



Garden Pan Bread

Makes: 4 Servings

Ingredients:

- 1/2 cup cornmeal
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 ripe bananas, mashed
- 1/2 cup water
- 1 tablespoon egg mix
- 1/4 cup raisins
- 1/4 cup walnuts, chopped
- Nonstick cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. In a medium-size bowl, combine cornmeal, flour, baking powder, and salt. Set aside.
3. In a small bowl, combine bananas, water, and egg mix. Stir until mixed well.
4. Stir banana mixture into cornmeal mixture. Mix until dry ingredients are moistened. Gently stir in raisins and walnuts.
5. Lightly spray medium-size skillet or baking pan with nonstick cooking spray.
6. Spoon batter into skillet or baking pan.
7. Bake for 18 to 20 minutes or until bread is golden brown and pulls away from the edges. A wooden toothpick or a clean fork inserted into the center of the bread should come out clean.
8. Cut into four equal slices and serve hot or cold.

[Source:](#)

[Image Source:](#)

Get Moving!



May is National Physical Fitness and Sports Month. You don't have to be an Olympic athlete to play sports or stay fit. Take advantage of the spring weather by getting outside with family and friends. Below are a few ideas to help you get started.

Join a sports league: Many communities have recreational sports leagues for all levels. Play sports like softball and basketball at local parks, community centers or YMCAs.

Plan a family hike. Whether it's a high mountain, rolling hills or nature trail, a family hike is always fun. Kids can look for bugs and snakes and you can pack a picnic lunch to enjoy.

Play at the park. Run and play with your children at the park. Take a walk, ride bikes and scooters or bring a soccer ball to play with.

Take a walk. Nothing is easier than taking a walk. If the weather is not great you can walk indoors in a large area like a shopping mall. Take a walk around your neighborhood or a track at a local school.

Do yard work. Mowing the lawn, digging in the dirt or pulling weeds are all great ways to flex your muscles. People of all ages can do this. If you don't have a yard, offer to help someone else with their yard. It is a great way to serve your community.

Begin each morning by stretching. Many people are stiff and groggy in the morning. Stretching as soon as you wake up can help get your blood flowing and muscles warmed up to start off your day. You will feel better and be ready to get moving.

Source: <https://www.hhs.gov/fitness/be-active/ways-to-be-active/>

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Pan de sartén

Rinde: 4 porciones

Ingredientes:

- ½ taza de harina de maíz (*cornmeal*)
- ½ taza de harina de trigo
- 1 cucharadita de polvo para hornear
- ¼ de cucharadita de sal
- Dos plátanos maduros machacados
- ½ taza de agua
- 1 cucharada de mezcla de huevo
- ¼ de taza de pasas
- ¼ de nueces de castilla, picadas
- Aceite en aerosol antiadherente

Preparación:

1. Precaliente el horno a 350° F
2. En un tazón mediano mezcle las harinas, polvo para hornear y sal. Ponga a un lado.
3. En un tazón pequeño mezcle los plátanos, agua y mezcla de huevo. Combine todo muy bien.
4. Vierta la mezcla de plátanos en la mezcla de harinas. Revuelva bien hasta que los ingredientes secos se humedezcan. Con cuidado agregue las pasas y nueces.
5. Rocíe ligeramente un sartén o molde para hornear con el aceite en aerosol.
6. Vierta con una cuchara la mezcla en el sartén o molde.
7. Hornee durante 18 a 20 minutos o hasta que el pan se haya dorado y se desprenda de las orillas. Un palillo de madera o tenedor debe salir limpio al insertarlo en el centro del pan.
8. Corte el pan en cuatro rebanadas iguales y sirva caliente o frío.

Fuente:

Fuente de la imagen:



¡A moverse!

Mayo es el Mes Nacional de la Aptitud

Física y los Deportes. Usted no tiene que ser un atleta olímpico para practicar deportes o mantenerse en forma. Disfrute del clima primaveral y salga al aire libre junto con su familia y amigos. A continuación le ofrecemos algunas ideas para ayudarlo a comenzar.

Únase a una liga deportiva: muchas comunidades cuentan con ligas deportivas recreativas para todos los niveles, que ofrecen deportes como softbol y basquetbol en los parques locales, centros comunitarios o en el YMCA.

Tómese una caminata familiar: ya sea en una montaña muy alta, una colina ondulada o un sendero natural, una caminata familiar es siempre divertida. Los niños pueden buscar insectos y serpientes y usted puede preparar un almuerzo para llevar en su día de campo y disfrutarlo en familia.

Juegue en el parque: corra y juegue con sus hijos en el parque. Caminen, monten bicicleta o patineta o lleven un balón de fútbol.

Trabaje en el jardín: cortar el césped, excavar en la tierra o retirar malezas son una excelente forma de flexionar sus músculos. Las personas de todas las edades pueden hacer eso. Si no tiene un jardín, ofrézcase a ayudar a alguien con el suyo. Es una excelente forma de ayudar a su comunidad.

Empiece todas las mañanas estirándose: muchas personas se sienten rígidas y atontadas en las mañanas. Hacer ejercicios de estiramiento en cuanto se levanta puede ayudarlo a que su sangre empiece a fluir y sus músculos a calentarse para empezar el día. Se sentirá mejor y listo para empezar a moverse.

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