

# Pharmacy 411

## Newsletter



May 2017

### **It's Women's Health Month**

You spend a lot of time taking care of others. NOW is the time to empower yourself and make YOUR health a priority!

- **Eat Healthy.** Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- **Move More.** Walking, running, swimming, biking, gardening...anything to help you get 30 minutes a day, 5 days a week.
- **Sleep Well.** Insufficient sleep is connected with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity and depression. Adults need 7-9 hours nightly.



### **Other things you can do**

- **Enjoy Time.** Spend time enjoying personal, intellectual or creative pursuits that you find relaxing.
- **Schedule Preventative Services.** Make sure to get your recommended check-ups and screenings.
- **Get The Important Tests Done.** Talk with your doctor about testing your blood pressure, bone mineral density, cholesterol, and also breast cancer and diabetes screening.

# Blueberry-Ricotta Pancakes

## Ingredients

1/2 cup whole-wheat pastry flour  
1/4 cup plus 2 tablespoons all-purpose flour  
1 teaspoon sugar  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon freshly grated nutmeg  
3/4 cup part-skim ricotta cheese  
1 large egg  
1 large egg white  
1/2 cup nonfat buttermilk  
1 teaspoon freshly grated lemon zest  
1 tablespoon lemon juice  
2 teaspoons canola oil, divided  
3/4 cup fresh or frozen (not thawed) blueberries

## Preparation

### Step 1

Whisk whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda and nutmeg in a small bowl. Whisk ricotta, egg, egg white, buttermilk, lemon zest and juice in a large bowl until smooth. Stir the dry ingredients into the wet ingredients until just combined.

### Step 2

Brush a large nonstick skillet with 1/2 teaspoon oil and place over medium heat until hot. Using a generous 1/4 cup of batter for each pancake, pour the batter for 2 pancakes into the pan, sprinkle blueberries on each pancake and cook until the edges are dry and bubbles begin to form, about 2 minutes. Flip the pancakes and cook until golden brown, about 2 minutes more. Repeat with the remaining oil, batter and berries, adjusting the heat as necessary to prevent burning.



## Nutrition

**Servings: 4 servings**  
**Total Time: 40 minutes**  
**Prep Time: 40 minutes**

### Per Serving:

**Calories 237**  
**Carbohydrates 30 g**  
**Fat 8 g**  
**Saturated Fat 3 g**  
**Monounsaturated Fat 3 g**  
**Protein 12 g**  
**Cholesterol 68 mg**  
**Dietary Fiber 3 g**  
**Potassium 135 mg**  
**Sodium 334 mg**  
**Iron 1 mg**  
**Magnesium 14 mg**  
**Vitamin A 68 mg**  
**Vitamin C 5 mg**

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