JANUARY, 2019

DHS HNP NEWSLETTER

When the weather outside is frightful, enjoy some warm fresh baked... 

**Gingerbread**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole-wheat flour</td>
<td>7 1/2 oz</td>
<td>1 2/3 cups</td>
</tr>
<tr>
<td>Enriched bread flour</td>
<td>7 1/4 oz</td>
<td>1 1/2 cups 2 Tbsp</td>
</tr>
<tr>
<td>Baking soda</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>Ground ginger</td>
<td>1 Tbsp 1 1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>Margarine, trans fat-free</td>
<td>3 oz</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>6 oz</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Molasses</td>
<td>11 oz</td>
<td>1 1/3 cups</td>
</tr>
<tr>
<td>Boiling water</td>
<td>1 1/3 cups</td>
<td></td>
</tr>
<tr>
<td>Frozen whole eggs, thawed</td>
<td>6 oz</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>(Optional) Lemon or Orange zest</td>
<td>1 Tbsp</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

1. Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed until moist ingredients are incorporated. Leave dry ingredients in mixer. Set aside for step 4.  
2. Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted.  
3. Add eggs.  
4. Add molasses mixture to dry ingredients and stir until lumps are removed.  
5. (Optional) Add lemon or orange zest.  
6. Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.  
7. Bake until edges are dark and middle is firm to touch: Conventional oven: 350 °F for 35-45 minutes. Convection oven: 325 °F for 30-35 minutes.  
8. Portion: Cut each pan 5 x 5 (25 pieces per pan).  

https://whatscooking.fns.usda.gov/recipes/print/9939

Getting to know you... Bridget Bauer, Program Eligibility Specialist

Ms. Bauer has worked for DHS for five years. She was hired in an extra help position in 2013 as an editor. It was during this time that she oversaw the maternity depression tool kit. Now, Ms. Bauer enjoys her job as a full-time Program Eligibility Specialist.

Graduated from: University of Arkansas

Hometown: Monett, Mo.

Hobby: Enjoys extra curricular activities like volleyball and freelancing for the local newspaper.

Favorite Quote/Verse: The greatest discovery of any generation is that a man can alter his life by altering his attitude.– William James (1842-1910)

Favorite School Lunch memory: Enjoying homemade cinnamon rolls when she attended private Catholic school.
Why choose breakfast?

Breakfast is considered the most important meal of the day. Your body goes a long time without food during sleep. Breakfast is a great way for the brain to be refueled for energy to do work and school as well as keeping weight under control. Foods should be high fiber and protein, but low in added sugars and saturated fats. Whole grains are important to stay full longer. Calcium is a good source for growing and aging bones.

Good choices for breakfast:
- Whole grain toast with an apple and cheese
- Smoothies made with low fat milk or yogurt and fruit, add oats for a more filling smoothie
- Whole grain muffin with milk and fruit
- Yogurt that is low in sugar paired with fruit
- Nut butter on a whole grain bagel or toast
- Whole grain tortilla with eggs, beans, salsa, and cheese
- Oatmeal with fresh fruit

Keep those Healthy New Year’s Resolutions! Here are some great ways to stay physically active with the family...

- Walk/Wash the family dog
- Go to the park to play
- Wash the car
- Enjoy a family bike ride or walk
- Plant a garden
- Build a snowman
- Play a ball game in the back yard
- Play interactive video games such as Wii® or Kinect®

We Have Spanish Materials Available!!
Recursos Disponibles de Team Nutrition en Español. For more information go to https://www.fns.usda.gov/tn/spanish-materials-available-team-nutrition