

# Pick a better snack & Act



## This week Week Four



### Snack

#### BlueBerry Gems

- 1 ½ c. flour
- ¼ c. sugar
- 1 ½ t. baking powder
- ¼ t. salt
- 2 egg whites
- 2/3 c. orange juice
- 2 T. cooking oil
- 1 t. vanilla
- 1 c. fresh blueberries

Spray 36 small muffin cups with nonstick cooking spray. Stir together first four items. In second bowl mix together remaining items except berries. Add second mixture to first and stir to just moist. Fold berries in and spoon in cups, ½ full. Bake at 400 degrees about 7 minutes. Remove from pan to cool slightly and serve.



### Be Active

- Use a local park Frisbee course to play a round of Frisbee golf.
- Develop an outside walking map from your place of work and share with co-workers. Make sure to include distance and time to complete the course.

### More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at [www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/).