It’s Week Nine and we’re feeling fine!

Can you believe we only have 5 weeks left?!!! I know that some of you may be fading out, going back to your old habits. Please let me know if there is anything I can do to help you stay motivated – this is, above all else, a way for you to become more healthy!

Fit Fun Fridays!

Game on! The Wii will be back in action this Friday, so join us anytime from 10am-3pm in the East 2 conference room (on the Peds Critical Care side). Stop by on a quick break or on your lunch break!

For those interested in competing, we will be having a Wii tournament on May 14th. If you would like to sign up, please let me know ASAP.

Hide and Seek

Are you finding yourself hating fruits and veggies these days? Bored with steamed veggies but don’t know how else to eat them? Join us for a fun game of Hide and Seek on May 19th from Noon – 1pm in room 238A! Bring in a dish that has a hidden fruit/veggie in it and everyone will try to guess what the ingredient is!!! For example, I make some fabulous cookies that use applesauce instead of butter (but they totally don’t taste healthy at all).

If you are interested in participating, email me your recipe by May 14th – EACH RECIPE THAT IS SUBMITTED (AND THE ITEM BROUGHT IN ON THE 19TH) WILL EARN YOUR TEAM EXTRA POINTS!!! NOT EXTRA DRAWING ENTRIES, BUT ACTUAL POINTS THAT CAN HELP YOUR TEAM WIN!!! YOUR TEAM WILL ALSO GET EXTRA POINTS IF YOU GUESS THE MOST CORRECT INGREDIENTS ON THE 19TH.

Drawing Winners and Leading Team

Congrats to our drawing winners – Danielle Caswell and Rebecca Carroll!

The team still in the lead is…PEas & CARrots Now! (PECARN)

Week Nine

Hi
Healthy Broccoli Smoothie Recipe

**INGREDIENTS**

- 1 Carrot (chopped)
- 4 Florets of Broccoli
- 2 Handfuls of Spinach
- 1 Apple (chopped)
- 2 Oranges (peeled and quartered)
- Orange Juice to dilute

**DIRECTIONS**

- Blend all the ingredients until smooth.
- Note: You can change the fruit and vegetables to your requirements but this is one way of ensuring you get the portions of fruit and vegetables your body requires.

Kiwi Strawberry Smoothie Recipe

**INGREDIENTS**

- 3 peeled kiwi
- 1 cup frozen banana slices
- 3/4 cup pineapple juice
- 1/2 cup frozen strawberries

**DIRECTIONS**

- Put all ingredients into blender.
- Blend until smoothie consistency is reached!
Chocolate Strawberry Smoothie Recipe

**INGREDIENTS**

8 oz. chocolate milk  
4 oz. strawberries  
4 oz. bananas  
A couple of ice cubes  
Garnish with mint

**DIRECTIONS**

- Combine all ingredients and blend for one serving.

Pineapple Carrot Smoothie Recipe

**INGREDIENTS**

1/2 cups pineapple chunks  
1 cup soya milk, any flavor  
1 carrot, peeled and sliced  
1/3 cups pineapple juice  
1 x 1" piece ginger, peeled and minced  
Honey to taste

**DIRECTIONS**

- Place all ingredients in blender container.  
- Blend until everything is smooth.  
- Add ice if you like it frosty.
**Fruity Tofu Smoothie Recipe**

**INGREDIENTS**

- 1/3 cup apple juice
- 1/2 cup (4 oz.) soft tofu, drained
- 1 cup fresh or frozen berries
- 1 banana
- 4 oz. nonfat fruit-flavored yogurt
- 1 tsp. honey
- 4 ice cubes

**DIRECTIONS**

- Place apple juice, yogurt, tofu, berries, banana, and honey in a blender. Cover and process until well blended.
- While the blender is still running, drop ice cubes into the blender one at a time (through the hole in the lid) until smooth.
- Pour the smoothies into tall glasses.

**Banana Lime Smoothie**

**INGREDIENTS**

- 2 cups limeade
- 1 banana
- 1 cup lime sherbet
- 3 Tbs. coconut milk
- 1 cup ice

**DIRECTIONS**

Pour all liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at LOW/DISPENSE setting for 30 seconds then blend at HIGH setting until smooth. While the machine is running, move the stir stick around counterclockwise to aid mixing. Serve immediately. Makes 3-5 servings.