



melmed center

# Nutri-Tip from Jan

*Volume 27, November 2019*

## Pumpkin Baked Oatmeal Parfait



- 1/2 cup regular rolled oats
- 1/4 tsp baking powder, pinch of salt
- 1/2 tsp pumpkin pie spice
- 1/4 cup milk of choice
- 1/4 cup pumpkin puree
- 1/2 tsp vanilla extract
- 1 tbsp maple syrup
- 8 ounces plain Greek or Icelandic yogurt

### **Directions** (serves 2)

1. Preheat oven to 350 degrees.
2. In a small bowl, mix oats, baking powder, pumpkin pie spice, and salt until combined.
3. In a medium-sized bowl, mix together pumpkin puree, milk of choice, vanilla extract, and maple syrup.
4. Add dry ingredients to mix ingredients and stir until combined.
5. Pour into a greased dish and bake for 15-20 minutes.
6. Allow to cool for 5-10 minutes at least.
7. Layer the parfait in a glass or jar in this order: oatmeal, scoop of yogurt, or other ingredients you're using (such as walnuts, pumpkin seeds or chocolate chips).

### **Want to Learn More?**

If you are concerned about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and sustainable food plan. Contact the front office for a complimentary 10-minute phone or in-person consult with Jan.



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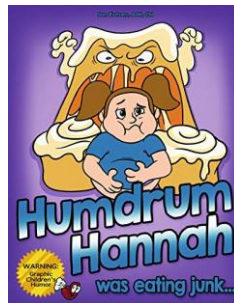
Nutritional therapy aims to identify nutrient deficiencies and food sensitivities that impact brain development and function along with the impact of food on emotions such as depression and anxiety. Nutritional therapy works with other therapeutic modalities including counseling, ABA, occupational and speech therapy, medical management with feeding therapists to identify priority foods.

Individualized food prescriptions can improve the severity of symptoms seen in autism, sleep disturbances, and ADHD. We address the nutritional side effects of medications, picky and binge eating, weight control, and digestive health concerns.

Jan Katzen, AMI, CFP, CN, Nutritional Therapist and Educator, studied nutrition and health under the tutelage of the Director of Brain Chemistry and Human Nutrition at the London Metropolitan University. She interned with the founder of Foresight Preconceptual Care and has served on the advisory boards of the Mother and Child Foundation (UK), the Montessori Education for Autism Foundation (UK), and ePap Nutritionals in South Africa. Jan is the nutritional instructor for the Center of Guided Montessori Studies online teacher training/credentialing classes.

Jan has written nutritional education books for both adults and children. She has years of clinical experience coordinating nutritional care with developmental pediatricians, pediatricians, psychologists and mental health professionals.

Check out Jan's Most Recent Book on Amazon.com!



**Complimentary 10-minute introductory phone consults with Jan are available**

Please contact the front office for details