



HEALTHY HINTS

Fruity Nut n' Honey Energy Bites

Ingredients: 1 cup dried cherries, 2 cups Honey Nut Cheerios cereal, 1/3rd cup pumpkin seed kernels, 1/2 cup almond butter, 1 teaspoon honey, 1 teaspoon vanilla extract

Instructions: Soak dried cherries in hot water for 10 minutes. Drain and add to a food processor. Add vanilla and pulse until a paste forms (about 1 minute). Add 1.5 cups of the Honey Nut Cheerios to the food processor and pulse again until the Cheerios are fairly crushed and well mixed in. In a medium bowl, combine cherry mixture, pepitas (pumpkin seeds), almond butter, honey, and the remaining 1/2 cup of whole Cheerios. Mix well. Form into small balls, pressing tightly together with palms. If they are not quite sticking together, add just a tiny bit more almond butter. Store in an air tight container in the fridge for grab-and-go snacking!



This week we learned about: **WATER & DIABETES**

- 75% of our body is water!
- Our bodies need water to work & play best (not juice, soda, or other sugary drinks). Sugary beverages and foods can lead to diabetes and problems throughout the body in children and adults.
- The best way to know if our bodies have enough water is to look at our urine:

- **Dark gold** means we are way too **short** on water.

Headaches,
Irritable

Tired, Sluggish

Medium yellow means we are getting by with the water we have, but would **prefer to have more**.

- **Pale yellow** is **AOK!!**

Nice work!
Keep it up!

NEXT TIME (11/30/22): Exercise and Blood Pressure!

