

A Happy, Healthy Graduation Cake

By August Johnson McLaughlin, CN, CPT



Ingredients:

- 2 ½ Cups whole wheat flour
- ½ Cup Splenda® baking blend
- ¾ tsp. ground cinnamon
- 1 Cup water
- ½ tsp. vegetable oil
- 1 Cup low-fat buttermilk
- 2 Eggs, beaten
- 1 tsp. pure vanilla extract

Frosting:

- 1 Package sugar-free instant pudding mix
- 1 ¾ cups milk
- 8 Ounces reduced fat cream cheese
- 1 Tub light whipped topping, thawed

Directions:

Heat oven to 350 degrees. Spray a rectangular cake pan or two round cake pans with nonstick cooking spray, then dust with flour. In a medium size bowl, combine dry ingredients and stir well. In a separate bowl, combine remaining ingredients. Pour wet mixture into dry and stir well. Pour into cake pan(s) and bake for 35 – 40 minutes, or until a fork inserted comes out clean. Let cool.

Meanwhile, prepare frosting. In a mixer bowl or blender, combine pudding and milk. Blend well, until thick. Add cream cheese and beat until smooth. Add whipped topping and blend. Keep refrigerated until you're ready to top your cake.



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A Healthier Cocktail

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There are safe, healthy ways to enjoy alcohol, if you choose to do so. By drinking moderately, up to two drinks per day for men and one drink per day for women, you can enjoy the flavors and feel-good effects of alcohol without the nauseating hangover or other health risks. Moderate drinking can even improve heart health, so if you enjoy it, a daily dose may be healthful.

A Healthier Cocktail

This recipe can be made with or without a modest amount of alcohol and is delicious either way! Enjoy the sweet, fruity taste and the solid dose of nutrients.

Ingredients:

- 1 oz. Rum (opt.)
- ½ cup sliced strawberries (fresh or frozen)
- 1 sliced banana
- 1 cup fresh pineapple juice
- 2 T. shredded coconut or coconut milk

Directions:

Combine all ingredients in a blender and blend to desired consistency. Garnish with a slice of pineapple or a fresh strawberry. Enjoy!

