



APRIL 2021 | UBC ACTIVE KIDS

# April Newsletter

UBC Active Kids



## HAPPY EASTER!

### ADDING MORE PLANT-BASED MEALS

Happy April! Have you been considering introducing more **plant-based meals** into your family's diet? Well-balanced plant-based diets require some planning but they can bring many benefits for all of us including lowering the risk of obesity, increasing fruits and vegetable intake, and helping prevent chronic diseases like cardiovascular disease (Dietitians of Canada). A fun way of experimenting with plant-based meals is substituting just one meal a day. This Easter you could make a delicious vegan carrot cake for dessert and see how your family likes it!

If you or any of your children want to go fully plant-based here are some nutrients to take note of that mainly come from animal sources:

- **Vitamin B12**
  - Try adding B12 fortified nutritional yeast to meals or consider a supplement
- **Iron**
  - Consume plant-based iron sources such as chickpeas, lentils, tofu with a source of Vitamin C (in most fruits/vegetables) to help increase absorption
- **Calcium**
  - Make sure your plant-based milk alternatives are fortified with calcium, or buy tofu prepared with calcium salts

## EASTER DESSERT: VEGAN CARROT CAKE

Recipe by:  
**Chocolate Covered Katie**



### Ingredients

- 1 cup shredded carrot, packed
- 1/2 cup applesauce or crushed pineapple
- 1/4 cup oil, or additional applesauce for fat free
- 2 tsp white or cider vinegar
- 2 tsp pure vanilla extract
- 1 1/2 cups white, spelt, oat, or bob's gf flour
- 1 1/2 tsp cinnamon
- 3/4 tsp salt
- 1/2 tsp baking soda
- 1/2 cup sugar, unrefined if desired
- optional 1/4 cup raisins
- optional handful shredded coconut, crushed walnuts or pecans, etc.

### Instructions

- Preheat oven to 350 F.
- Grease and line an 8-inch square or round pan with parchment. (If doubling the recipe, use two 8-inch pans or one 9x13.)
- In a mixing bowl, whisk together the first 5 ingredients and let sit at least 10 minutes or refrigerate overnight.
- Stir in all remaining ingredients.
- Pour into the pan, and smooth down.
- Bake 30 minutes or until a toothpick inserted into the cake comes out clean.
- If you can wait, I like to loosely cover once cool and let it sit overnight, because the cake tastes sweeter and has a lighter texture the next day! Leftovers can then be refrigerated 3-4 days or sliced and frozen.

