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LIGHT BITES: Who says eating healthy isn't tasty?

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1/2 cup heavy cream
nutmeg (optional)

Butternut Squash and Pear Soup

Recipes courtesy of Atkins

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Prep time: 20 minutes
Cook time: 30 minutes
Servings: 6

- 1 tablespoon unsalted butter
- 1 medium (2 1/2-inch diameter) onion, chopped
- 2 pounds butternut winter squash, cubed
- 1 medium pear, sliced, plus additional, for garnish (optional)
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper
- 5 cups chicken broth
- 1 teaspoon fresh lemon juice

In large pot over medium heat, melt butter. Add onions and saute until translucent, about 6 minutes. Add squash, pear, curry powder, salt and white pepper; saute 3 minutes. Increase heat to high and add chicken broth. Bring to boil then reduce heat to low; simmer 20-25 minutes, uncovered, until cubed squash is very tender. Allow to cool about 10-15 minutes. In blender or food processor, puree soup in batches until smooth. Return pureed soup to pot and add lemon juice and heavy cream. Stir soup over low heat until hot. Garnish with additional sliced pears and sprinkle of nutmeg, if desired.

Milk Chocolate Protein Muffin

Recipe courtesy of Atkins
Prep time: 5 minutes
Cook time: 1 minute
Servings: 1

- 2 tablespoons full-fat cream cheese
- 1 egg
- 3 tablespoons Atkins Milk Chocolate Protein Powder
- 1/4 teaspoon baking powder

1/2 teaspoon ground cinnamon
1 dash salt
In microwave-safe mug, heat cream cheese 10-15 seconds to soften. Add egg and blend briskly using fork. Add protein powder, baking powder, cinnamon and salt; blend until smooth. Microwave on high 1 minute; muffin will puff up then deflate slightly once done. Remove from mug and enjoy warm.



Photo courtesy of Getty Images

Atkins Cloud Bread

Low carb and gluten-free fluffy bread substitute. These little breads are easy to pop into your bag when going to work, or great to eat at lunch.

Serves: 5
Prep time: 10 minutes
Cook time: 30 minutes
Carbs per serving: 3g

- 3 tbsp cream cheese
- 3 eggs
- 0.25 tsp cream of tartar
- 1 tsp sweetener Stevia

Preheat oven to 300 degrees. Separate the eggs very carefully, there must be no yolk in the white. In one bowl, mix together the egg yolks, Cream Cheese and sweetener.

In the other bowl add Cream of Tartar to the whites and beat the whites on high speed until they are fluffy and form nice peaks. Very carefully fold the egg yolk mixture into the egg whites until mixed, but try and not break down the fluffiness of the egg whites too much. Grease a baking tray and, using a large scoop, scoop the mixture into 10 even rounds about 5 inches wide. Bake on the middle rack for about 30 minutes, keeping a close eye on the bread. Bake until golden brown then allow to cool. While warm they are crumbly and similar to cooked meringue so ensure you allow them to cool completely and their consistency will be more bread-like.

An On-the-Go Energy Boost

As a hectic holiday season unfolds, it can be difficult to maintain energy while making dishes for get-togethers and keeping up with the festivities.

To stay fueled and energized throughout the season, try incorporating Atkins Plus Protein and Fiber Shakes. Sweet and creamy, they make for ideal snacks, containing 30 grams of high-quality dairy protein and 7

grams of fiber. To help ensure steady blood sugar levels, the shakes also have a low glycemic impact and are made with 20 vitamins and minerals.

Available in Creamy Milk Chocolate and Creamy Vanilla flavors, the ready-to-drink shakes provide hunger satisfaction for those who are on the go and seeking to maximize production with a busy schedule.



Left to Right: Councilmember Bill Black, Councilmember Allison Reese, Mayor Tom Williams, Councilmember Randy Little, Councilmember Mike Butler and Councilmember Jason Skelton



City of Satsuma

Warm winter wishes from our family to yours.

