

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Aquafaba...The Magical Bean Juice

Think about the last time you made your favorite recipe using canned dried beans. You likely strained the beans and rinsed the juice down the drain. Have you ever wondered what else you could do with the liquid?

Aquafaba (Latin for water and beans), the liquid from canned dried beans, is a popular vegan egg substitute for meringues, mousses, and whipped creams. It has also been touted as a useful alternative for individuals with egg allergies, allowing them to enjoy some recipes that they traditionally would not be able to.



Aquafaba's ratio of starch and protein makes it work like a binding agent, thickener, and emulsifier. A food safety benefit of aquafaba is the reduced risk of foodborne illness. It does not need to be baked and has a lower chance of contamination in contrast to traditional egg-containing recipes where Salmonella would be a common bacteria of concern.

Here's what you need to know to try this new food trend:

- 3 tablespoons of aquafaba = 1 whole egg
- 2 tablespoons of aquafaba = 1 egg white
- As a binding agent, be sure to slightly whip the aquafaba until it is foamy before using.
- In meringues and mousses, whip with 1 teaspoon cream of tartar for 5–10 minutes until stiff peaks form.
- Look for low-sodium or no-salt-added beans if you plan to use the aquafaba to decrease sodium content.

Although the amount of aquafaba in most recipes will be minimal, you may experience gastrointestinal distress or flatulence if you are sensitive to bean sugars. You may want to take a test run to see how you will respond to the product.

Source: www.todaysdietitian.com/newarchives/0917p36.shtml



Chickpea Cookie Dough

Serving Size: about 2 rounded tablespoons
Serves: 12

Ingredients

- 1 can chickpeas, drained and rinsed (reserve 1 tablespoon of the aquafaba—liquid from canned chickpeas)
- 1 tablespoon aquafaba
- 1/2 cup peanut butter
- 1/3 cup maple syrup
- 1 teaspoon vanilla
- Pinch of salt
- 1/2 cup chocolate chips

Instructions

1. Combine chickpeas, aquafaba, peanut butter, maple syrup, vanilla, and salt in a blender or food processor and blend until smooth.
2. Stir in the chocolate chips.
3. Use a tablespoon or dipper to portion out cookie dough balls onto a sheet tray lined with parchment paper.
4. Freeze and enjoy!

Other ideas

- Melt chocolate and coat the frozen chickpea balls.
- Enjoy right off the spoon like cookie dough out of the bowl.

Nutrition information per serving: 165 calories, 19g carbohydrates, 9g fat, 5g protein, 98mg sodium, 12g sugar, 3g fiber

Recipe adapted from www.onegreenplanet.org/vegan-recipe/chickpea-cookie-dough-bites/



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Have a Happy Food-safe Holiday Season

Holiday season is right around the corner. Finding time-saving ways to have home-cooked meals is important when our schedules are full. Slow cookers help us save time but offer home-cooked meals. Follow these slow-cooker food safety tips:

- Use slow-cooker recipes that include a liquid.
- Ensure that internal temperature of the food prepared reaches 160°F.
- Thaw ingredients like meat and poultry before cooking them in the slow cooker.
- Vegetables take longer to cook, so give them a head start before adding the meat.
- If reheating, the contents must reach a temperature of 165°F, then they can be kept warm in the slow cooker at 140°F for serving.



Sources

Food Safety and Inspection Service: www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/appliances-and-thermometers/slow-cookers-and-food-safety/ct_index

Iowa State University: www.extension.iastate.edu/foodsafety/slow-cookers

Fall into Physical Activity

Fall is upon us. Out with the humid scorchers and in with the crisp fall air. Fall is the perfect time to get outside and enjoy the weather with some fun seasonal activities. Being active increases your ability to prevent simple infections, just in time for cold and flu season! As you enjoy fall and prepare for winter, give these seasonal fitness activities a try.

- Plan a backyard holiday football game.
- Sign up for a 5k walk or run.
- Grab a friend or family member and go for a brisk walk.



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Don't like the cold? Explore some inside activity options like a spin (cycling) class or a new aerobics class at your local fitness center.

For more information, visit healthyforgood.heart.org/Move-more/Articles/How-to-Stay-Active-in-Cold-Weather