



Frost Bite

In the winter months exposed skin is vulnerable to the dangerous freezing temperatures. The most common areas for frostbite are the face, especially the nose, chin, and cheeks, the hands, wrists, and the feet. Frost bitten skin appears whitish, numb and stiff. If you start to experience any of the signs of frostbite take immediate action. Cover the area with a blanket of clothing and gradually bring it back to body temperature. Rubbing frostbitten areas can cause further tissue damage so try to avoid this. Seek medical attention as soon as possible. Avoid frost bite by wearing appropriate clothing and avoiding lengthy amounts of time outdoors when its cold.



Winter Fruit with Crumb Topping

Ingredients:

Fruit filling:

- 3 apples peeled cored and sliced thin
- 3 pears peeled cored and sliced thin
- 1 Tablespoon lemon juice
- 1 cup cranberries
- 1/3 cup granulated sugar
- 1 Tablespoon cornstarch
- 1/2 teaspoon cinnamon
- Dash of salt

Crumb topping:

- 1/2 cup Fiber One cereal lightly crushed
- 1/4 cup old fashioned oats
- 2 Tablespoon light brown sugar
- 2 Tablespoon whipped butter
- 1/2 teaspoon cinnamon
- Dash of salt

Directions:

Preheat oven to 350 F. Spray an 8X8 baking pan with cooking spray and set aside.

Put apples and pears in a large bowl add lemon juice and toss to coat. Add all other fruit filling ingredients to the bowl and mix well. Transfer into baking pan and cover with foil. Bake for 30 minutes until fruit is soft.

Combine all ingredients for topping in a bowl and mix until evenly combined and crumbly.

Remove foil from fruit mixture and smooth surface with a spatula. Sprinkle evenly with crumb topping. Return to oven and bake uncovered for 15 minutes.

Top with a small scoop of reduced fat vanilla ice cream or whipped topping!

The Many Faces of the Common Cold

The common cold doesn't have much in common with its over 100 different viral strains. The average person in the US will get 3 different colds each year. The cure for the common cold is lots of rest and lots of fluid. Over the counter medications may bring symptomatic relief, but they will not make the virus leave your body any faster. Diligent hand washing, plenty of sleep (8 hours a night), regular physical activity and a healthy diet can help keep your immune system strong and help you fight off the virus before you get sick.



Holiday Choices Without the Guilt

The holidays are full of unique flavors and tasty treats. Being healthy doesn't mean saying no to everything, it just means finding options that don't leave you feeling guilty. Below are some top choices:

Silk Eggnog - 90 calories per serving.

Starbucks Via instant coffee Christmas blend. Add in some Torani sugar free ginger bread syrup (like the syrups they use at Starbucks!) for some extra holiday cheer!

Swiss Miss fat free hot cocoa (50 calories) or fat free for marshmallow lovers (70 calories).

Edys slow churned ice cream. Their holiday flavors are great! The eggnog is 100 calories per serving and the peppermint stick is 110 calories per serving. For a fun flavor variety they have apple pie ice cream in a single serving cup for 120 calories!



Crust for Ice Cream Pies

Try filling one of these crusts with the Edys slow churned ice creams for an easy delicious guilt free dessert!

Graham cracker crust:

- 1 cup Fiber One cereal
- 2 sheets low-fat honey graham crackers broken
- 3 Tablespoons granulated sugar
- 1/4 teaspoon cinnamon
- 1/2 cup whipped butter

Directions:

Put cereal and graham crackers in a food processor or blender and mix until bread crumb consistency. Place in bowl, add sugar and cinnamon and mix well. In a microwave safe bowl heat butter and 2 Tablespoons water until butter is just melted. Add to dry mix and mix well. Firmly press into the bottom of a pie pan and bake at 350 F for 10 minutes.

Allow crust to cool completely (by placing in freezer for 30 minutes) before adding ice cream (try eggnog, vanilla, or apple pie with this crust!). Softening the ice cream in the microwave a little first makes it easier to spread in the crust.

Freeze crust and ice cream for 2 to 3 hours. Take out 15 - 20 minutes before serving.

For chocolate crust replace graham crackers with a packet of 100 calorie Oreos - the chocolate crust is great with Edys peppermint stick slow churned ice cream.

