FREE Intro to Weight Training Classes!

Sunday, November 13 | 2 p.m.
Thursday, November 17 | 7 p.m.

Classes taught by certified trainers.
Space is limited - first come, first serve.
Sign up at the Huston Huffman Fitness Center front desk.
For more information, contact heatherkirkes@ou.edu.

Healthy Menu Options

Check out the new Fitter Foods menu at Crossroads
Smart decisions made easy!

Visit food.ou.edu and take advantage of the Nutrition Calculator

Food Allergy Awareness
Do you have a food allergy/sensitivity or know someone who does? Do you want to learn more about healthier dining decisions and alternate food selections? Stop by one of the OU Housing and Food Services Food Allergy Awareness Tables in November. Not only will you be able to discuss campus dining options with the OU Ingredient Specialist, you are also welcome to sample food and take away additional information.

All tables are from 11 a.m. - 1:30 p.m.

Couch Restaurants: Tuesday 11/01/11 and Wednesday 11/02/11
Cate a la Carte: Wednesday 11/09/11 and Thursday 11/10/11
OMU near the WIRE: Tuesday 11/15/11
OMU near Crossroads: Wednesday 11/16/11
National Weather Center: Tuesday 11/29/11

Featured Recipe - Healthy Granola
Yield: 3 cups

• 2 egg whites
• 1/3 cup honey
• 1 tsp ground cinnamon
• 1 tsp vanilla extract
• 3 cups uncooked rolled oats
• 1/3 cup nuts, chopped or sliced
• 1/3 cup dried fruit
• 1/3 cup flaxseed meal

Preheat oven to 325 degrees. In a large bowl, whisk egg whites until foamy. Stir in honey, cinnamon, and vanilla. In a separate bowl, mix together oats, nuts, dried fruit, and flaxseed meal. Add the egg white mixture to the dry goods, stir until coated well. Spread combined mixture evenly onto a shallow baking pan coated with non-stick spray. Bake 25 minutes until browned, stirring every 5 minutes. Let cool completely and store in airtight container.