

Through The Decades

SHARATHON 2020

MARCH 24 - 27



THE CORNERSTONE

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Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Almond Crunch Coffee Cake

Knowing this special breakfast treat is waiting makes it worth crawling out of a warm bed on a cold winter morn. Prepare it the night before and warm it up in the microwave, and it will be ready before your eyes are wide open!

1 1/2 cups reduced-fat baking mix
Sugar substitute to equal 1/4 cup, suitable for baking

2/3 cup fat-free milk

2 tablespoons fat-free sour cream

1 egg or equivalent in egg substitute

1 teaspoon almond extract

1/4 cup chopped almonds

1. Heat oven to 375 F. Spray a 9-inch round cake pan with butter-flavored cooking spray.

2. In a large bowl, combine baking mix and sugar substitute. Add milk, sour cream, egg and almond extract. Mix gently just to combine. Spread batter in prepared cake pan. Evenly sprinkle almonds over top. Lightly spray top with butter-flavored cooking spray.

3. Bake for 20 to 25 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and let set for at least 15 minutes. Cut into 8 wedges.

* Each serving equals: 124 calories, 4g fat, 4g protein, 18g carb., 285mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fat.

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top ten

Cars With Most Reckless Drivers

1. Mazda MX-5 Miata
2. Hyundai Genesis Coupe
3. Isuzu Rodeo
4. Nissan 370Z
5. Cadillac ATS
6. Volkswagen CC
7. Ram Truck 1500
8. Chevrolet K1500
9. Saturn L200
10. Dodge Challenger

Source: Insurify

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