ESSF
MAY NEWSLETTER

Bleacher Workout
Get out and enjoy the warmer weather with a body weight workout on the bleachers. Most schools have a track and bleachers that are open to the public. Invite friends to join!

SUMMER ENROLLMENT IS OPEN!

CREDIT AND NON-CREDIT COURSES

ON CAMPUS AND OFF CAMPUS COURSES

FIRST HALF AND SECOND HALF OPTIONS

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Carrot Cake Bites
Try this alternative to carrot cake. Keep them in the freezer for a nice, cold treat on a hot day!

Ingredients:
- 1 cup rolled oats
- ½ cup shredded carrots
- ¼ cup no sugar added raisins
- ¼ cup chopped almonds
- ½ teaspoon cinnamon
- 1/8 teaspoon cloves
- 1/8 teaspoon nutmeg
- 1/3 cup almond butter
- ¼ cup maple syrup or honey

Directions:
1. In a mixing bowl, mix together oats, shredded carrots, almonds, raisins, cinnamon, nutmeg, and cloves.

2. Add almond butter and honey or maple syrup and mix together thoroughly.

3. Place mixture in the refrigerator for one hour.

4. Shape into one-inch bites. Freeze and enjoy!