



EXTENSION

DECEMBER 2022

STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News



65 Rewarding New Year's Resolutions for a Healthy, Happy Life

The best resolutions often enrich your
emotional health and spirit.

If living through a global pandemic has taught us anything, it's that we shouldn't take health and wellness for granted. In 2023, zeroing in on your body, mind *and* soul is a great way to organize your long-term goals for the new year. And focusing on your health and well-being doesn't always translate into a new diet or workout plan. Expand your sights on taking charge of your mental health, finally optimizing a better sleep routine or diving headfirst into reclaiming your space (wave bye to messy closets and disastrous bathrooms!).

Create a list of **attainable New Year's resolutions** that allow you to make healthier lifestyle tweaks every day. You'll start the year with a stronger, well-nourished body and an enriched mind if you adopt any of the daily objectives here—on page 2. These resolutions help you calm down, easing stress and anxiety, while taming the crazy ebb and flow of daily life — featuring some of the best tips and life-saving tricks from the **Good Housekeeping Institute** experts.

Start with a Planner Stay on track with resolutions using a planner to help you; checking off daily fitness goals and frequent decluttering tasks that feel much more achievable. This year, it's time to put you first!

Build a Better Budget If there's one New Year's resolution that will help you the most in the long run, it's making a vow to save more money. Before you head back to the office in January, outline a rough budget that works for you — and make a plan for how you'll stick to it. Apps like Mint and You Need a Budget (YNAB) can help you do this as painlessly as possible. And supercharge your shopping habits by rethinking when and how you buy things for your home and family; often, there are savings you're leaving on the table.

Several of the items on the 65 Rewarding New Year's Resolutions for a Healthy, Happy Life list will be topics of OHCE Lessons for 2023. Guests are always welcome to attend and membership is open to any adult. Beaver County has 3 active OHCE groups: Anthony, Clearlake, and Logan. The Extension will be glad to help you make contact and give you details. Resolutions listed on page 2.

Beaver County Extension Office

Liz Gardner-McBee
Extension Educator, FCS/4H & CED
Beaver Co. Courthouse
Lower Level

Address

111 W 2nd Street
Beaver, OK 73932

Phone

580-625-3464

Email

elizabeth.mcbee@okstate.edu

Website

<https://extension.okstate.edu/county/beaver/beaver.html>

Social Media

Facebook: Beaver County
OSU Extension

**Give Yourself
a Gift:**

JOIN OHCE.

**Anyone interested
in joining can
contact the Beaver
County Extension**



65 Rewarding New Year's Resolutions for a Healthy, Happy Life

1. Build a better budget
2. **Practice mindfulness—OHCE Lesson November 2022, copies available at the Ext Office**
3. **Cook something new each week—OHCE Lesson March 2023: Food Bombs; Nov '23: One Dish Meals**
4. Read more books, READ for Pleasure
5. Create a cleaning schedule you'll stick to
6. Drink less alcohol
7. **Make dinner easier—OHCE Lesson May '23: Semi-Homemade Cooking; Aug. '23: Easy Meals for 2**
8. Meal Prep Weekly with Grocery list
9. **Commit to a healthier sleep routine—OHCE Lesson Oct. '23 : Sleep—Want It, Need It, Get It**
10. **Join a Club—There are 3 Active OHCE clubs that meet monthly in Beaver Co alone. Join one!**
11. Quit smoking
12. Learn to love vegetables
13. Prioritize annual health screenings
14. Exercise your brain
15. Become a plant owner
16. Take the stairs
17. Start doing yoga with your partner
18. Plan a vacation
19. Head to a day spa
20. Take time to cuddle
21. Hydrate—Drink up
22. Chill out
23. Jumpstart a new career
24. Consider therapy
25. **Volunteer Regularly—4-H always needs volunteers. Start now**
26. Get in a body-positive mindset
27. Listen to novels while you work out
28. **Lift weights—OHCE Lesson Feb '23: Get Fit Sitting**
29. Give your feet better support
30. **Try a guided workout or class—Extension and the Beaver Co Pioneer Library offer weekly classes**
31. Learn or hone a new skill
32. **Try a new diet plan—OHCE Lesson July '23: Diet and Inflammation**
33. Continue fun learning at home
34. Stop procrastinating a tough decision
35. **Decorate with family history—OHCE Lesson April '23: Refurbished Items using Doilies or Hankies**
36. Try hydrotherapy
37. Delegate more chores
38. Keep clutter out of the kitchen
39. Wear workout gear that makes you feel good
40. Upcycle your wardrobe for good.
41. Explore new hobbies
42. Give yourself a new look
43. Invest in your skincare routine
44. Play upbeat music
45. **Start walking more. The 18th Annual Walk This Weigh Beaver Co. Walking Contest register in Sept. '23**
46. Write to yourself
47. Do one thing at a time
48. Make chaotic zones calm
49. Embrace your new work schedule
50. Make your bed every morning
51. Go to bed on time, with your partner
52. Stay glued to the windows for sunlight
53. Treat yourself to more facials
54. Give yourself more compliments
55. **Head outside Without your phone—OHCE Lesson June'22: Humming-birds and Butterflies**
56. Say goodbye to toxic friends
57. Be current about the news
58. Add more citrus to your grocery cart
59. Eat more Blueberries and walnuts
60. Bathe for a better sleep
61. Take more trips with no destination in mind
62. Ease stress with Kindness—toward yourself
63. **Get artsy—Help with the Duds to Dazzle Contest TBA '23**
64. Make your home more fragrant
65. Makeover your daily routine

13 Effective Substitutes for Eggs

There are various reasons why you may need to find a substitute for eggs in your diet. Allergies and dietary preferences are two of the most common. **Sky rocketing prices seem to be high on everyone's list right now.**

Why are eggs used in baking? Eggs serve several purposes in baking. They contribute to the structure, color, flavor, and consistency of baked goods in the following ways:

- **Binding.** Eggs help combine ingredients and hold them together. This gives food its structure and prevents it from falling apart.
 - **Leavening.** Eggs trap pockets of air in foods, causing them to expand during heating. This helps foods puff up or rise, giving baked goods like soufflés, angel food cake, and meringues their volume and light, airy texture.
 - **Moisture.** The liquid from eggs is absorbed into the other ingredients in a recipe, which helps add moisture to the finished product.
 - **Flavor and appearance.** Eggs help carry the flavors of other ingredients and brown when exposed to heat. They help improve the taste of baked goods and contribute to their golden-brown appearance.
- Eggs serve several purposes in baking. Without them, baked goods might be dry, flat, or flavorless. But there are plenty of egg alternatives.



Not every substitute will work effectively well in every situation.

Applesauce, unsweetened Applesauce is a great substitute for eggs in most recipes. You can use 1/4 cup (about 65 grams) to replace 1 egg.

Banana, mashed You can use mashed banana, pumpkin, or avocado to replace eggs. Use 1/4 cup (65 grams) of fruit puree for each egg you want to replace. Other pureed fruits may not affect the flavor as much.

Ground flaxseeds and chia seed make great egg substitutes. To replace one egg, whisk together 1 tablespoon (7 grams) of ground chia or flaxseed with 3 tablespoons (45 grams) of water until fully absorbed and thickened. Doing so may cause baked goods to become heavy and dense. Also, it may result in a nuttier flavor, so it works best in products like pancakes, waffles, muffins, breads, and cookies.

Commercial egg replacers are available. Combine 1.5 teaspoons (10 grams) of powder with 2–3 tablespoons (30–40 grams) of water to replace each egg.

Silken tofu is a great substitute for eggs, but may lead to a heavier, denser product. To replace 1 egg, use 1/4 cup (about 60 grams) of puréed tofu.

Baking Soda + vinegar Mixing 1 teaspoon (7 grams) of baking soda with 1 tablespoon (15 grams) of vinegar can replace 1 egg in most recipes. This combination works especially well in baked goods that are meant to be light and airy.

Dairy You can use 1/4 cup (60 grams) of plain yogurt or buttermilk to replace 1 egg. These substitutions work especially well in muffins and cakes.

Arrowroot powder is a great replacement for eggs. Mix 2 tablespoons (about 18 grams) of it with 3 tablespoons (45 grams) of water to replace 1 egg.

Soy lecithin 1 tablespoon (14 grams) of soy lecithin can be used to replace one whole egg or one egg yolk in most recipes. But obviously, this is one to skip if you have a soy allergy.

Aquafaba is the liquid found in canned beans-- Chick Peas/Garbanzo beans recommended . You can use 3 tablespoons (45 grams) of it as a substitute for one whole egg or 1 egg white. Aquafaba works especially well in recipes that call for just egg whites, such as meringues, marshmallows, macarons, or nougat. It can be whipped but use a stabilizer like cream of tartar for best results.

Nut Butter You can use 3 tablespoons (60 grams) of smooth peanut, cashew, or almond butter for each egg you want to replace. However, it may result in a nuttier flavor. This may affect the flavor of your finished product, and it's best used in brownies, pancakes, and cookies. This is one to skip if you have a nut allergy.

Carbonated water can add moisture to a recipe, but it also acts as a great leavening agent. The carbonation traps air bubbles, which help make the finished product light and fluffy. You can replace each egg with 1/4 cup (60 grams) of carbonated water. This substitution works great for cakes, cupcakes, and quick breads.

Agar-agar or unflavored gelatin To replace 1 egg, dissolve 1 tablespoon (about 9 grams) of unflavored gelatin in 1 tablespoon (15 grams) of cold water. Then, mix in 2 tablespoons (30 grams) of boiling water until frothy. Alternatively, you can use 1 tablespoon (9 grams) of agar-agar powder mixed with 1 tablespoon (15 grams) of water to replace 1 egg. Neither of these replacements should affect the flavor of your finished product, but they may create a slightly stiffer texture.

SOURCE; https://www.healthline.com/nutrition/egg-substitutes#TOC_TITLE_HDR_3, By Kayla McDonell, RD — Medically reviewed by Amy Richter, RD, Nutrition — Updated on May 9, 2022



Beaver County Extension Office

PO Box 339

Beaver, OK 73932

OHCE NEWS

Bar Cookies

Leaders' Lesson will be presented as a lunch and learn format

Noon

December 29

Fair Building Kitchen



We'll discuss effects of over-mixing, pan size, ratio of dry to wet ingredients and more.

I would include your favorite bar cookie recipes in the cookbook for the program if you would email them to me ASAP.

Bring a sack lunch and a friend; the more the merrier. Dessert will be served!

- Yearbooks are printed. Please let me know if there are corrections that need to be addressed.
- OHCE Reports and Awards will be due in January. See *resolution #54*. Don't wait until the last minute to start on the OHCE Awards:

OHCE Member Award

Heart of OHCE

Rookie Member,

Young Member

Upcoming Training Dates—Tentatively:

- ◇ Get Fit Sitting—planned for January 19 @10
- ◇ Food Bombs —planned for February 16 @noon

Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best. www.OHCE.okstate.edu



Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth, and well-being through research-based Extension education and programs that are proven to work.