

Healthy Spring Specials

Enjoy the flavors of the season! Seasonal menus vary in different regions, however, here are some tips you can follow to ensure optimal nourishment this Spring. Focus on the tender, leafy vegetables that represent the fresh new growth of this season. The greening that occurs in Springtime should be represented by greens on your plate, including spinach, romaine lettuce, fresh parsley and basil. For the greatest freshness, look for food that is grown locally; it is likely to arrive at your store quicker than food that had to travel for long periods of time! No matter what Springtime favorites you choose, be sure to eat a balanced diet and exercise daily and enjoy your seasonal produce!

Cooking Lesson... CINNA-POPS

Ingredients:

- 1 cup low fat yogurt
- 1 cup applesauce
- 1 tbsp. honey
- 1/2 tsp. ground cinnamon
- 1/2 cup finely chopped apple
(peel before chopping)

Directions:

Mix all ingredients together in a large bowl. Once blended, pour mixture into paper cups until 3/4 full. Cover each cup with plastic wrap and pop the wooden popsicle sticks into each cup. Place in the freezer until firm. When you are ready to eat them, simply pop off the paper cup and enjoy!

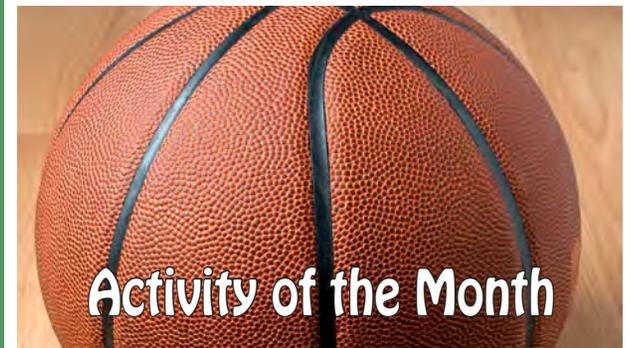


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Produce of the Month

Did you know that banana plants are the largest plants on earth without a woody stem? They are actually giant herbs from the same family as lilies, orchids and palms. A cluster of bananas is called a hand and consists of 10 to 20 bananas, which are known as fingers.



Activity of the Month

Basketball involves a lot of starting and stopping. While not renowned as an aerobic sport, it is still a great workout that can help you: burn calories (an hour of basketball can burn 630–750 calories), build endurance, improve coordination, develop concentration and self-discipline and build up muscle.