

THE BULLDOG CHALLENGE

OCTOBER



WELLNESS WEDNESDAY ACTIVITY:

Our first Wellness Wednesday will be October 5, 2011. We welcome Teresa Michalik, Program Coordinator from the Riverside Parks & Recreation Department for an Ultimate Frisbee day! Ultimate Frisbee was one of the many fun activities featured by the Riverside Parks & Recreation Department over the summer. The Parks & Recreation Department offers many great options for classes, activities, and sports for all children and adults! Be sure to check out their latest brochure for upcoming classes. The brochure is available online www.riverside.il.us

WELLNESS WEDNESDAY FOOD RECIPE

Maple Spice Muffin

1/4 c butter, softened
1/2 c pure maple syrup
1 (6 oz) container of low-fat lemon yogurt
1/2 c nonfat sour cream
1 large egg
1 large carrot, washed and grated
1 small apple, grated or small dice
1/2 c raisins (optional – we should omit)

1 c all-purpose flour
1 c whole wheat flour
1 tsp baking soda
1 tsp baking powder
1 1/2 tsp cinnamon

1 tsp allspice
1/2 tsp ground clove
1/4 tsp salt

1. Preheat the oven to 350. Coat muffin tin (12 large or 36 small) with cooking spray or line with paper baking cups. 2. In a large bowl, mix together the butter, syrup, yogurt, sour cream, and egg. Add carrot, apple,

and raisins (if using). 3. In separate bowl, mix together flours, baking soda, baking powder, cinnamon, allspice, cloves, and salt. 4. Add flour mixture to the butter mixture. Stir until just combined. Do not over mix – the batter should be lumpy. 5. Divide the batter among the muffin cups. Bake until tops of the muffins are lightly browned and a toothpick comes out clean. 20 – 25 minutes for regular size, 13 – 18 for mini. 6. Turn muffins out to cool on a rack.

BONUS POINTS

Win up to 5 BONUS POINTS for meeting the challenges below. Take one point for each achievement!

1. Try the healthy recipe of the month
2. Try a new sport or exercise
3. Ride your bike to the library
4. Have fruit instead of dessert for one week
5. Take a nature hike