

Staying Healthy through the Winter Months

Have colder weather and shorter days turned you into a couch potato? Or, are you snowed under by seasonal obligations? If you're decking the halls—and the malls—staying fit might fall last on your to-do list.

It's important not to give physical activity the cold shoulder. Learn how you can improve your heart health by walking.

Here are some ideas for adding more activity into your winter day:

- Take the stairs instead of the elevator.
- Take walking breaks at work or suggest walking meetings.
- Stop trying to find a close parking space. Park farther from the entrance and count the extra steps.
- Make one to two laps around the mall before making your purchases.
- Keep moving at the airport. Flight delayed? Walk up and down the terminal to make the most of your wait time.
- Meet a friend for dinner, then walk for 30 minutes.
- Walk with your family for extra bonding time. Don't forget the dog.
- Start a caroling group and stride through the neighborhood.
- Walk to your favorite coffee shop or bookstore and treat yourself to a cup of coffee or a new paperback before walking back.

For more information about the American Heart Association's Start! program, please visit www.startwalkingnow.org.

Devil's Food Cupcakes with Almond-Mocha Topping on Raspberry Sauce

This decadent-looking dessert will bring smiles ...and compliments!



Healthy Holiday Recipe

Serves 24; 1 cupcake, 1 tablespoon plus 2 teaspoons sauce, and 1 tablespoon plus 2 teaspoons topping per serving

Cupcakes

- 1 18.25-ounce box devil's food cake mix
- 1 2.5-ounce jar baby food pureed prunes
- 1 cup strong coffee, or 1 cup water plus 2 teaspoons instant coffee granules
- 3 large egg whites
- 2 tablespoons canola or corn oil

Sauce

- 2 12-ounce packages frozen unsweetened raspberries, thawed
- 1/2 cup sugar
- 1 1/2 tablespoons cornstarch
- 1 teaspoon vanilla extract

Topping

- 2 teaspoons instant coffee granules
- 2 teaspoons water
- 8 ounces frozen fat-free whipped topping, thawed in refrigerator
- 2/3 cup sliced almonds, dry-roasted

Preheat the oven to 325°F, or as directed on the package. Lightly spray two 12-cup muffin pans with cooking spray.

In a large mixing bowl, combine the cupcake ingredients. Follow the package directions for beating the batter, baking and cooling the cupcakes.

Meanwhile, in a medium saucepan, stir together the raspberries, sugar and cornstarch until the cornstarch is dissolved. Bring to a boil over medium-high heat. Boil for 1 to 1 1/2 minutes, or until thickened, stirring frequently. Remove from the heat. Let cool completely, about 20 minutes. Stir in the vanilla.

In a medium bowl, stir together the coffee granules and water until the coffee is dissolved. Fold in the whipped topping until well blended. Cover and refrigerate until needed.

For each serving, spread 1 tablespoon plus 2 teaspoons raspberry sauce on a dessert plate, top with a cupcake, spoon 1 tablespoon plus 2 teaspoons whipped topping mixture over the cupcake, and sprinkle with about 1 1/2 teaspoons almonds.



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NUTRITION ANALYSIS (per serving) Calories 173 / Total Fat 4.0 g / Saturated Fat 1.0 g / Trans Fat 0.0 g / Polyunsaturated Fat 1.0 g / Monounsaturated Fat 2.0 g / Cholesterol 0 mg / Sodium 198 mg / Carbohydrates 31 g / Fiber 2 g / Sugars 18 g / Protein 2 g **Dietary Exchanges: 2 carbohydrate, 1 fat**

This recipe is brought to you by the American Heart Association's Face the Fats campaign. Recipe copyright © 2009 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere, and at deliciousdecisions.org.