

Sweet Cravings

A hearty sweet tooth can lead a person into all kinds of trouble. Between refined sugar and hydrogenated oils, most of the sweets available wipe out your immune system and increase body fat. So next time you are craving something sweet, try this healthy, but satisfying treat:



Apple Newtons

4 apples, washed, cored, and minced

1 tbsp cornstarch

¼ cup apple juice concentrate

Steam apples until slightly soft. Stir cornstarch and a

dash of salt into concentrate and mix thoroughly; then combine with steaming apples. Cook, stirring often, until mixture thickens.

Prepare dough as follows:

1 cup oat flour

2 cup whole wheat flour

¼ tsp salt

½ cup oil

⅓ cup apple juice concentrate

Combine flours and salt. In a separate container, mix the oil and concentrate together very well. Pour over flour mixture and mix well but do not knead.

Form a ball and cut in two. Roll one part between plastic wrap or wax paper, forming a rectangle and place on an oiled baking sheet.

continued on reverse

Our **Mission**

To meet the basic physical, spiritual, and social needs of people in our area, using the ministry of Jesus as our model.

Inspiration

The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes. The fear of the LORD is pure, enduring forever. The decrees of the LORD are firm, and all of them are righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb.

—Psalm 19:8-10

Top Need:

Gently-used Toys (bring to donation dock)

Sweet Cravings (continued)

Spread with apple mixture, and cover with the remaining dough, rolled out as described above, forming bars.

Bake in a preheated oven at 350F for about 20 minutes or until golden-brown.

Allow to cool before slicing into “newtons.”

Source: wildwoodhealth.org

store hours

sun 1-4 pm
mon-thurs 9am-7pm
(toy store closes at 5)
closed fri & sat

donation hours

sun 12-5pm
mon-thurs 8am-5pm
fri 9am-3pm
closed sat

office hours

mon-thurs 9am-4pm

client service hours

by appointment: 238-7777

Help Wanted

We need nurses to volunteer in our lobby taking blood pressure and giving advice.

The Samaritan Center has a variety of volunteer positions available. To find out more call Jessica at 238-7777 ext. 22 or visit us on the web at www.theSamaritanCenter.net

Help for Today • Hope for Tomorrow

www.theSamaritanCenter.net