

Low Fat Pumpkin Bread With Pepitas

Ingredients:

- 1 1/2 cups pumpkin puree (homemade or canned)
- 3/4 cup sugar
- 1/2 tsp nutmeg
- 2 tbsp vegetable oil
- baking spray
- 1 tsp baking soda
- 1/4 tsp cinnamon
- 2 large egg whites
- 2 tbsp pepitas
- 1 1/4 cups unbleached AP flour
- 2 tsp pumpkin pie spice
- 1/4 tsp salt
- 1 1/2 tsp vanilla extract

Directions:

Preheat oven to 350°. **Spray** a 9 x 5 inch loaf pan with baking spray.

In a medium bowl, **combine** flour, sugar, baking soda, pumpkin spice, nutmeg, cinnamon, and salt with a wire whisk. Set aside.

In a large bowl **mix** oil, egg whites, pumpkin puree and vanilla; beat at medium speed until thick. **Scrape** down sides of the bowl. **Add** flour mixture, then **blend** at low speed until combined. Do not over mix. **Pour** batter into loaf pan, **top** with pepitas and bake on the center rack for 50-55 minutes, or until a toothpick inserted in the center comes out clean. Let the pan cool at least 20 minutes, bread should be room temperature before slicing.

Servings: 16 slices • **Serving Size:** 1/2 inch thick slice • **Calories:** 103 • **Fat:** 2.2 g • **Protein:** 2.1 g • **Carb:** 18.7 g • **Fiber:** 0.7 g • **Sugar:** 10.2 g • **Sodium:** 280.5

Source: <http://www.skinnytaste.com/2011/10/low-fat-pumpkin-bread-with-pepitas.html>

Here's some quinoa for you... and some omega-3 supplements for you. Enjoy!

**Happy
Halloween**

**from All of Us at
FitnessWorks for
Women**



October 2015 Newsletter

Congratulations to All of our Winners from the FitnessWorks for Women/Habitat for Humanity/ Women Build Fundraiser!

Set Me Free Gift Certificate – Caroline Underhill

Globe Bistro Gift Certificate – Clare Brandys

Cheese Board – Sylvia Stanko

Kiss the Cook Apron – Lynn Krolick

Sweaters by Judy – Meera Joseph & Sylvia Stanko

My Place Gift Certificate – Sue Sanders & Gen Rouleau

David's Tea Gift Pack – Jackie Wilde

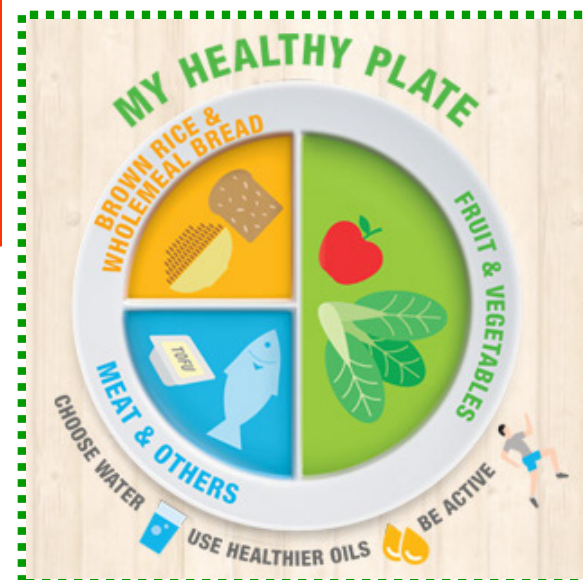
Bull Apron- Jackie DiGiovani

Coffee – Amanda Valpy

Belly Honeycomb Apron – Sylvia Stanko

Massages – Marie Dunn, Meera Joseph & Jackie Wilde

Earrings by Claude – Lynda Delgrande, Lynda Snowden, Sara Fine,
Pip Wild, Sylvia Stanko, Lynn Krolick & Eva-Mai Fortune



Tips for a Healthy Thanksgiving

1. Workout in the Morning
2. Eat Breakfast
3. Pick 1-2 indulgences
4. Avoid Mindless Munching

Happy Thanksgiving!

ingredients!

HONEY
GROUND ALMONDS
PUREED, COOKED FRESH OR CANNED PUMPKIN
OLIVE OIL
UNFLAVORED YOGURT

Pumpkin

FACE MASK

- 1 START BY MIXING 2 CUPS OF PUREED, COOKED FRESH OR CANNED PUMPKIN.
- 2 ADD 4 TABLESPOONS UNFLAVORED YOGURT, 4 TABLESPOONS HONEY, 1/3 CUP GROUND ALMONDS, 1/4 TEASPOON OLIVE OIL.
- 3 MIX AND APPLY TO CLEAN, MOIST SKIN.
- 4 THE ENZYMES ARE MORE ACTIVE WHEN MOIST, SO SIT IN A WARM TUB OR SHOWER FOR 5-10 MINUTES.
- 5 REMOVE WITH A CLEAN WASHCLOTH.
- 6 APPLY MOISTURIZER AND ENJOY SOFT CLEAN SKIN!

WHY PUMPKIN?
 BESIDES THE FACT THAT PUMPKINS ARE SEASONALLY APPROPRIATE, THEY'RE ALSO GREAT FOR YOUR SKIN. PUMPKINS ARE RICH IN VITAMINS A AND C AND VARIOUS ENZYMES THAT HELP NOURISH AND BRIGHTEN SKIN. WHO KNEW, RIGHT?
 source: <http://www.sheknows.com/beauty-and-style/articles/844007/diy-pumpkin-facial-mask>

Reasons to Love Pumpkins

- Loaded with vitamins and minerals to boost immunity
- Makes a great face mask, especially when mixed with honey
- Filled with antioxidants to help fight cancer
- Supports good eye health through vitamin A and beta carotene
- Low calorie and high-fiber to aid in weight loss

Torso Twister (Dancing Twist)

Turn up your favorite song and dance off those love handles with this move! Stand with feet together, arms bent front of chest. Take a step to the left and twist your waist to the left, keeping hips square. Step right foot in, bringing feet together and untwisting torso back to center. Repeat on the right side, and continue stepping/twisting to each side for at least one minute. **Turn Up the Burn:** Repeat for an entire song.



Torso Twister

Cardio Toner

- Step, twist, step together; repeat in other direction
- Twist from waistline
- Keep abs engaged
- Take up the speed to burn more calories!

Repeat for 1-3 minutes



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