Staff Council Wellness Committee's Favorite Swaps

Melanie Simko, Program Manager, Swartz Center for Entrepreneurship, uses frozen bananas to make a healthy, one ingredient ice cream in the food processor. Just slice and freeze ripe bananas for a few hours and process on high speed until the bananas reach the consistency of soft serve ice cream.

Kim Sestili, Accounts Manager, loves to bake. She swaps applesauce or mashed bananas for oil and butter in her recipes.

Nicole Reading, Department of Chemistry Graphic Designer/Web Coordinator swaps 50% whole wheat flour or 100% whole wheat pastry flour for white flour when baking.

Jessica Tones, Dining Services’ Registered Dietitian, swaps rolled oats for breadcrumbs in meatballs, meatloaf and burgers.

Pattye Stragar, Fitness Operations Manager swapped artificially-sweetened fruit-flavored water for fresh fruit infused water that she customizes using her reusable infuser bottle. Her favorites include cucumber, ginger, melon, and citrus fruit!

Jaime Rzepecki, Assistant Director, Conference & Event Services, also ditches sugar-packed ice cream by making frozen banana "ice cream". Jaime's tip: for a creamier texture, add a splash of almond or coconut milk. You can add your favorite topping or even mix in some nut butter or protein powder.

Angie Lusk, Program Director of Student Affairs Wellness Initiatives' favorite swap is to replace sugar in her morning coffee with a sprinkle of cinnamon.