



Growing healthy keiki, schools, and communities

Nutrition Education Close to the Source Snack Recipes

A program of the Kōkua Hawai'i Foundation

kōkua hawai'i foundation

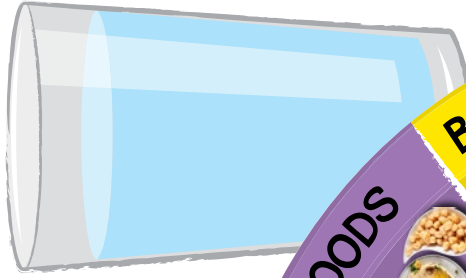


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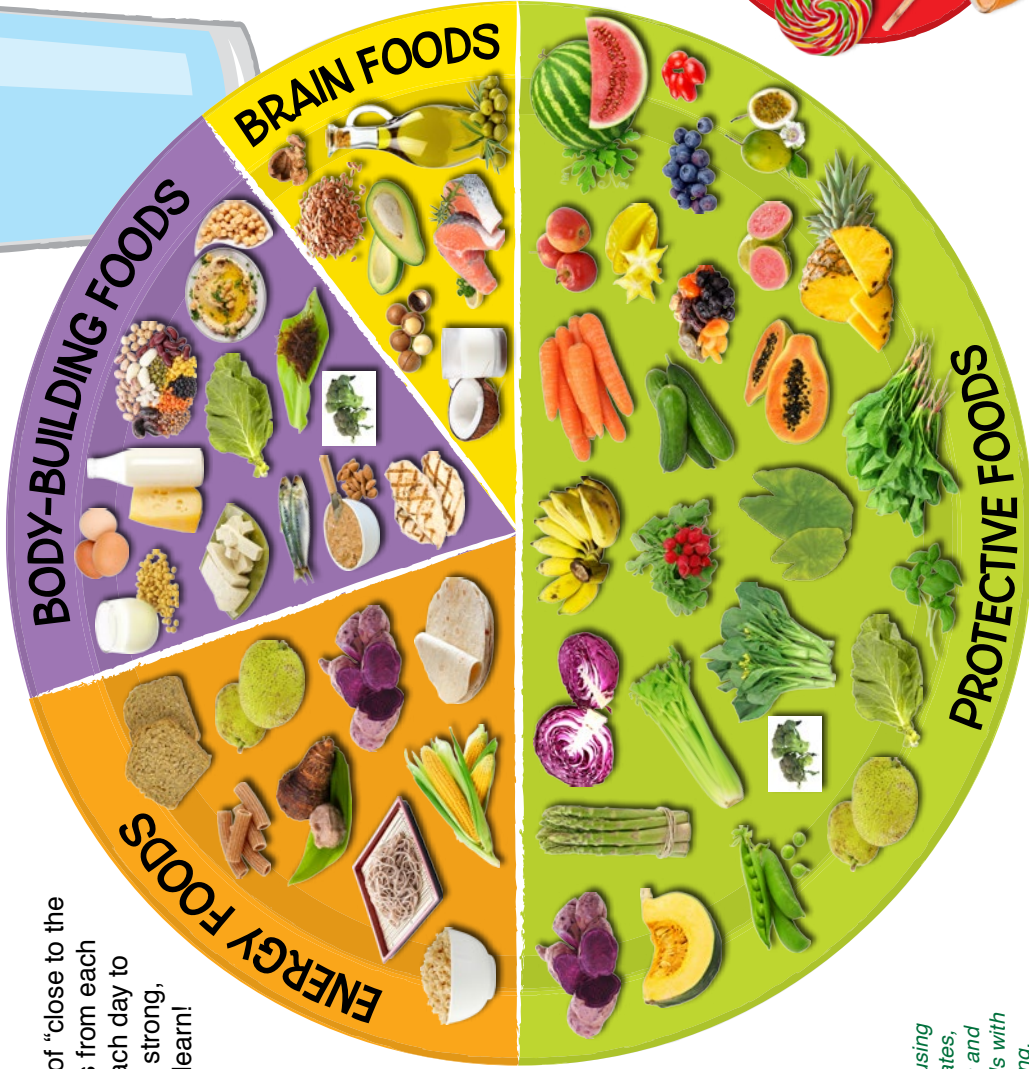
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‘ĀINA FOOD GUIDE: A Foundation for Good Health



“CLOSE TO THE SOURCE” foods are high quality whole foods that come straight from nature. These foods are less processed, with little being added or taken away, and are usually more nutritious than processed foods. Choose locally grown foods because they are fresher, tastier, and better for the environment.

Eat a variety of “close to the source” foods from each food group each day to keep healthy, strong, and ready to learn!



*Water is important for all systems in our bodies.
Kids should drink at least 6 to 8 cups a day.*

PROTECTIVE FOODS are fruits and vegetables that are high in vitamins, minerals, and fiber. They help keep us healthy and protect us from getting sick.

ENERGY FOODS are complex carbohydrates like whole grains and starchy fruits and vegetables that give us long-lasting energy.

BODY-BUILDING FOODS contain both protein and calcium, and come from both plants and animals. They include foods like beans, eggs, fish, lean meats, tofu, and dark greens. They help us grow healthy and strong bones, muscles, teeth, and hair.

BRAIN FOODS are high quality fats and oils that come from plants and some fish. They help us to learn and remember things and are also good for our hearts.

CAUTION FOODS are foods high in sugar, fat, or salt. We should eat them in moderation and choose “close to the source” options whenever possible.



Reduce waste by using reusable forks, plates, cups, and napkins and choosing fresh foods with minimal packaging.



Poi Smoothie

This recipe includes ingredients from each category of the 'ĀINA Food Guide: Energy Foods (poi), Protective Foods (berries & banana), Body-Building Foods (soy milk), Brain Foods (coconut milk), and Caution Foods (honey). While this is not a traditional way of eating poi, this recipe aims to highlight kalo, Hawai'i's traditional staple food.

Ingredients:

- 2 ripe locally-grown bananas
- 2 cups frozen organic berries
- 1 cup poi
- 2 cups organic soy milk (or almond, hemp, etc.)
- 1/4 cup coconut milk
- 1 tablespoon Hawaiian honey
- 1 cup crushed ice



Directions:

1. Fill blender with ingredients in the order listed above.
2. Blend until well combined and smooth.

Makes approximately five 8 ounce servings

Smoothies are an easy way to enjoy a variety of fruits and vegetables and make a great snack or light meal. Get creative with ingredients to find your favorite combinations. You can even add a few kale leaves (with ribs removed) or a handful of spinach for some extra GREEN protective power!



Poi Smoothie recipe adapted from Armitage, K. and Odom, S.K., *Hāloa*, Kamehameha Schools 2006.

See this recipe being made at kokuahawaiifoundation.org/ainavideos.

Bird's Nest Salads

Each ingredient in this Bird's Nest Salad represents a different edible plant part. All of these plants are part of the Protective Foods category of the 'ĀINA Food Guide. They provide vitamins, minerals, phytonutrients and fiber that help to keep us healthy and protect us from illness.

Ingredients:

- 2 carrots (roots)
- 1 cup of celery (stems)
- 1 local purple cabbage (leaves)
- 1 cup broccoli (flower)
- 1 cup local grape tomatoes or currant tomatoes (fruit)
- 1/2 cup sunflower seeds (seeds)
- dressing (optional)



Directions:

1. Wash vegetables thoroughly.
2. Grate the carrots, chop the broccoli and celery into bite size pieces, and break the cabbage leaves into hand size "bowls."
3. Fill the "cabbage bowl" with a bed of grated carrots, a couple pieces of broccoli and celery, and top with a couple local tomatoes.
4. Top off with a pinch of sunflower seeds, and sprinkle with dressing (optional).

Make it Extra Local: use steamed taro cubes (roots), nasturtiums or other edible flowers, and homemade papaya seed or liliko'i dressing.



See this recipe being made at kokuahawaiifoundation.org/ainavideos.

Breakfast Parfaits

This recipe includes the elements of a balanced breakfast: whole fruits/vegetables from the Protective Foods category of the 'ĀINA Food Guide (bananas), complex carbohydrates from the Energy Foods category (whole grain cereal or granola), minimally processed proteins from the Body-Building Foods category (yogurt), and high quality fat from the Brain Foods category (flax or pumpkin seeds). Local honey from the Caution Foods category adds a little sweetness.

Ingredients:

- 1 cup plain yogurt
- 1 local apple banana, sliced
- 1/2 cup whole grain cereal or granola
- 1 tablespoon flax seeds or shelled pumpkin seeds
- 1 teaspoon Hawaiian honey



Directions:

1. In a clear glass jar or bowl, add yogurt, bananas, and granola in layers.
2. Sprinkle on a spoonful of pumpkin or flax seeds.
3. Top off with a drizzle of local honey.

Serves 1

Like smoothies, parfaits are fun and easy to experiment with. Try local fruits like papaya, mango, dragonfruit, starfruit, liliko'i, and more in your next parfait.



See this recipe being made at kokuahawaiifoundation.org/ainavideos.

'Ulu Hummus & Rustic 'Ulu Whole Wheat Crackers

This cracker recipe was created for 'ĀINA In Schools by Chef Tiffanie Masutani and the hummus recipe comes from Chef Nina Alena Beatty. 'Ulu and whole wheat both come from the Energy Foods category of the 'ĀINA Food Guide. Energy Foods are complex carbohydrates like whole grains and starchy fruits and vegetables that give us long-lasting energy and fiber.



'Ulu Hummus Ingredients:

- 3 cups steamed 'ulu (approximately 1 small 'ulu)
- 1/3 cup tahini
- 1/4 cup lemon or lime juice
- 5 cloves roasted garlic
- 1-1/2 cups water*
- 1-1/2 teaspoon cumin
- 1 teaspoon sea salt or rock salt**

'Ulu Hummus Directions:

1. Cut 'ulu into 2 inch chunks. Measure 3 cups and add to food processor.
2. Combine 'ulu, tahini, lemon juice, garlic, cumin, salt, pepper in the food processor.
3. Add a half cup of water at a time to hummus mixture. Blend until smooth, adding more water as needed for desired consistency.
4. Taste to make sure hummus is to your liking. You may also wish to add more or less lemon or lime juice, salt, garlic, or seasoning.
5. Serve immediately or keep refrigerated for up to one week in a well-sealed container.

Rustic 'Ulu Whole Wheat Cracker Ingredients:

- 1 cup 'ulu, steamed and mashed
- 2 tablespoons extra virgin olive oil (or oil of your choice)
- 1/4 cup oil reserved for brushing onto crackers
- 1/3 cup whole wheat flour (plus 1/4 cup more for dusting & rolling)
- pinch of salt
- Optional: herbs (e.g. rosemary) from your garden and sea salt for topping the crackers

Rustic 'Ulu Whole Wheat Cracker Directions:

1. Clean and cut 'ulu into 2" cubes and steam until tender.
2. While still warm, smash 'ulu using a spatula or wooden spoon and mix 'ulu until tacky in texture.
3. Add in 1/3 cup of whole wheat flour and a pinch of salt into the 'ulu, mix together until combined.
4. Add the 2 tablespoons olive oil slowly and mix to incorporate into the dough.
5. Turn dough out onto a clean, floured surface or cutting board.
6. Work dough until it is smooth and not sticky – add dusting flour as necessary.
7. Roll dough paper thin and cut into desired shapes.
8. Brush with additional olive oil and top with sea salt and herbs if desired.
9. Place on baking sheet and bake at 350°F for 12 – 15 minutes, or until crackers are golden brown.

See this recipe being made at kokuahawaiifoundation.org/ainavideos.

Banana Sorbet

This recipe is a simple way to use one of our favorite locally grown fruits—*mai'a* or banana. Bananas are part of the Protective Foods category of the 'ĀINA Food Guide. Protective Foods are fruits and vegetables that are high in vitamins, minerals, phytonutrients, and fiber. They help keep us healthy and protect us from illness.

Ingredients:

- 4 ripe local bananas
- water, milk, or alternative milk (as needed)

Directions:

1. Peel ripe bananas.
2. Cut into 2-inch pieces for easier processing later.
3. Place in freezer overnight.
4. Blend frozen bananas in a food processor or high-powered blender until creamy and smooth. If needed, add a tiny bit of water or your choice of milk as you blend the bananas.



Serves 4

Optional: Get creative and play with different flavors! Add a sprinkle of cinnamon or mix in different fruits like pineapple, mangoes, or berries. You can also top sorbet with chopped Hawai'i-grown macadamia nuts for a gourmet touch!



Body-Building Salsa

This recipe features black beans, which are a plant-based Body-Building Food from the 'ĀINA Food Guide that provides us with protein and calcium that help us to grow strong bodies. Tomatoes, corn, garlic, limes, and cilantro represent the Protective Foods category with their vitamins, minerals, phytonutrients, and fiber that help to keep us healthy and protect us from getting sick. Corn is also an Energy Food, providing long-lasting energy as a complex carbohydrate. All but the beans can be sourced locally in Hawai'i.

Ingredients:

- 2 - 15 oz. cans organic black beans, drained and rinsed
- 3 ripe tomatoes, diced small
- 3 ears corn, steamed ahead of time and kernels shaved off
- 1 garlic clove, minced
- juice from 2 small limes (or 1 large lime)
- 1 bunch fresh cilantro, chopped fine

Directions:

1. Mix ingredients in a large bowl.
2. Serve with whole grain tortilla chips.



Add avocado chunks and serve over brown rice or quinoa for a hearty meal. You can also save money by cooking dry beans. Look online for simple directions, including a "quick soak method" that can cut your pre-soak time to an hour!



See this recipe being made at kokuahawaiifoundation.org/ainavideos.

Brainy Guacamole

This recipe is rich in high quality healthy fats from avocados from the Brain Foods category of the 'ĀINA Food Guide. This recipe is especially fun for keiki to make—just be sure adults help with cutting ingredients.

Ingredients:

- 1 large ripe avocado (or 2 small ones)
- 1 tablespoon fresh squeezed lime juice
- 1 garlic clove (crushed or chopped)
- 1 large cucumber, sliced at an angle into “chips”

Directions:

1. Cut ripe avocado in half and take out the seed.
2. Scoop the flesh into a bowl.
3. Mash up with chopped garlic and lime juice.
4. Add chopped onion, tomatoes, or bell pepper if you like.
5. Serve with cucumber “chips” or whole grain crackers or chips. It's 'ono in sandwiches, too!



In addition to being a source of high quality unsaturated fat, avocados provide fiber, potassium, Vitamin E, B Vitamins, and folic acid. There are over 200 varieties of avocado grown in Hawai'i. Remember to buy local avocados for freshness and better nutrition. Better yet, grow your own!



See this recipe being made at kokuahawaiifoundation.org/ainavideos.

Build-Your-Own Trail Mix

Trail mix is a great snack that can provide long-lasting energy on family adventures. Nuts provide both protein and fats, making them part of the Body-Building Foods and Brain Foods categories of the 'ĀINA Food Guide. Seeds are also part of the Brain Foods category, providing high quality, healthy fats. Dried fruits are part of the Protective Foods category, providing vitamins, minerals, nutrients, and fiber. Because they concentrate a lot of natural sugars, they can also be considered a Caution Food. The good thing is they are still a very close to the source food!

Making your own trail mix is easy. Visit your local grocery or natural foods store and look for a selection of nuts, dried fruits, and seeds. Be sure to read ingredient lists because “red flag” ingredients are often added to these items in the form of preservatives, sweeteners, and oils.

Ingredients:

- **Your choice of dried fruits:** mango, papaya, banana, coconut, starfruit, raisins, cranberries, apricots, cherries
- **Your choice of nuts:** macadamia nuts, almonds, peanuts, walnuts, pecans, cashews
- **Your choice of seeds:** pumpkin seeds, sunflower seeds

Directions:

1. Serve items in separate dishes allowing each person to create their customized trail mix. You can also mix all ingredients in a large bowl.
2. Store any leftovers in an airtight container.

When preparing trail mix at a school, be aware of student allergies and school allergy policies. Nuts are a common allergen and some schools do not allow them on campus.



See this recipe being made at kokuahawaiifoundation.org/ainavideos.