Did you know?

In a study done by the American Dietetic Association, people say that taste is the number one reason people eat food. Cost is the second.

So, why can't we have taste and low cost?

Kendall Anderson Nutrition center offers group programs for

- Weight management and mindful eating
- Dining with diabetes
- Cooking classes

Learn how to cook healthy in a fun
And friendly environment!

But...I work out? Shouldn’t I be able to eat whatever I want?

Sage Journals says that diet has more of an impact of preventing cardiovascular disease than exercise alone.

This doesn’t mean, you can’t enjoy tasty food while abiding by healthy standards.

37 Calorie Brownies

- ¾ cup nonfat Greek yogurt
- ¼ cup skim milk
- ½ cup Cocoa powder
- ½ cup Old fashioned rolled oats
- ½ cup Truvia Baking Blend (or any natural sweetener)
- 1 egg
- 1 teaspoon baking powder
- 1 pinch salt

INSTRUCTIONS

- Preheat the oven to 400°F. Grease a square baking dish (8x8)
- Combine all ingredients into a food processor or a blender, and blend until smooth (about 1 minute).
- Pour into the prepared dish and bake for about 15 minutes. Allow to cool completely before cutting into 9 large squares.
Work Cited

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