



OCTOBER-DECEMBER 2016 ARTICLES

[WEEK OF 12/26/16](#) - Healthy New Year on the Horizon (**Recipe: Prosciutto Wrapped Melon and Avocado**)

[WEEK OF 12/19/16](#) - Don't Break the Bank to Feed Your Bunch! (**Recipe: Cheesecake Stuffed Crepes**)

[WEEK OF 12/12/16](#) - Healthier Holiday Baking with Splenda (**Recipe: White Chocolate Cranberry Cookies**)

[WEEK OF 12/5/16](#) - Protect Your Heart for the Holidays with Kellogg's Raisin Bran (**Recipe: Slow Cooker Pork**)

[WEEK OF 11/28/16](#) - Dining on a Budget is Anything But Boring! (**Recipes: Slow Cooker Turkey Verde Chili & Turkey and White Bean Ragu**)

[WEEK OF 11/21/16](#) - Thankful for Cranberries *and Splenda* (**Recipe: Cranberry Apple Relish**)

[WEEK OF 11/14/16](#) - Thankful for the Versatility of Kellogg's Cereals (**Recipe: Cauliflower Escallop**)

[WEEK OF 11/7/16](#) - Stock Up for a Healthy Holiday Season (**Recipe: Crustless Pumpkin Pie**)

[WEEK OF 10/31/16](#) - November is Diabetes Awareness Month (**Recipe: Chocolatey Peanut Butter Triangles**)

[WEEK OF 10/24/16](#) - It's No Trick - Holiday Treats Can Be Healthy!

[WEEK OF 10/17/16](#) - VEGGIES are Nature's Answer to Preventing and Fighting Cancer (**Recipe: Slow Cooker Vegetarian Chili**)

[WEEK OF 10/10/16](#) - Healthy New Way to Cottage - with Muuna (**Recipe: Cheesy Pasta Primavera**)

[WEEK OF 10/3/16](#) - Italian Dinner Hacks with Special K (**Recipes: Italian Parmesan Chicken & Double Delicious Dunkers**)