

# Arbor Management's Nutrition News-February 2022



**February is**

**Black History  
Month**



**National Cherry Month**

**National Hot Breakfast Month**

**American Heart Month**



## Nutrition Spotlight-Iron

Iron is a mineral that your body uses to make hemoglobin, a protein in your red blood cells that carries oxygen from your lungs to all parts of your body! Iron is used for energy production, growth and development, and immune function. Iron can be found in lean meat, seafood, iron fortified cereals, whole grains, and raisins.

## What's in Season?

**Celery**

**Carrots**

**Avocado**

**Pears**

**Potatoes**

**Apples**

**Brussels Sprouts**

**Grapefruit**

**Winter Squash**

## Cherry Puff Pancake

*Smells of vanilla, cinnamon, and fruit will fill your home after baking these cherry puff pancakes. If you don't like cherries, try using peaches, pears, or blueberries)*

*Makes 4 servings*

### Ingredients

**3 Eggs**

**1/2 Cup Fat Free or 1 Percent Milk**

**1 Teaspoon Vanilla**

**1/2 Cup All Purpose Flour**

**1 Tablespoon Sugar**

**1/8 Teaspoon Cinnamon**

**2 Tablespoons Margarine (or butter)**

**2 Cups Halved, Pitted Sweet Cherries, Fresh or Frozen, thawed and drained**

**1/4 Cup Sliced Almonds (optional)**



### Directions

1. Preheat oven to 450 degrees F.
2. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended.
3. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
4. Put margarine or butter in a 10 or 11 inch oven proof skillet or a 2 1/2 to 3 quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
5. Pour the batter over the cherries.
6. Sprinkle with almond slices. (optional)
7. Return to the oven and bake for 15-20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 pieces. The center puffs will flatten during cooling.

*Serve with Plain or Vanilla Yogurt*

## FREE MEALS!

For ALL Enrolled Students  
in school districts participating in the NSLP  
Seamless Summer Option For the 2021-2022 School Year!  
Check with Your School District for More Information



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