

# Health Scoop



## February Update

*be good to your*



February is **National Heart Health Month.**

Visit OU Health Services during the month of February to receive a **\$10 Cholesterol Screening.\***

For more information, please contact the OU Health Services Laboratory: 325-4611 Ext. 41142

*\*An 8-12 hour fast is recommended for accurate results.  
Limited to OU students, faculty, staff and dependents.  
Monday - Friday 8:30 a.m. - 4:30 p.m.*

### Healthy Menu Options



Check out the new **Fitter Foods** menu at Crossroads

*Smart decisions made easy!*

Visit [food.ou.edu](http://food.ou.edu) and take advantage of the Nutrition Calculator

### Featured Recipe - Low Fat Mixed Berry Whole Wheat Muffins

*Yield: 12 servings*

- 1 1/2 cups pureed strawberries (from about 16 oz strawberries)
- 1 cup 100% whole wheat pastry flour
- 1 cup all purpose flour
- 1/3 cup sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 1/3 cup raspberries
- 1/3 cup blackberries
- 1/3 cups blueberries
- 1 large egg, beaten
- 1 tsp vanilla extract
- 2 tbsp melted unsalted butter

Preheat oven to 325°. In a blender, puree strawberries until smooth, you should have 1 1/2 cups when done. If you have more, discard the rest. Combine flour, sugar, baking soda, and salt in a large bowl. Mix well. In a medium bowl, mix eggs, melted butter, vanilla and strawberry puree. Add to the flour mixture and stir until just blended. Gently fold in remaining berries. Pour batter into 12 lined muffin tins and bake at 325° for 25 minutes, or until a toothpick inserted in the center comes out clean. Cool for about 10 minutes.

*recipe adapted from [skinnytaste.com](http://skinnytaste.com)*

### Heart Health Information Table

**Tuesday, February 21 &  
Wednesday, February 22  
11 a.m. - 1 p.m.  
OMU**

Stop by our table in the Union for health information and giveaways

### Ready to Quit?

**Pick up a free quit kit and register for a free smoking cessation class.**

**Health Promotion  
2nd Floor of Goddard Health Center**

