



NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN,*

November is American Diabetes Month

Did you know 1 in 3 American adults have Prediabetes? Prediabetes is defined as having blood sugar levels higher than normal, but not high enough to be diagnosed as diabetes. There are lifestyle changes that you can make to help delay or prevent diabetes starting with increasing physical activity, monitoring portion sizes at meals and reading the food labels on your favorite products. Everyone's holiday's are full of traditions and family favorites that always make it to the table year after year. Try making your favorite holiday dish with good health in mind!

Serves: 25

PUMPKIN BARS



Ingredients:

Bake: 350

½ cup 60%-70% tub style Vegetable oil spread softened

1 egg ½ cup brown sugar

½ tsp. baking soda

½ tsp. pumpkin pie spice

½ cup canned pumpkin

1 ½ cups all-purpose flour

4 oz. reduced-fat cream cheese

1 cup frozen light whip topping

Directions:

- 1) Pre heat oven, grease and lightly flour a 9- inch square baking pan
- 2) In a bowl combine the first 4 ingredients, beat with a mixer on medium until well mixed. Beat in pumpkin and egg. Beat in flour
- 3) Bake 12 to 15 minutes or until a toothpick comes out clean. Remove from pan and cool.
- 4) In a bowl beat cream cheese until smooth, add ½ of the dessert topping, fold in the remaining topping. Spread over bars, cut into 25 – enjoy!

Calories: 90 per bar

Protein: 1 gram

Carbohydrate: 11 grams

Total Fat: 4 grams (2 grams sat fat)



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