Zucchini Muffins
Super Food, Super Muffin

Zucchini is packed with Vitamins A and C, and the mild flavor makes it the most versatile addition to any recipe – including muffins! Try these zucchini infused muffins for a healthy snack any time of day.

**Ingredients:** yields 12 servings
- 1 c. whole-wheat flour
- 2/3 c. all-purpose flour
- 1/2 c. sugar
- 1 tsp. ground cinnamon
- 1 1/4 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 1/3 c. shredded zucchini
- 1/2 c. fat free milk
- 2 tbsp. canola oil
- 2 tbsp. honey
- 1 large egg
- Cooking spray

**Directions:** Preheat oven to 400°F
1. Spoon flours into dry measuring cups; level with a knife. Combine whole-wheat flour and next six ingredients (through salt) in a large bowl; stir with a whisk.

2. Combine zucchini, milk, oil, honey, and egg in a small bowl; stir until blended.

3. Make a well in center of flour mixture; add milk mixture, stirring just until moist.

4. Spoon batter into muffin cups coated with cooking spray.

5. Bake for 15 minutes or until golden. Remove from pans immediately; cool on a wire rack.

**Nutritional Information:** serving size: 1 muffin
- Calories 145
- Fat 3.1g
- Protein 3.5g
- Carbohydrate 27.1g
- Fiber 1.8g
- Cholesterol 21mg
- Iron 1.1mg
- Sodium 154mg
- Calcium 58mg

MyRecipes.com

Vaccinations Save Lives
August is National Immunization Awareness Month

The Centers for Disease Control and Prevention (CDC) recommend everyone from infants to adults protect their health by being vaccinated against infectious diseases. As a new school year approaches, it’s a good time for parents to take note of their child’s vaccinations.

Vaccines work to help the body develop immunities to deadly and dangerous diseases like hepatitis, polio and pertussis to name a few. Once vaccinated against the disease, a body can better fight off infection.

Access the [Blue KC Preventive Healthcare Guide](https://www.bluekcmo.org/preventive-healthcare-guide) for recommended immunizations, routine check-ups, tests and screenings for the entire family.

CDC.gov

Water Keeps Your Blood Flowing
Hydrate for Better Health

Keeping your body hydrated allows the organs to function properly and flushes toxins out of your system. Using the standard formula of “8 by 8,” people should drink eight fluid ounces, eight times a day to ward off dehydration.

The amount of water each person needs will vary. For example, on average men require three to four more cups of fluids a day than women. And depending on the situation, whether you’re exercising, are ill or even pregnant, you many need to modify your fluid intake.
Increase Your Fluid Intake
• Drink a glass of water when you get up in the morning.
• Keep a water bottle at your desk.
• Use an app on your smartphone that reminds you to drink your water consistently throughout the day.
• Add flavors like lemon or lime to your water.

Burn Calories and Keep Your Lawn Green
The average 160-pound person burns 399 calories doing heavy yard work.*

Here’s a quick look at the estimated calories burned for routine yard maintenance:
• **Landscaping, moving rocks, hauling dirt** - 400-600 calories per hour
• **Gardening: pulling weeds, planting flowers, etc.** - 200-400 calories per hour
• **Mowing the lawn** - 250-350 calories per hour
• **Raking and bagging leaves** - 350-450 calories per hour

If you want to burn more calories try using a push mower and opt for hand-held clippers. While most yard work is low impact, be sure to stretch before you begin any heavy lifting and remember to bend at the knees rather than straining your back.

*Heathy Living  WebMD

Affordable, Effective Skin Care Products
Four Different Skin Types

Maintaining healthy skin doesn’t have to be expensive. Creating a skin regimen on a modest budget is easy to do. These formulas are designed specifically for four different skin types: normal/combination, oily, dry and sensitive.

<table>
<thead>
<tr>
<th></th>
<th>Cleanser</th>
<th>Lotion</th>
<th>Evening Treatment</th>
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<tbody>
<tr>
<td><strong>Normal/Combination</strong></td>
<td>CeraVe Foaming Facial Cleanser, $12</td>
<td>Bioré Nourish Moisture Lotion SPF 15, $7</td>
<td>Roc Retinol Correxion Deep Wrinkle Night Cream, $22</td>
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<tr>
<td><strong>Oily</strong></td>
<td>Neutrogena Wave Sonic Power-Cleanser, $16</td>
<td>Garnier Moisture Rescue Lightweight UV-Lotion SPF 15, $8</td>
<td>Derma-E Vitamin A Retinyl Palmitate Wrinkle Treatment Crème, $13</td>
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<tr>
<td><strong>Dry</strong></td>
<td>Yes to Blueberries Smoothing Daily Cleanser, $10</td>
<td>Olay Regenerist DNA Superstructure UV Cream SPF 25, $25</td>
<td>L’Oréal Paris Revitalift Deep-Set Wrinkle Repair, $20</td>
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<tr>
<td><strong>Sensitive</strong></td>
<td>Aveeno Ultra-Calming Foaming Cleanser, $7</td>
<td>VMV Hypoallergenics Creammy-Rich Intensive Moisture Milk SPF 15, $29</td>
<td>Lumene Sensitive Touch Comforting Night Cream, $20</td>
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*Real Simple  WebMD