy debris that can be named is something that this Canadian social enterprise wants. The company, founded by a teacher-librarian, up-cycles these items into educational kits.

Send toys or toy pieces that are no bigger than the palm of your hand to its Etobicoke, Ont., mailing address. Or, if you live in the Greater Toronto Area, you can drop them off at several locations. There are some exceptions to what they'll accept, like doll clothes, broken plastic pieces and electronic toys, for instance, so it's best to consult the Tiny Toy Co. website before sending toys in.

CRAFTING CLUTTER

Endless scraps of paper, dried-out markers and pens with missing caps don't have to end up in the landfill.

STAPLES Mechanical pencils and used pens, markers, highlighters and their caps, can be returned to Staples Canada to be recycled by TerraCycle (see below) for free.

CRAYOLA With Crayola's ColorCycle program, students in participating provinces can collect used Crayola markers in their school, which are then shipped for free to be repurposed or recycled.

TERRACYCLE This New Jersey-based company, launched by an entrepreneur who grew up in Toronto, specializes in recycling otherwise hard-to-recycle items like electronic toys, action figures, shoes, sippy cups, diaper pails, snack wrappers and baby food pouches. Simply buy a box for the type of item you need to purge, fill it up and send it back. They'll take care of the rest.

IN THE CAR Likely the biggest hunk of junk making its way to a landfill near you is your kid's old car seat. But there's hope.

ATMO RECYCLING This non-profit social enterprise hires people with barriers to employment, such as new immigrants or those with disabilities, to take car seats apart so all the materials can be properly recycled. Operating in Ontario and British Columbia, a recycling fee may apply. ATMO also works

with local municipalities and retailers on special days when car seats can be brought in to be recycled.

CLEK Working with ATMO, this Canadian car and booster seat maker will recycle old Clek products for a fee of between \$25 and \$40, depending on the model.

LIGHTEN UP!

Get all the flavour without the bulk. We swapped out cream for coconut milk, and bread crumbs for bran, to make cozy comfort dishes that won't weigh you down.

RECIPES BY **THE CHATELAINE KITCHEN**
PHOTOGRAPHY BY **ERIK PUTZ** FOOD STYLING BY **MATTHEW KIMURA**
PROP STYLING BY **MADELEINE JOHARI**
PRODUCED BY **SIMONE OLIVERO**
ART DIRECTION BY **STEPHANIE HAN KIM**



CURRIED BUTTERNUT SQUASH
+ CAULIFLOWER SOUP
p.79



CRISPY BRAN
CHICKEN PARMESAN
p.79

KITCHEN TIP
If you can't find chicken scaloppine, butterfly 2 chicken breasts to make 4 flat pieces.

THIS PAGE: WASHED LINEN TABLECLOTH IN LIGHT TURQUOISE: HM.COM

WINTER COBB SALAD
p.79



SWEET-POTATO-AND-
LENTIL-TOPPED
MINI COTTAGE PIES
p.80

KITCHEN TIP
Instead of making individual cottage pies, use a 10-in.-wide oven-safe frying pan for beef mixture. Spread potato mixture over beef mixture and broil until golden brown, 2 to 3 min.

OPPOSITE PAGE: WASHED LINEN TABLECLOTH IN LIGHT TURQUOISE: HM.COM
THIS PAGE: SMALL WOODEN CUTTING BOARD: HM.COM

ROASTED RED PEPPER
HUMMUS PASTA
p.80



CURRIED BUTTERNUT SQUASH + CAULIFLOWER SOUP

PREP 5 MIN TOTAL 30 MIN

- 1 tsp canola oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 2 tsp mild curry powder
- 3 cups butternut squash, cubed
- 3 cups cauliflower florets
- 900-mL carton vegetable broth
- 165-mL can coconut milk
- ¼ cup pepitas, toasted

- 1.** Heat a large pot over medium. Add oil, then onion and garlic. Cook until onion is soft, 3 to 4 min. Sprinkle curry powder over mixture. Cook, stirring, 1 min.
- 2.** Add squash, cauliflower and broth. Bring to a boil over high. Simmer until vegetables are very tender, 5 to 7 min.
- 3.** Pour soup, in batches, into a blender. Purée until smooth. Divide among bowls.
- 4.** Whisk coconut milk in a bowl. Drizzle over soup. Sprinkle with pepitas.

MAKES 4 SERVINGS. PER SERVING: CALORIES 243, PROTEIN 10 G, CARBS 25 G, FAT 14 G, FIBRE 7 G, IRON 4 MG, SODIUM 912 MG. EXCELLENT SOURCE OF VITAMIN A.



CRISPY BRAN CHICKEN PARMESAN

PREP 15 MIN TOTAL 30 MIN

- 1 tsp olive oil
- 2 cups bran flakes cereal
- ½ cup grated Parmesan
- 1 egg
- 1 tbsp Dijon mustard
- 2 tbsp all-purpose flour
- ¼ tsp salt
- 4 pieces chicken scaloppine (400 g)
- 1 cup grated mozzarella
- 1 cup store-bought marinara sauce
- ¼ cup chopped basil (optional)

- 1.** Position rack in centre of oven, then preheat to 350F. Line a baking sheet with foil. Set a large baking rack on foil and brush with oil.
- 2.** Crush bran flakes into fine crumbs with your hands in a medium bowl. Stir in Parmesan. Set aside. Whisk egg with Dijon in another medium bowl. Whisk in flour and salt. Season with pepper to taste.
- 3.** Pat chicken dry with paper towels. Dredge each piece in egg mixture, then press into bran flake mixture to completely cover. Lay chicken on prepared rack and lightly spray with oil.
- 4.** Bake until golden-brown, about 15 min. Switch oven to broiler, then sprinkle mozzarella over chicken. Broil until mozzarella is bubbly and golden, 2 to 3 min.
- 5.** Heat marinara sauce in a small saucepan over medium-high, 2 to 3 min. Add a dollop of marinara to chicken and garnish with basil, if desired. Serve with a green salad on the side.

MAKES 4 SERVINGS. PER SERVING: CALORIES 343, PROTEIN 35 G, CARBS 23 G, FAT 13 G, FIBRE 4 G, IRON 4 MG, SODIUM 789 MG. EXCELLENT SOURCE OF VITAMIN B6.



WINTER COBB SALAD

PREP 15 MIN TOTAL 30 MIN

- 4 eggs
- 1 large sweet potato (400 g), peeled and cut into 1-in. cubes
- 1 tbsp olive oil
- ½ tsp salt, divided
- 1 rotisserie chicken
- ¼ cup mayonnaise
- ¼ cup 2% plain Greek yogurt
- 1 tbsp lemon juice
- 2 tbsp finely chopped chives
- 8 cups chopped romaine lettuce
- 1 pint cherry tomatoes, halved
- ¼ cup crumbled feta
- chicken skin "bacon" (optional)

- 1.** Preheat oven to 450F. Add eggs to a medium pot of boiling water and simmer for 6 min. Rinse under cold water.
- 2.** Toss sweet potato with oil and ¼ tsp salt on a baking sheet. Roast until fork-tender and golden-brown, 12 to 14 min.
- 3.** Remove chicken skin. Set aside. Debone legs, then shred meat. Slice up breast.
- 4.** Stir mayo with yogurt, 2 tbsp water, lemon juice, chives and remaining ¼ tsp salt in a large bowl. Season with pepper. Add romaine and toss until coated. Divide among plates. Top with peeled and halved eggs, sweet potato, tomatoes, chicken, feta and chicken skin bacon, if desired.
- 5.** For chicken skin bacon: Trim excess fat from skin, then arrange flat on a baking sheet. Bake in lower third of oven at 450F until crisp, 5 to 6 min. Once cooled, break into smaller pieces.

MAKES 4 SERVINGS. PER SERVING: CALORIES 617, PROTEIN 53 G, CARBS 29 G, FAT 33 G, FIBRE 7 G, IRON 4 MG, SODIUM 1,108 MG. EXCELLENT SOURCE OF VITAMIN C.

OPPOSITE PAGE: TALRIKA DEEP PLATE/BOWLS IN LIGHT GREEN; IKEA.CA 2-PACK LINEN NAPKINS IN LIGHT TURQUOISE + WASHED LINEN TABLECLOTH IN LIGHT TURQUOISE; HM.COM



SWEET-POTATO-AND-LENTIL-TOPPED MINI COTTAGE PIES

PREP 20 MIN TOTAL 40 MIN

- 1 medium sweet potato (300 g), peeled and cut into 1-in. chunks
- 1 cup dried red lentils
- 3 tbsp butter, divided
- 1 tsp salt, divided
- 1 onion, finely chopped
- 1 stalk celery, finely chopped
- 450 g lean ground beef
- 2 tbsp tomato paste
- 1 tbsp all-purpose flour
- 1½ cups low-sodium beef broth
- 1 tbsp Worcestershire sauce
- 1 cup frozen green peas

- 1.** Combine sweet potato, lentils and enough water to cover in a medium pot. Bring to a boil, then reduce heat to medium and gently boil until potato is tender, 12 to 15 min. Drain and return to pot. Add 2 tbsp butter and ½ tsp salt and mash until smooth.
- 2.** Melt remaining 1 tbsp butter in a frying pan over medium-high. Cook onion and celery until soft, 3 to 4 min. Add ground beef, stirring often, until no pink remains, 4 to 5 min. Stir in tomato paste and flour until combined, about 1 min. Add broth, Worcestershire sauce and remaining ½ tsp salt. Bring to a boil, then reduce heat to medium and cook until saucy, about 8 min. Stir in peas for last 2 min.
- 3.** Preheat broiler. Divide beef mixture among 6 1-cup ramekins on a baking sheet, then top with sweet potato mixture. Broil until peaks are browned, 5 to 6 min.

MAKES 6 SERVINGS. PER SERVING: CALORIES 392, PROTEIN 26 G, CARBS 35 G, FAT 17 G, FIBRE 7 G, IRON 6 MG, SODIUM 696 MG. EXCELLENT SOURCE OF VITAMIN A.



ROASTED RED PEPPER HUMMUS PASTA

PREP 10 MIN TOTAL 25 MIN

- 200 g rigatoni
- 2 tsp olive oil
- 2 broccoli crowns, cut into florets, (6 cups)
- 1½ cups store-bought marinara sauce
- ¼ tsp salt
- 1 cup store-bought roasted red pepper hummus
- ½ cup 10% cream
- ¼ cup grated Parmesan
- ¼ cup chopped parsley (optional)

- 1.** In a large pot of boiling water, cook pasta according to package instructions. Reserve ½ cup pasta water and then drain.
- 2.** Heat a large non-stick frying pan over medium-high. Add oil, then broccoli. Cook, stirring occasionally, until tender-crisp, 3 to 4 min. Stir in marinara, pasta water and salt. Cook until broccoli is just tender, 2 to 3 min. Stir in hummus and cream until sauce is warmed through.
- 3.** Add drained pasta to sauce and toss until combined. Divide among bowls. Sprinkle with Parmesan and parsley.

MAKES 4 SERVINGS. PER SERVING: CALORIES 386, PROTEIN 17 G, CARBS 57 G, FAT 12 G, FIBRE 7 G, IRON 4 MG, SODIUM 701 MG. EXCELLENT SOURCE OF FOLATE.

MORNING GLORY MUFFINS

PREP 15 MIN TOTAL 45 MIN

- 1¾ cups all-purpose flour
- 1½ tsp baking powder
- ½ tsp baking soda
- 1½ tsp cinnamon
- ¼ tsp salt
- 2 eggs
- ½ cup canola oil
- ½ cup buttermilk
- ½ cup granulated sugar
- ¼ cup packed dark brown sugar
- 1 tsp vanilla
- 1 apple, peeled and coarsely grated (1 cup)
- 1 carrot, coarsely grated (1 cup)
- ½ cup unsweetened shredded coconut
- ½ cup sultana raisins

- 1.** Position rack in centre of oven, then preheat to 375F. Line a 12-cup muffin pan with paper liners.
- 2.** Whisk flour with baking powder, baking soda, cinnamon and salt in a large bowl. Set aside. Whisk eggs in a medium bowl, then whisk in oil, buttermilk, sugars and vanilla. Stir egg mixture into flour mixture.
- 3.** Stir in apple, carrot, coconut and raisins. Do not overmix. Scoop into lined muffin cups. Bake until a skewer inserted into centre of a muffin comes out clean, 18 to 20 min. Muffins can be kept in an airtight container for up to 3 days.

MAKES 12 MUFFINS. PER MUFFIN: CALORIES 267, PROTEIN 4 G, CARBS 35 G, FAT 13 G, FIBRE 2 G, IRON 1 MG, SODIUM 170 MG. GOOD SOURCE OF VITAMIN A.



FROM PAGE 73