



Midwest Recreation
Box 568
Hamiota, MB R0M 0T0

Phone: 204-764-3050 ext. 106
Fax: 204-764-3055
midwestrec@hamiota.com

**MIDWEST RECREATION
NEWSLETTER**

We're on the web!
www.hamiota.com

Coming Up

- Little Rock Bonspiel Hta March 13th?
- Wear your green March 17th
- Umpire Clinic Hta April 10th
- Triple H Rodeo April 23rd & 24th
- High School Rodeo April 25th



Summer Staff Ads Out Now!

For more information on all programs or to register
please email me or call 764-3050 ext 106

Welcome back everyone! I know its been awhile. I did a big "OOPS" and deleted the newsletter address data-base by mistake. Finally got everyone put back in so thought I would send out a tester to see how many addresses I put in wrong.

If you notice that your friends or anyone else are not included on my list, please forward their email addresses so I can add them on. The more people the easier to get the message out.

Just a few events to tell you about. Pattie and I are setting dates for a new session of exercise classes so watch for that.

Thank you for taking the time to read the newsletter. Your feedback, ideas, comments are greatly appreciated.

Bonnie Michaudville - Recreation Director

Apple Flax Bread—Really moist and yummy! From our Healthy Baking Classes Yields 16 slices

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|------------------------------|-------------------------------------|
| 1/3 cup canola oil | 1/2 tsp salt |
| 3/4 cup white sugar | 1/4 cup whole flax seeds |
| 2 eggs | 1/4 cup ground flax seeds |
| 1/2 Tbsp vanilla | 1 apple (diced) |
| 1/3 cup low fat plain yogart | 1 tsp cinnamon |
| 2 1/2 cups whole wheat flour | 1 1/2 cups applesauce (unsweetened) |
| 1 1/2 tsp baking soda | 1 cup walnuts, chopped |

1. Cream together oil and sugar, add eggs and beat. Stir in vanilla and yogurt.
2. Sift together dry ingredients and mix in apples
3. Add applesauce to egg mixture
4. Combine dry & wet ingredients & mix just to combine
5. Fold in walnuts
6. Bake at 325 F for 45 to 60 minutes

Nutrition Facts

180 calories 4 g protein 7 g fat
3 g fibre 204 mg sodium 29 g carbohydrate

