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Helpful
• Safety
• Economy
• Family Fun

Delightful Food Ideas

“Berry Nut-ritious” Muffins

Ingredients:

• 1 1/2 cups all-purpose flour
• 1 1/2 teaspoons baking powder
• 3/4 teaspoon salt
• 1/2 teaspoon baking soda
• 1/2 cup unsalted butter, melted
• 1/2 cup plus 2 tablespoons sugar
• 2 eggs
• 1/2 cup fresh or unsweetened frozen raspberries, blackberries or blueberries
• 2 cups fresh or frozen blackberries or blueberries
• 1 teaspoon vanilla extract

Directions:

Preheat oven to 350°. Spread walnuts on a baking sheet or in a shallow pan. Bake, stirring once or twice, until lightly browned and fragrant, 5 to 10 minutes. Let cool. Leave oven set at 350°. Line 14 to 16 (2-inch) muffin cups with paper liners or spray with nonstick baking spray.

In a large bowl, whisk together the flour, baking powder, baking soda, and salt. In a small bowl, mix the melted butter, sugar, eggs, and vanilla. Gradually stir the liquid mixture into the dry ingredients just until dry ingredients are moistened (do not overmix). Spoon batter into muffin cups, filling each about three-fourths full. Sprinkle 1/3 cup lightly browned walnuts evenly over the tops of the muffins. Bake until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes. Cool 5 minutes in the pans, then transfer to a wire rack. Serve slightly warm or at room temperature.

Yields 14 to 16 muffins

This recipe comes from Diamond of California, the most popular brand of nuts for year-round meal preparation, baking and natural snacking, making it easy to add wholesome, versatile nuts to your daily menu without ever getting bored.

Berry-Walnut Muffins

Ingredients:

• 1 cup plus 2 tablespoons Diamond Chopped Walnuts
• 2 cups flour
• 1 1/2 teaspoons baking powder
• 3/4 teaspoon salt
• 1/2 teaspoon baking soda
• 1/2 cup unsalted butter, melted
• 1/2 cup plus 2 tablespoons sugar
• 2 eggs
• 1 teaspoon vanilla extract
• 1 cup fresh or unsweetened frozen raspberries, blackberries or blueberries

Directions:

Preheat oven to 350°. Spread walnuts on a baking sheet or in a shallow pan. Bake, stirring once or twice, until lightly browned and fragrant, 5 to 10 minutes. Let cool. Leave oven set at 350°. Line 14 to 16 (2-inch) muffin cups with paper liners or spray with nonstick baking spray.

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CHILD SAFETY ALERT

Rules Of The Road

There are many new products and resources now available to parents that help make car seat safety as easy as possible.

Online Programs Help People Take Control Of Their Health

(NAPS)—From chat rooms to medical libraries, the Internet is helping people take charge of their own health care. Now a Web site is letting people manage their underlying health issues as well—and with proven results.

The site, from global leader HealthMedia, Inc., provides highly interactive and empowering Web-based self-help programs as well as tools that feature personal exercises meant to help change unhealthy behaviors, improve well-being and speed recovery.

The Web site, MySelfHelp.com, includes programs designed to help with depression, stress, insomnia, eating disorders, grief, low self-esteem, compulsive shopping, guilt, caring for loved ones and HIV/depression.

The site is staffed by highly experienced health care professionals devoted to helping people improve their lives. Individuals who use the site’s programs experience significant positive results, including:

• Lower stress levels
• Better eating habits
• Improvements in symptoms of depression
• More confidence in managing problems
• Improvements in quality of life

Longer, better-quality sleep
Better attendance and performance at work.

For more information, visit www.myselfhelp.com.

(NAPS)—According to Safe Kids Worldwide, studies have shown that four out of five car seats are used incorrectly. Parents need to educate themselves on all aspects of car seat safety to learn how to keep little ones safe and happy while on the road.

“Car seats are only effective if they are installed and used correctly,” said Dr. Laura Jana, child passenger safety technician and pediatrician. “Fortunately, there are many new products and resources now available to parents that help make car seat safety as easy as possible.”

When looking to purchase a car seat, Dr. Jana recommends keeping safety, comfort and convenience in mind. Choose the appropriate car seat for your child based on his age, height, weight and fit with your vehicle.

Here are some tips to help you decide among the wide range of car seats available:

• For your baby’s safety and comfort, consider an infant car seat that has a five-point harness system and padding throughout the seat.

• Consider a convertible car seat with a 50-pound weight rating, designed to allow extended use of the seat’s five-point harness system.

• Consider picking a car seat that includes “kid-friendly features,” such as retractable cup and snack holders.

Keeping children safe in the car is unquestionably one of a parent’s most important daily responsibilities. Parents should remember to keep an eye out for the latest car seat innovations and improved features designed with ease of use in mind. The new InfiniteSlide Harness Adjustment—now available exclusively from Evenflo on the Triumph® Advance Convertible Car Seat—is an innovative, simple and safe feature that makes proper harness placement significantly easier as your child grows.

Car seat manufacturers’ Web sites can serve as useful sources of information regarding proper use of their car seats, the latest in car seat innovations and a convenient place to help you choose the car seat best suited for your family’s needs. On Evenflo’s Web site, www.evenflo.com, parents can also access free educational tools, such as car seat installation videos. A step-by-step, how-to video is available for every Evenflo car seat.

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