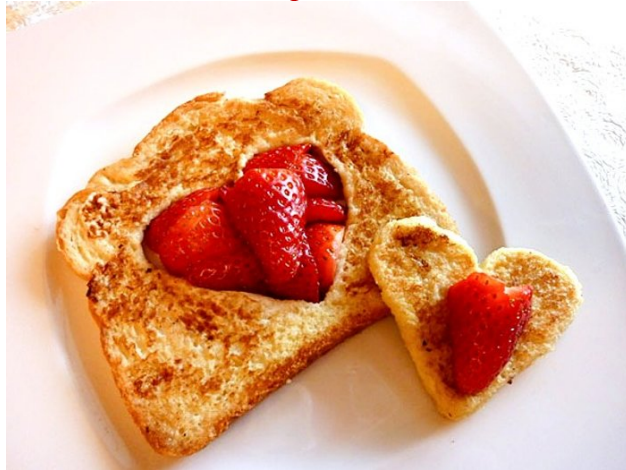




Adagio Health Power Up Monthly Minder



Lovely Strawberry French Toast

Recipe Adapted from parenting.com

What better way to show your love on Valentine's Day than with a simple yet delicious family breakfast? This Valentine's Day French Toast recipe is sure to be a crowd pleaser with a whole serving of fruit! Top with peanut butter, powdered sugar, or a drizzle of maple syrup!

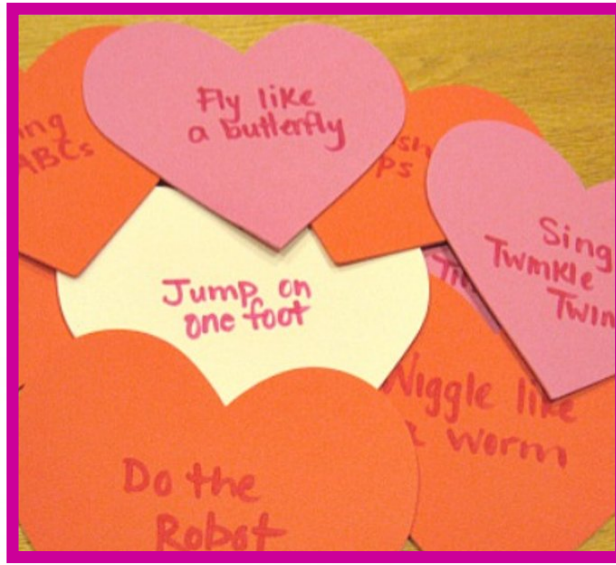
Ingredients

2 Pieces whole grain bread
1 Egg
3/4 Skim milk
1 tsp Maple syrup
Spray oil
1/2 C Strawberries
Favorite Toppings

Instructions

1. Beat an egg, using a fork, in a medium, low bowl. Add about 3/4 cup milk per each egg used. Add a teaspoon of maple syrup and stir well.
2. Using a heart-shaped cookie cutter, cut out heart shapes from the center of bread slices.
3. Spray pan with oil.
4. Dip all bread pieces into egg mixture and set onto pancake griddle or large skillet set on medium heat. Brown lightly on both sides.
5. Garnish with cut strawberries and your family's favorite toppings!

Family Game Time



A game of Musical Hearts is the perfect way to get moving on Valentine's Day! Here's how it works: Cut paper or foam into heart shapes and write activities on each one and place them in a large circle on the floor. Turn up the music and dance around hearts. Once the music stops, do the activity written on the heart in front of you! Play as many rounds as you'd like!

Adapted from: NoTimeForFlashCards.com

For more tip on getting the family energized check out www.PowerUpEatRight.com/energizers



To find out what your local Power Up is up to here: www.PowerUpEatRight.com

Power Up in the Community

The Langley Power Up Office received the "Worker Bee" award during the Adagio Health Nutrition Services Holiday Meeting. The Langley team, like so many of the Power Up teams, work hard to provide amazing nutrition lessons to schools and the community.

If you recognize your Power Up Educator here, make sure to say, "Hi" during your next lesson.