Nutrition in disguise

A collection of tasty recipes enhanced with key nutrients for older adults
Did you know?

- As we age, we generally need fewer calories than we did when we were younger. However, we still need the same amount of nutrients.
- Most older adults are not consuming enough key nutrients to stay healthy.
- The best way to get the nutrients that our body needs is through the food that we eat. This is why it is important to choose foods that are rich in nutrients—or nutrient-dense.
- Nutrient-dense foods are high in nutrients but relatively low in calories.
- Eating a nutrient-dense diet helps us stay healthy and independent.

The Nutrition in Disguise (NID) project focuses on creating nutrient-dense recipes by adding healthy ingredients to common foods that older adults enjoy.

The following recipes were created as part of the project.

Each recipe card describes how to prepare the item. It also explains how the key ingredient in disguise makes the recipe more nutritious.

Bon appétit!

Did you know?

For more information about the NID project visit the-ria.ca/resources/NID

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Beef Barley Soup

Nutrition in disguise

• This soup includes flax seeds.
• Flax seeds contain healthy fatty acids, lignans and fibre.
• Lignans are food components that may be helpful for a variety of health conditions such as cancer.

Nutrition facts
Serving size: 1 bowl (340 mL)
Calories: 248 kcal
Protein: 18 g
Carbohydrates: 27 g
Polyunsaturated fat: 2 g
Monounsaturated fat: 3 g
Fibre: 5 g
Makes 9 bowls

**Ingredients**

1 Tbsp extra virgin olive oil
1 lb diced stewing beef, seasoned with ½ tsp salt and ½ tsp pepper
½ large sweet onion, diced
1 carrot, diced
2 celery stalks, chopped
2 tsp minced garlic
1 sweet potato, peeled and diced
1 large tomato, chopped
7 cups low-sodium beef stock
¼ cup kale or spinach powder (optional)
½ tsp ground turmeric
½ tsp smoked paprika
1 Tbsp whole grain mustard
1 Tbsp marjoram
1 Tbsp thyme
2 Tbsp chia seeds
2 Tbsp flax seeds
2 Tbsp hemp hearts
2 Tbsp barley
1 tsp salt
½ tsp pepper

**Directions**

1. Heat olive oil in pot over medium-high heat.
2. Add beef and cook until browned.
3. Set browned beef aside.
4. Add onion, carrot, celery, and garlic to pot.
5. Cook until soft.
6. Add remaining ingredients, including browned beef.
7. Bring to a boil.
8. Simmer for 45–60 minutes.
Mulligatawny Soup

Nutrition in disguise

- Chia seeds are a great addition to this soup.
- Chia seeds are a source of omega-3 fatty acids.
- Omega-3 fatty acids can help raise “good” cholesterol.
- Find chia seeds in bulk food stores or the supplement aisle.

Nutrition facts
Serving size: 1 bowl (340 mL)
Calories: 490 kcal
Protein: 15 g
Carbohydrates: 48 g
Monounsaturated fat: 9 g
Polyunsaturated fat: 4 g
Makes 6 bowls

**Ingredients**

- ¼ cup extra virgin olive oil
- 1 carrot, diced
- ½ onion, diced
- 2 tsp minced garlic
- 1 large tomato, diced
- 3 cups low-sodium vegetable broth
- 1⅛ cup unsweetened coconut milk
- 1 cup dried red lentils
- ½ cup kale powder (optional)
- 2 Tbsp chia seeds
- 2 Tbsp flax seeds
- 2 Tbsp hemp hearts
- ½ tsp ground ginger
- ¼ tsp ground cardamom
- ¼ tsp ground cinnamon
- ¼ tsp ground paprika
- ⅛ tsp ground cumin
- 1 Tbsp ground turmeric
- 1 Tbsp curry powder
- ¾ tsp salt
- 2 apples, peeled and small diced

**Directions**

1. Heat olive oil in pot over medium heat.
2. Add carrot, onion, and garlic.
3. Cook until soft.
4. Add remaining ingredients, except apples.
5. Bring to a boil.
6. Simmer for 50 minutes with the lid on.
7. Add diced apples.
8. Simmer for 20 minutes, then serve hot.
Spinach and Cheese Quiche

Nutrition in disguise

• This quiche gets lovely colour from spinach.
• Spinach has vitamins K, A, and folate.
• Vitamin K is important for blood clotting, bone health, and regulating blood calcium levels.
• Fresh spinach can be cooked and stored for up to three days in your fridge.

Nutrition facts
Serving size: 1/8 quiche (142 g)
Calories: 298 kcal
Protein: 15 g
Carbohydrates: 14 g
Vitamin K: 66 mcg
Makes 1 quiche (9”)

Ingredients

9” frozen pie shell
6 large eggs
½ cup skim milk
½ cup chopped green onion
1 cup chopped fresh spinach
¼ cup finely chopped fresh kale
¼ tsp salt
⅛ tsp pepper
1 cup shredded cheddar

Directions

1. Preheat oven to 375°F.
2. Allow pie shell to thaw for 15 minutes at room temperature.
3. Whisk eggs and milk, then add remaining ingredients and mix.
4. Place thawed pie shell on baking sheet.
5. Pour mixture into pie shell.
6. Bake for 35 minutes.
7. Let cool for 5 minutes before slicing into 8 pieces and serving.
Apple Cider Muffins from mix

- These tasty muffins include wheat germ.
- Wheat germ has healthy fats, antioxidants, and other essential nutrients.
- Healthy fats are important for heart, nerve, and brain function.
- Store in your fridge to maintain freshness and nutrient quality.

**Nutrition facts**
- Serving size: 1 muffin
- Calories: 158 kcal
- Protein: 4 g
- Carbohydrates: 27 g
- Total fat: 5 g
Makes 12 muffins

Ingredients

½ cup apple cider
6 Tbsp plain 2% Greek yogurt
1 tsp vanilla extract
1 tsp ground cinnamon
¾ cup unsweetened applesauce
½ of a 900 g package of bran muffin mix (3 cups)
2 Tbsp wheat germ

Directions

1. Preheat oven to 350°F.
2. Grease standard muffin pan.
3. Whisk together cider, yogurt, vanilla extract, cinnamon, and applesauce.
4. Add muffin mix and wheat germ.
5. Mix until moistened.
6. Fill muffin cups 2/3 full with batter.
7. Bake for 25-30 minutes.
8. Serve warm or wrap and refrigerate.
Apple Cider Muffins from scratch

Nutrition in disguise

• These tasty muffins include wheat germ.
• Wheat germ has healthy fats, antioxidants, and other essential nutrients.
• Healthy fats are important for heart, nerve, and brain function.
• Store in the fridge to maintain freshness and nutrient quality.

Nutrition facts
Serving size: 1 muffin
Calories: 121 kcal
Protein: 3 g
Carbohydrates: 25 g
Total fat: 1 g
Makes 12 muffins

**Ingredients**

½ cup apple cider  
6 Tbsp plain 2% Greek yogurt  
1 egg  
1 tsp vanilla extract  
¾ cup unsweetened applesauce  
1 cup bran  
1 cup all-purpose flour  
½ cup brown sugar  
1 Tbsp baking powder  
½ tsp salt  
1 tsp ground cinnamon  
2 Tbsp wheat germ

**Directions**

1. Preheat oven to 375°F.  
2. Grease standard muffin pan.  
3. Whisk together cider, yogurt, egg, vanilla extract, and applesauce.  
4. Soak bran in cider mixture for 5 minutes.  
5. In a separate bowl, mix flour, sugar, baking powder, salt, cinnamon, and wheat germ.  
6. Add wet bran mixture to the dry ingredients. Mix until moistened.  
7. Fill muffin cups 2/3 full with batter.  
8. Bake for 25-30 minutes.  
9. Serve warm or wrap and refrigerate.
Carrot Muffins from mix

Nutrition in disguise

• Carrots add flavour and texture to this recipe.
• Like other colourful fruits and vegetables, carrots provide antioxidants.
• Antioxidants may help to prevent heart disease and cancer.
• Shredded carrots can be stored in the freezer.

Nutrition facts
Serving size: 1 muffin
Calories: 203 kcal
Protein: 5 g
Carbohydrates: 36 g
Vitamin A: 92 Retinol Equivalent
Makes 12 muffins

**Ingredients**

½ of a 900 g package of bran muffin mix (3 cups)
2 Tbsp wheat germ
1 cup grated carrots
1½ tsp orange zest
¼ tsp ground nutmeg
¼ tsp ground cloves
½ tsp ground turmeric
1 tsp ground cinnamon
1 cup orange juice (no pulp)

**Directions**

1. Preheat oven to 375°F.
2. Grease standard muffin pan.
3. Mix together muffin mix, wheat germ, carrots, orange zest, nutmeg, cloves, turmeric, and cinnamon.
4. Add orange juice.
5. Mix until moistened.
6. Fill muffin cups 2/3 full with batter.
7. Bake for 25-30 minutes.
8. Serve warm or wrap and refrigerate.
Carrot Muffins from scratch

Nutrition in disguise

- Carrots add flavour and texture to this recipe.
- Like other colourful fruits and vegetables, carrots provide antioxidants.
- Antioxidants may help to prevent heart disease and cancer.
- Shredded carrots can be stored in the freezer.

Nutrition facts
Serving size: 1 muffin
Calories: 118 kcal
Protein: 3 g
Carbohydrates: 25 g
Vitamin A: 84 Retinol Equivalent
Makes 12 muffins

Ingredients
1 cup orange juice (no pulp)
1 egg
1½ tsp orange zest
1 cup grated carrot
1 cup all-purpose flour
½ cup brown sugar
1 Tbsp baking powder
½ tsp salt
¼ tsp ground nutmeg
¼ tsp ground cloves
½ tsp ground turmeric
1 tsp ground cinnamon
2 Tbsp wheat germ

Directions
1. Preheat oven to 375°F.
2. Grease standard muffin pan.
3. Whisk orange juice and egg.
4. Soak bran in orange juice mixture for 5 minutes.
5. Add orange zest and grated carrot.
6. In a separate bowl, mix flour, sugar, baking powder, salt, nutmeg, cloves, turmeric, cinnamon, and wheat germ.
7. Add wet mixture to the dry ingredients. Mix until moistened.
8. Fill muffin cups 2/3 full with batter.
10. Serve warm or wrap and refrigerate.
Lentil Brownies

Nutrition in disguise

- Lentils are the key ingredient of this recipe.
- Lentils boost protein and are a source of soluble fibre.
- Fibre is crucial for digestive health and regular bowel movements. It helps you feel full and may improve cholesterol levels.

Nutrition facts
Serving size: 2” square (85 g)
Calories: 287 kcal
Protein: 5 g
Carbohydrates: 41 g
Fibre: 3 g
Ingredients
1 cup canned brown lentils
3 Tbsp water
½ cup olive oil
¾ cup cocoa powder
1½ cup granulated sugar
¾ tsp salt
1 tsp vanilla extract
3 large eggs
1 cup all-purpose flour
1 cup semisweet chocolate chips

Directions
1. Preheat oven to 350°F.
2. In a food processor, puree lentils with water until smooth.
3. Mix lentil puree with oil, cocoa powder, sugar, salt, and vanilla extract.
4. Whisk eggs into the mixture, one at a time until evenly mixed.
5. Fold in flour and chocolate chips.
6. Line an 8” x 8” pan with parchment paper.
7. Add batter to pan.
8. Bake for 25-30 minutes, or until centre appears firm.
9. Let cool before slicing into 16 - 2” squares and serving.
Cranberry Almond Streusel

Nutrition in disguise

- Hemp hearts add texture and are a source of iron.
- Iron transports oxygen throughout the body to keep you energized.
- Hemp hearts can be found in bulk food stores or the supplement aisle.
- Store in the fridge to maintain freshness and nutrient quality.

Nutrition facts
Serving size: 30 g
Calories: 162 kcal
Protein: 4 g
Carbohydrates: 19 g
Iron: 1 mg
Makes 23 servings

**Ingredients**
- 1 cup ground almonds
- ½ cup almond slivers
- 2 Tbsp hemp hearts
- 2 Tbsp chia seeds
- ½ cup all-purpose flour
- 1 cup brown sugar
- 1 tsp ground cinnamon
- ¼ tsp salt
- ½ cup dried cranberries
- ½ cup wheat germ
- ¼ cup unsalted butter, melted

**Directions**
1. Preheat oven to 350°F.
2. Mix all ingredients except butter.
3. Add melted butter to the dry ingredients, mixing until clumps appear.
4. Place parchment paper on two baking sheets.
5. Spread streusel over baking sheets.
6. Bake for 10 minutes, until slightly golden.
7. Let cool, then serve on yogurt, oatmeal, pudding, jello, or other desserts.
8. Keeps well in the refrigerator or in a sealed container.
Oatmeal Cookie Berry Parfait

Nutrition in disguise

• This recipe features colourful raspberries.
• Raspberries have fibre and antioxidants, such as vitamin C.
• Vitamin C may reduce the risk of chronic diseases, lower blood pressure, boost immunity, and improve iron absorption.

Nutrition facts
Serving size: 100 g
Calories: 234 kcal
Protein: 5 g
Carbohydrates: 28 g
Vitamin C: 5 mg
Makes 9 parfaits

Ingredients

Crumble
- ¼ cup hemp hearts
- ½ cup oat flour (blended rolled or quick oats)
- ½ cup rolled oats
- ¼ cup unsalted butter, softened
- ½ cup brown sugar
- ¼ tsp salt
- 1 Tbsp ground cinnamon

Pudding
- 1 package of regular instant vanilla pudding mix (102 g or 4 servings)
- 2 cups skim milk

Whipped cream
- 1 cup heavy whipping cream 35%
- ¼ cup plain 2% Greek yogurt
- 2 Tbsp brown sugar

Layer and garnish
- 2 cups raspberries
- 1 tsp cocoa powder

Directions

1. Preheat oven to 350°F.
2. Combine crumble ingredients until clumps appear.
3. Place parchment on baking sheet.
4. Spread crumble over baking sheet and bake for 10 minutes. Let cool.
5. Whisk pudding powder with milk until thick, following manufacturer instructions. Cover and chill.
6. Mix cream with electric mixer until whipped cream consistency is reached.
7. Fold in yogurt and sugar into the whipped cream.
8. Add ¾ of crumble to a deep 8” x 8” pan and press down.
9. Add a layer of pudding, then a layer of raspberries.
10. Spread whipped cream mixture on top.
11. Garnish with cocoa powder and remaining ¼ crumble.
12. Cover and refrigerate for 1 hour before serving.
13. Scoop into parfait cups and serve.