



Welcome to Foodspiration!! A Newsletter with food and cooking tips and Stories about inspirational people



My New Best Friend – Monkfruit Sweetener

With Valentine's Day past us, and Easter on the way, it can be challenging to prepare tasty deserts for those watching carbs and calories. Enter..... Monkfruit Sweetener! When I first saw this on the shelf at Costco last fall, I couldn't wait to buy some and try it! For the recipes I tried (cookies, banana bread, and pudding) Monkfruit Sweetener lived up to its billing of being a one to one substitute for cane sugar without the aftertaste some notice with Stevia.

All Monkfruit Sweetener is not alike, however. Most contain an ingredient called Erythritol. Erythritol derived from artificial ingredients, and Erythritol derived from plants both carry the same name, so if avoiding artificial sweeteners matters to you, be sure to ask the manufacturer how their Erythritol is made. The brand that I use, Lakanto, derives it's Erythritol from non-GMO fermented corn. If you have an allergy to corn, be sure to find out the sub-ingredients of the Erythritol in your brand so you can avoid a reaction. . When substituting ingredients for the first

time, I always suggest trying it out on your family first, before sharing with friends.

Here is a link with more information (it's free, so please excuse the ads!):

<https://www.webmd.com/diet/what-is-erythritol#1>



My Inspiration!

I have always had great appreciation for the wonderful teachers my children have had the blessing to experience. The really great teachers have a knack for understanding the best way to reach a child, and then teaching them accordingly. My friend Darlene is just such a person. Darlene currently teaches Special Ed, working with children at both ends of the learning spectrum. Math was always a struggle for my children (both now in college), and she was a fantastic tutor for them. She just has a knack for understanding how to reach a teenager, whether its applying math to everyday situations to make it fun and relevant, or acknowledging that some kids think and concentrate better when they can move around the room versus sitting still at the table. She totally changed how we handled homework at our house!

Darlene also teaches Acrobatics at Fishback Studio, where I also teach. She is fantastic at giving kids the underlying skills and then the boost of confidence they need to try new tricks. She's also really great at teaching the value of team work and individual contribution to group partnering in acrobatics. She makes me work really hard to emulate her positive energy! As we go about our day, we encounter all different kinds of people. With her actions, Darlene reminds me to try my best to seek to understand where each person is at, and the best way to work with them accordingly



What does GMO mean, Anyway?

Earlier in this newsletter, I mentioned that Lakanto Monkfruit Sweetener uses fermented non-GMO corn. But what does that actually mean? I am not an expert, and there are lots of opposite opinions so I will just touch the surface. First of all, GMO stands for Genetically Modified Organism. Before the development of GMO crops, farmers and scientists improved crops by selectively cross-pollinating desirable traits of the same plant species, similar to the way

racehorses are bred for more speed and stamina. Improvements in yield and flavor were made over time with successive plant generations.

When plants are genetically modified, traits from different plant species are combined to obtain desirable traits, whether it is flavor, size, and/or resistance to insects, pesticides, drought, or temperature swings - thus increasing crop yields. On the surface, this seems to be a desirable outcome.

Concern over GMO products really falls into three categories:

1. Plants
bred
to
be
resistant
to
insecticides
could
be
doused
with
lots
of
insecticides.
2. When
different
plant
species
are
combined,
allergies
can
(and
have)
been
triggered
when
say,
the
person
with
an
allergy
to
plant
A

consumed
a
totally
different
plant
B
that
contained
genetic
material
from
plant
A
and
triggered
their
allergy
to
plant
A,
all
while
consuming
Plant
B
which
they
believed
to
be
safe
(The
FDA
does,
however,
requiring
testing
for
this
before
a
GMO
seed
is
brought
to

market).

3. GMO seeds are patented, so over time, specifies variety could diminish affecting the future safety of our food supply. Farmers raising non-GMO plants can take a portion of their crops for seed for next year's crop and save the expense of buying that seed.

Since
GMO
seeds
are
patented,
farmers
growing
GMO
crops
must
buy
all
of
their
seed
each
year.
Furthermore,
if
a
non-
GMO
farmer
has
GMO
seed
that
blows
into
his
or
her
field
and
contaminates
his
non-
GMO
crop,
the
GMO
seed
companies
such
as
Monsanto,

Dupont,
and
others
have
successfully
demanded
in
court
that
these
farmers
pay
them
royalties
for
patent
infringement,
even
though
the
non-
GMO
farmer
didn't
want
their
seeds
in
their
fields.

Here in the US, food is not required to be labeled as GMO. However, there are companies who have established standards for non-GMO foods and they provide a process and label them as non-GMO. To read more, there are links below:

<https://www.nongmoproject.org>

<https://vittana.org/13-vital-pros-and-cons-of-gmos>

Take Delight in the Joy each day Brings! Please share this newsletter with those you think might enjoy it!

Brought to you from Cyndy, founder of Delights From the Vine, LLC, a company specializing in Low Carb, Full Flavor Snacks delivered to your door



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