



Dear Ones,

For the next few months, I will write about why we are *Better Together* and then in July we will kick off our *Better Together* theme for the year at the Leadership Summit.

The A-B-C's of why we are *Better Together*

Let us not give up meeting together as some are in the habit of doing but let us encourage one another and all the more as you see the day approaching. (Hebrews 10:25)

The “A” of *Better Together* is Accountability. Knowing that I will be meeting each week for 12 weeks with a group of people who share the same needs and desires as I do gives me a really good reason to do the things that will bring my life into balance.

- **Physically** – As I eat healthfully, record my food choices on my tracker, and exercise, I am assured that the scale will show a weight loss when I step on it each week at my meeting. Even when my weight stays the same, I can be confident that all my hard work will pay off over the 12-week session. As I do this, my life comes into balance physically.
- **Spiritually** – Each day I complete my Bible study so that I am ready to discuss in class what I learned that week. I read my Bible, memorize a verse of Scripture and pray each day so I become closer to Christ and find balance spiritually.
- **Emotionally** – I reach out to my fellow class members each week by praying for all the prayer requests and by contacting my prayer partner in some way with a phone call, note or e-mail. When I do this, I find emotional balance, knowing that we are *Better Together* because we are there to pray and support each other.
- **Mentally** – As I practice the physical, spiritual and emotional disciplines of the FP4H program, I find that my thinking begins to line up with my behavior. When this happens, I realize that I am truly becoming balanced in all areas. I no longer believe the lies from the enemy, because I have made myself accountable to my Lord and to my FP4H class as well.

Without the accountability of knowing that I am going to show up at my FP4H class each week for 12 weeks, I probably wouldn't do half the things listed above. Usually, when my life is not in balance in one area, it quickly becomes unbalanced in all areas. Being accountable to my FP4H group makes it so much easier to do the daily things that will bring me to total health and wellness.

In February, I'll talk about the “B” of *Better Together*, **Belonging**.

Matthew 6:33:

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

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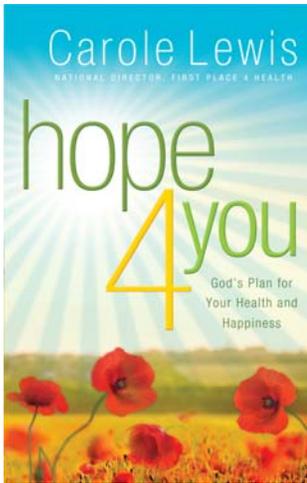
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The *First Place 4 Health E-Newsletter* is published monthly by First Place 4 Health. Address all correspondence to First Place 4 Health, 7025 W Tidwell, Suite H-101, Houston, TX 77092



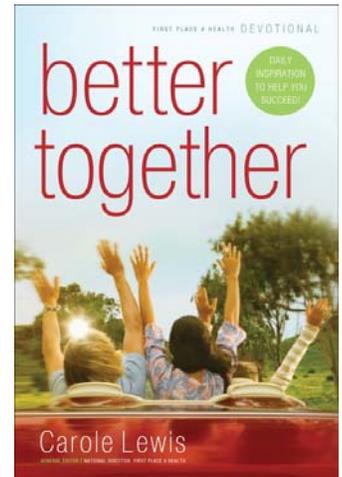
★ **Why is Carole excited?!!** ★

I am more than a little excited about this year because we have so much to celebrate! First, 2011 marks the 30th anniversary of the First Place 4 Health program, which began in March 1981, at Houston's First Baptist Church. It is hard to believe that I was in that first group of people who started the program. It is even harder to believe that I have led continuously since fall of 1981. It has been a joyous 30 years and I am privileged to see so many lives changed physically, spiritually, emotionally and mentally.



Second, my new book *Hope 4 You* has been released and is now available for you to read. We have led Hope 4 You conferences for over a year now, and the book is a fulfillment of the message we bring at each of our events. There truly is hope for you and me!

The third reason I am so excited is that we have just completed a new book *Better Together*. This is a 290-day devotional book, which includes devotionals from many of you across the country. I have written at least one devotional, and sometimes two, on each of the verses chosen for the book. It also includes twelve brand new testimonies and inspirational stories. This book will be available at our annual FP4H Leadership Summit meeting July 29-30, 2011, in Houston.



The fourth reason I am excited is that we will have a brand new *Better Together* Bible study releasing at the same time. The Bible study uses many of the verses selected for the *Better Together* devotional book and will include a brand new Scripture memory CD.



The fifth reason I am excited is that the *Better Together* book and Bible study will be in a kit that includes a CD message from me, an undated *Better Together Flip Calendar*, a *Better Together Journal*, a packet of 12 *Live It Trackers*, and a *Better Together tote bag*.

This year is full of opportunities for you to **refuel and renew** your commitment to give Christ first place in every area of your life. There will be two Wellness Retreats, one in Maryland, April 3-8, and one in Texas, October 6-13. Numerous Hope 4 You Saturday meetings are available for you to attend. Check

our website for all the details. Hope to see you there!

Blessings,

Carole Lewis



Wise Investment for 2011

Vicki Heath

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Once again it's that time of year when we are renewing and reviewing our commitments. Annually, I take this time for an evaluation of my personal investments of time, energy and resources. We need to intentionally think of how we are going to "spend" ourselves this year. I have decided this year I want to invest these three commodities into something that will have a great return, in addition to eternal value. I chose First Place 4 Health for one simple reason ... it's a small investment with a huge return.

Building into the lives of people. In the parables, Jesus taught that great things can have small beginnings. As early as the fourth century, it has been suggested that the parables were told by Jesus to encourage His disciples in building the kingdom of God. I want to spend my time, energy and resources building into the lives of people through FP4H and into the kingdom of God.

The parable with the most impact for me regarding kingdom growth is The Parable of the Mustard Seed found in Matthew 13:31-32. This parable describes the kingdom as destined for remarkable growth. Remarkable growth – that is something you do not hear much in this shrinking economy! The proverbial use of the mustard seed was used frequently to describe anything that is small in its beginning. As far as the meaning of this parable, the Bible indicates that many great things have small beginnings.

The Parable reads like this: ³¹*He told them another parable: "The kingdom of heaven is like a mustard seed, which a man took and planted in his field.*

³²*Though it is the smallest of all your seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds of the air come and perch in its branches. (NIV)*

In the parable, Jesus spoke of how "the birds of the air come and nest in its branches." That is what our FP4H classes are about – creating a safe haven for people in need of health and weight loss and at the same time, providing good news – the gospel of Jesus Christ – as they perch! As you continue to lead FP4H classes, lives are being changed one pound at a time, one day at a time.

Results of your investment. These are actual quotes I have personally heard over the years as a result of someone's investment in FP4H:

- *My marriage was healed.*
- *I forgave my parents of child abuse.*
- *I learned to love myself.*
- *I sought God's forgiveness.*
- *I came to Christ.*
- *I got my life back.*
- *I became an athlete.*
- *God gave me the willpower to eat in moderation.*
- *I can feel God working on me and in my life almost every minute I live.*
- *I no longer carry around the burdens of guilt, anger and frustration.*
- *My days are filled with thoughts of Him and I sing praises deep from within me for He rescued me from my own miry pit.*

And I could go on and on.

The kingdom of God is certainly a blessing to all who take refuge in its "branches" and so are our FP4H classes. Matthew 11:28-29 says "Come to me all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me for I am gentle and humble in heart and you will find rest for

Continued on page four



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your souls.” (NIV). Jesus provides rest and nourishment for our souls. He is the bread of life; He is the living water.

Jesus told his disciples that they would be a part of something that would grow and bless the whole world, and it has come to pass! I tell you the same thing. FP4H is the wisest investment I can make this year for the kingdom and for myself personally. I want to be a part of something big. What about you?

Growth like a mustard seed. If each of us continues to teach and invest in the lives of people through FP4H, there is the mathematical possibility to have a huge impact on the world for Christ. Beginning with just twenty FP4H leaders, each of us having just one person changed by Christ, one person a year, and their converts doing the same...the growth would be like a mustard seed!

End of year 1 – 20 people

End of year 5 – 640 people

End of year 10 - 20,480 people

End of year 15 - 655,360 people

End of year 20 - 20,971,520 people!

End of year 25 - 1,342,177,280 people!

All it takes is for each current leader to impact one person in FP4H. We need to be the point of connection from that person to Christ each year! From the principles laid out in God’s word, I am convinced that FP4H is a wise investment for 2011. We would love for you to join us in this investment for the kingdom. Specifically this is how you can help:

Pray. We need people who will pray – pray for me and Carole and the rest of the staff, and for leader’s all over the country.

Give. You can support us financially as a non-profit 501(c)(3) by giving a donation directly on our website. I do this personally, and I know in my heart it is one of the wisest investments I can make with my money. You can also purchase one of our FP4H mustard seed necklaces. It is a lovely reminder to pray, as well as a reminder of the power of the mustard seed. You can do both at www.firstplace4health.com/donations or www.firstplace4health.com/store pages on our site.

Continue to lead. Please know that as a FP4H leader you are making a difference in someone’s life.

So...be encouraged! Our investment in people through FP4H will last forever, has eternal value and is incorruptible.

²³For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God. 1 Peter 1:23 (New International Version)

I’m investing another year of my time, money and resources, how about you?

“Thy kingdom come thy will be done, on earth as it is in heaven.” Matthew 6:10 (KJV)

For the Kingdom,

Vicki Heath



Balanced Living - Physical

A Hope-Filled New Year



Jeannie Blocher
jeannie@bodyandsoul.org

Some write down New Year's resolutions, but I would say that almost everyone thinks about *what we would like to change* as each new year starts. We consider: What would we like to work on? How would we like to grow? What do we need to leave behind, as we step into a new year? It's good to take this time to contemplate some new beginnings. And as you do, I urge you to surround all your thoughts of change with one attitude—hope! I wish you a hope-filled new year!

Here's a short acrostic to remember when you think of filling your new year—2011 with HOPE.

H – Health. Focus your daily habits on health. In the physical sense, this means finding time to exercise. Include both cardio and strength training. Choose wisely what you eat, focusing on foods that bring health to your body. Eat for health, asking the Lord to guide your habits. And make time for good sleep habits; don't neglect 'rest' for restoration and health. Spiritual health is of utmost importance, too. Daily fill your heart and mind with hope-filled truths from God's Word. He is our ever-present help in trouble (See Psalm 46:1). Hope is the anchor of our soul (See Hebrews 6:19). Our hope in God holds us steady as we navigate the wild seas of life. Emotional and mental health also needs our attention. When we make wise time-management choices, we protect our minds and create balance in our life.

O – Obedience. Work on obedience this year. The word obedience is defined as “dutifully complying with commands, orders, or instructions of one in authority.” So what does this mean for us? Our authority is God and He is a God of hope. As we dutifully obey the commands and instructions in his word, we can live a hope-filled life. He will not lead us astray or ask us to do things that are not good for us. It is God who tells us that our body is a temple and that we can glorify him with it (See I Corinthians 6:19). As we are obedient to discipline ourselves to take care of our body, we can give God all the glory, and experience the abundant life that he desires for us.

P – Peace. What does it take to live a life filled with peace--peace of mind, peace in our relationships, peace as a daily presence in our lives?" God gives us a peace that passes understanding (See Philippians 4:7). Our peace wells up from our hope in God. We have eternity with Him to which we can look forward. That eternal perspective gives us overflowing hope, which spills out to a lifestyle of peaceful, peace-filled living. It is a peace that truly transcends understanding in the midst of the turmoil that surrounds us on a regular basis.

E - Energy. Isn't it interesting that when we exercise, pouring out energy, we actually *gain* energy by creating health, starting at the cellular level. There are days when we don't 'feel like' exercising, but don't you find that if you can just take that first step, just get started, you gain energy as you do the right thing for your physical body? God wants us to have this kind of abundant, energy-filled life (See Psalm 145:7).

Wishing you a hope-filled, abundant life in 2011!

Jeannie Blocher
President, Body & Soul Fitness



Upcoming Events

Texas Area Leader's Meeting & Training

January 22, 2011
First Baptist Church – Keller
Keller, Texas

Arkansas Area Leader's Meeting & Training

January 22, 2011
Trinity Baptist Church
Searcy, AR

Hope 4 You ~ Mississippi

January 29, 2011
Crossgates Baptist Church
Brandon, MS

Speakers:

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H

Hope 4 You ~ California

February 26, 2011
Bayside Community Church
Roseville, CA

Speakers:

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
Jeannie Blocher, Body & Soul Fitness
Steve Reynolds, Pastor, Capital Baptist Church

Hope 4 You ~ Pennsylvania

March 26, 2011
Crossroads Church
Oakdale, PA

Speakers:

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H

Weigh to Wellness for Women

April 3-8, 2011
Sandy Cove Ministries Retreat Center
North East, MD

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
& More!

Leadership Summit 2011

July 29-30, 2011
Houston's First Baptist Church
Houston, Texas

Speakers:

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
and many more!

Wellness Retreat

October 6-13, 2011
Round Top, Texas

Speakers:

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
and more!

~ ~

**For more information or to register for
any of these events, visit our website,
www.firstplace4health.com**

~ ~



Mustard Seed Necklace

The center of this swirling heart pendant contains an actual mustard seed and cross! Measuring 1" in height (including the pendant's bale) and 7/8" wide, this pendant communicates how nothing will be impossible for you if you have faith. 22" black cord included.

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Inspiration, Not Just Resolution

Steve Reynolds
sreynolds@capitalbaptist.org



When you sit down to eat...put a knife to your throat if you're a man given to appetite.
Proverbs 23:1-2

Did you do it again this year? You know what I'm talking about. Did you make a New Year's resolution that you've already gone back on. Join the crowd, because you are definitely not alone. Like me, you're one of many that started the new year making promises to yourself about all the changes you were going to make to have a better quality of life this year. Well, it takes more than promises to follow through with a resolution to change; it takes inspiration.

I've been sharing about how we should use the different parts of our bodies to successfully approach our efforts to develop a healthy lifestyle. I've discussed emotions, hands, feet—even ears. But we haven't talked about the biggest culprit of all. The mouth (which includes the tongue) may be the most difficult body part of all to control. I'm talking about what goes into your mouth and what comes out of it. Yes, learning to discipline the tongue and what you say will also take you a long way toward a lifestyle change. Read the warning given to us in James 3:5, 8-10.

The passage that tells us to take drastic action.

I suppose there is no way around talking about what we put in our mouths, especially when it comes to disciplining ourselves for weight loss. This is where Proverbs 23:1-2 comes into play. God doesn't actually want us to cut our throats to prevent us from overeating, but He's trying to tell us, "Hey, overeating is serious because it's destroying your health." This passage is telling us to take drastic action to control overeating.

When "all you can eat" is the way you live, you need discipline. If you are prone to gluttony, you need to take drastic measures to bring your appetite under control. I'm a man given to appetite. Therefore, I have to take drastic measures to control what goes into my mouth.

Will you give your mouth and what comes out of it, as well as what goes into it, to God for His use? "God, here's my mouth. I'm giving it to you." Will you use your mouth to pray and ask for God's help? Use it to eat healthy food? Use your mouth to encourage others to eat in a healthy way? And last, but not least, don't use it to speak negatively to yourself or others.

What will it take to inspire you to change? Discover it and you will have a healthy New Year.

Steve Reynolds

Steve Reynolds is the Senior Pastor of Capital Baptist Church in Annandale, VA. He is also the author of the book Bod4God and the creator of the Losing to Live Weight Loss Competition. Steve has lost over 100 pounds and has led his church to lose over three tons of weight.



Devotional

Letting Go of the “Diet Plan”

Unless the Lord builds the house, its builders labor in vain.

P s a l m 1 2 7 : 1

I was a diet-aholic, using various sound (and some not-so-sound) diet plans—always losing weight only to regain it, plus some. I never made a permanent change. Sound familiar?

Drawn to fad diets for decades, I found myself laboring in vain. The problem with these plans was that God was not their builder, so through them lives could not be changed completely as He desires. The one piece of the building plan missing from all other diets is the reason First Place 4 Health works: God is our Master Builder and has individual plans in mind for each of us.

God is rebuilding this “house” for Himself, and it is not according to my plan, but His. We are co-laborers in His new project—a new me. The work is no longer laborious, but actually a pleasure when I allow God to do the work. Asking Him for the time, energy and discipline it takes to meet my goals in First Place 4 Health, I am blessed by His faithfulness in answering that prayer. Brick by brick—one step at a time—I work alongside Him to rebuild a healthy temple that brings honor to Him. When I allow Him to continually rebuild all four areas of my life—physical, mental, spiritual, emotional—He is always willing and more than able to make my house beautiful, whole and livable again. No more laboring in vain for me! With the Lord as my Builder, today is all about tomorrow with Him.

PRAYER

Lord, today I come to You, the Master Builder, asking for help that only You can give. Thank You for allowing me the privilege to join You in rebuilding this temple according to Your plans. And thank You for Your willingness to make my house beautiful, whole and livable again so that I may bring honor to You today.

Journal: Ask yourself, What can I turn over to God so that He can begin the rebuilding process today? Post this list on the fridge or some other prominent place as a reminder to you as you work hand in hand with Him to rebuild.

—Judy Marshall

*Taken from Living Well, FP4H Devotional Book. To order, visit our website,
www.firstplace4health.com or
call 800.727.523, x1002.*



Success Story



Danette Huff
Easley, SC

Weight Loss: 102 Pounds

When our Pastor's wife told us she was going to have a First Place 4 Health class at our church, I thought I would try this, too. I had tried everything else. Although I had always lost weight, I couldn't keep it off. After the first meeting I realized that this was a change for life, not a diet. Instead of doing this for me, I was doing this for God. I realized I needed to take care of my body because I was taking care of God's Temple.

I really look forward to going to the meetings. Everyone is there to show support and to encourage each other.

My weight came off a little at a time and that's when you really need your First Place 4 Health friends. You have to learn patience, which doesn't come easy for most of us.

I have learned to pray more, stay focused, study my Bible and have patience. If you do your part, God will do the rest.



~ A Note from Danette's FP4H leader, Wanda Wiles ~

Danette began in September of 2009 and has lost 102 pounds. I am so proud of her. She credits the Lord for all of this and we continue to praise His name!

Let's meet our New Year's goals!

- **Set a series of small achievable goals** – Two or three specific behaviors you want to change. Don't set lofty goals you can achieve – 50 pounds in two months, etc.
- **Write down your goal** – Put it somewhere you will see it every day. Seeing it everyday will keep you focused.
- **Reward yourself** – Set some non-food related rewards for each goal attained – new book, manicure, trip with a friend.
- **You're not perfect** – Realize you'll have set backs and get right back on track when you do.



Recipes

Goal for January – Add 3 or more fruits or veggies per day.

Marsala-Glazed Winter Vegetables Serves 6

3 cups (1/2-inch) cubed peeled rutabaga
1 1/3 cups (1/2-inch-thick) slices parsnip
1 1/4 cups pearl onions, peeled
1 cup (1/2-inch-thick) slices
1 1/2 cups trimmed halved Brussels sprouts
Cooking spray
1 tablespoon butter
1 tablespoon olive oil
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground nutmeg
1/2 cup vegetable broth

Preheat oven to 450°. Bring 2 quarts water to a boil in a Dutch oven. Add the rutabaga, parsnip, onions, and carrot; cook 4 minutes. Add Brussels sprouts, and cook 1 minute. Drain and place vegetables in a large roasting or jelly roll pan coated with cooking spray. Add butter and the next 5 ingredients (butter through nutmeg), stirring mixture until butter melts. Pour broth over vegetables; cover pan with foil. Bake vegetables at 450° for 30 minutes. Uncover and stir vegetables (do not remove pan from oven). Bake an additional 15 minutes or until vegetables are tender, stirring after 8 minutes.

Nutritional Information: Calories: 149 (28% from fat) Fat: 4.6g (sat 1.5g, mono .2g, poly 0.4g) Protein: 3.1g Carbohydrate: 23.7g Fiber: 4.3g Cholesterol: 5mg Iron: 1.3mg Sodium: 256mg Calcium: 71mg

Quinoa Salad with Asparagus, Dates, and Orange Serves 6

Salad:

1 teaspoon olive oil
1/2 cup finely chopped white onion
1 cup uncooked quinoa
2 cups water
1/2 teaspoon kosher salt
1 cup fresh orange sections
1/4 cup chopped pecans, toasted
2 tablespoons minced red onion
5 dates, pitted and chopped
1/2 pound (2-inch) slices asparagus, steamed and chilled
1/2 jalapeño pepper, diced

Dressing:

2 tablespoons fresh lemon juice
1 tablespoon olive oil
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 garlic clove, minced

To prepare salad, heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add white onion to pan; sauté 2 minutes. Add quinoa to pan; sauté 5 minutes. Add 2 cups water and 1/2 teaspoon salt to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Remove from heat; let stand 15 minutes or until water is absorbed. Transfer quinoa mixture to a large bowl. Add orange and next 5 ingredients (through jalapeño); toss gently to combine. To prepare dressing, combine juice and next 4 ingredients (through garlic) in a small bowl, stirring with a whisk. Pour dressing over salad; toss gently to coat. Sprinkle with chopped mint. Garnish with mint sprigs, if desired. Serve at room temperature.

Nutritional Information: Calories: 164 (35% from fat) Fat: 6.3g (sat 0.7g, mono .5g, poly 1.7g) Protein: 4.3g Carbohydrate: 24.7g Fiber: 3.4g Cholesterol: 0.0mg Iron: 2.5mg Sodium: 186mg



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More Fruit & Veggie Recipes

Apple and Raisin Slaw

Serves 6

1/2 cup light sour cream
3 tablespoons reduced-fat mayonnaise
1 1/2 tablespoons white balsamic vinegar
1 teaspoon sugar
1/2 teaspoon black pepper
1/4 teaspoon salt
2 cups unpeeled chopped Rome apple
1 cup golden raisins
1 (16-ounce) package cabbage-and-carrot coleslaw

Combine the first 6 ingredients in a large bowl, stirring with a whisk. Add chopped apple, 1 cup raisins, and coleslaw; toss to combine.

Nutritional Information: Calories: 120 (17% from fat) Fat: 2.2g (sat 1.2g, mono .8g, poly 0.2g) Protein: 2.3g Carbohydrate: 25.3g Fiber: 3.3g Cholesterol: 0.0mg Iron: 0.8mg Sodium: 162mg Calcium: 31mg

Honey-Roasted Root Vegetables

Serves 8

2 cups coarsely chopped peeled sweet potato
1 1/2 cups coarsely chopped peeled turnip
1 1/2 cups coarsely chopped parsnip]
1 1/2 cups coarsely chopped carrot
1/4 cup tupelo honey
2 tablespoons olive oil
1/2 teaspoon salt
3 shallots, halved
Cooking spray

Preheat oven to 450°. Combine all ingredients except the cooking spray in a large bowl; toss to coat. Place vegetable mixture on a jelly-roll pan coated with cooking spray. Bake at 450° for 35 minutes or until vegetables are tender and begin to brown, stirring every 15 minutes.

Nutritional Information: Calories: 118 (27% from fat) Fat: 3.5g (sat 0.5g, mono .5g, poly 0.4g) Protein: 1.3g Carbohydrate: 21.7g Fiber: 2.3g Cholesterol: 0.0mg Iron: 0.5mg Sodium: 171mg Calcium: 33mg

Chocolate-Coconut Peaches

Serves 6

1/2 cup crushed crispy macaroon cookies (about 8)
2 tablespoons brown sugar
4 large ripe peaches, halved and pitted
Cooking spray
8 teaspoons butter
1 ounce bittersweet chocolate, shaved

Preheat broiler. Combine cookie crumbs and sugar in a small bowl. Hollow center of peach halves using a melon baller. Fill each peach half with 1 rounded tablespoon cookie crumb mixture. Arrange peaches in an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Place 1 teaspoon butter on top of each filled half. Broil 2 minutes or until butter melts. Sprinkle evenly with chocolate. Cool 5 minutes before serving.

Nutritional Information: Calories: 117 Fat: 5.4g (sat 3.2g, mono 1.1g, poly 0.2g) Protein: 1.5g Carbohydrate: 17g Fiber: 1.6g Cholesterol: 10mg Iron: 0.3mg Sodium: 42mg Calcium: 9mg

Baked Fruit Dessert

Serves 16

All fruit is packed in water, juice or light syrup. You may use fresh, if desired.

1 can (15.25 oz) pear halves or slices
1 can (15 oz) sliced peaches
1 can (20 oz) sliced apples
1 can (14.5 oz) dark pitted cherries
1 can (15 oz) mandarin oranges (check for seeds)
1 can (20 oz) chunk pineapple
1 tablespoon light margarine
12 cookies Mother's Macaroon (crushed fine)

Drain all fruit. Cut large pieces into bite-size pieces. Mix fruit in large glass baking dish. Slice margarine into thin pieces and place on top of fruit. Sprinkle with cooking sherry. Sprinkle crumbs over top. Bake at 350 degrees for 30-45 minutes. Serve warm.

Nutritional Information: 167 Calories; 4g Fat (22.0% calories from fat); 1g Protein; 33g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 49mg Sodium.