



# Diabetes and Wellness Program

## Recipe

### Angel Lush with Pineapple

#### Ingredients:

For topping:

1 can (20 oz) -Crushed pineapple, unsweetened juice, do not drain

1 pkg (3.4 oz) -Sugar free vanilla flavor instant pudding

1 8 oz carton -Sugar free cool-whip, thawed

1 pkg (10 oz) round angel food cake- Cut into 3 layers. Store bought or prepared.

Seasonal Berries (optional)

#### Directions:

1. Mix: Pineapple and dry pudding mix in medium bowl. Gently stir in cool-whip.
2. Stack cake layers on plate, spreading pudding mixture between layers and on top of cake.
3. Refrigerate 1 hour or until ready to serve. Garnish with your favorite seasonal berries.



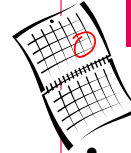
#### Nutritional Information:

-about 12 servings  
 For each serving:  
 Calories 141  
 Fat 0.2g  
 Carbohydrates 26g  
 Fiber 0.7g  
 Sodium 323mg  
 Protein 1.7g

**Diabetes and Wellness Program**  
 Absentee Shawnee Tribe Health Clinic  
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 Norman, OK 73026

## Mark Your Calendar

### Upcoming Events...



#### Education Opportunities

- **Learning to Control your Diabetes**  
 Join us for a 6 week program that teaches you the basics of Diabetes, giving you the tools you need to help manage this disease.

#### Locations:

Little Axe Health Center  
 Shawnee Health Clinic

*Space is limited ....call now and enroll!!*

#### NEW—Fitness Dance Classes

Shawnee Health Clinic -  
 Monday and Wednesday at 12:00  
 Little Axe Health Center—  
 Tuesday and Friday at 12:00  
*Please call to sign up*

#### NYPD Camp for Kids

June 10-14, 2013  
 DEADLINE to register is May 10, 2013  
 Spots limited..contact now

