

## 4 Comfort Foods You Can Enjoy Guilt-Free!

Monday, September 26, 2011 by [Dr. Julian Whitaker](#)

**If the cooler weather has you craving “comfort foods,” you’re not alone. Plus, it’s not your fault—survival is driving your cravings.** With shorter days, your body tells you to send down more carbohydrates which spark the production of serotonin—the mood-lifting chemical in your brain. Plus, colder temperatures up your body’s need to store fat.

But while everyone else is reaching for full-fat mashed potatoes and macaroni and cheese, you can satisfy your hunger, and boost your health, all at the same time...

**1. Craving mashed potatoes?** Try mashed cauliflower—a cruciferous vegetable that’s rich in vitamins and antioxidants, and low in calories. Just steam cauliflower florets until soft, then mash as you would potatoes. Mix in some nonfat milk (or soy milk), salt and pepper to taste, and a sprinkle of garlic powder.

**2. Healthy apple cobbler:** Apples are a near perfect food. They contain pectin, a type of soluble fiber that helps lower cholesterol, and they’re loaded with protective phytonutrients. To make a warm apple cobbler, dice several apples and sprinkle with cinnamon. Cook in a saucepan on medium heat until apples are soft, but not mushy. Remove from heat and sprinkle with your favorite healthy toppings—flax, oatmeal, dried cranberries, and/or ground nuts.

**3. A better bowl of oatmeal:** Oatmeal is the ultimate healthy comfort food. It can lower your blood sugar, weight, and cholesterol. But stay away from instant oatmeal packets, which are loaded with sugar, salt, and preservatives. A better option is to make a pot of long-cooking oatmeal, using soy or nonfat milk instead of water for a creamy, rich taste.

**4. Feast on the season’s bounty:** Winter vegetables are filled with vitamins, antioxidants, and fiber and taste delicious roasted. Cut sweet potatoes, onions, mushrooms, carrots, and winter squash into bite size chunks (about ½”). Place on a cookie tray, lightly greased with olive oil, and sprinkle with rosemary (optional). Bake for 30 minutes at 400 F. Serve warm, drizzled with balsamic vinaigrette.

### Dr. Bob’s Notes:

**Just remember that Nutrition is just one of the four Vital Needs. Water, Oxygen- (meaning exercise regularly), and Nerve Flow (meaning your wellness adjustments) are all what will keep you on the road to good health !**

