



Joy Cookies



$\frac{3}{4}$	c granulated sugar
$\frac{1}{3}$	c unsalted butter, softened (see Tips)
$\frac{1}{3}$	c canola oil
1	large egg
1	T milk
1	t almond extract
1	c all-purpose flour
$\frac{3}{4}$	c whole-wheat flour
$1\frac{1}{2}$	t baking powder
$\frac{1}{4}$	t salt
3	T melted semisweet chocolate chips, (see Tips)
3	T toasted coconut, (see Tips)
48	sliced almonds

- 1 Preheat oven to 375°F. Coat a 15-by-10-inch baking sheet with 1-inch sides with cooking spray.
- 2 Beat sugar, butter, oil, egg, milk and almond extract in a mixing bowl with an electric mixer until light and fluffy. Stir in all-purpose flour, whole-wheat flour, baking powder and salt until well blended. (It will be a soft dough.) Spread the dough into the prepared baking pan in a thin layer.
- 3 Bake until golden brown, about 12 minutes. Cool in the pan on a wire rack for 5 minutes. Cut into 48 bars.
- 4 Decorate each bar with a drizzle of melted chocolate, a sprinkle of toasted coconut and an almond slice.

Tips: 1. To soften butter, let stand at room temperature for 30 to 45 minutes. Or cut into small pieces and let stand for about 15 minutes. (Do not soften in a microwave—the uneven heat may melt the butter in spots.) 2. To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted. 3. Toast coconut in a small dry skillet over medium-low heat, stirring often, until golden, about 5 minutes.

Makes 4 dozen cookies. Per bar: 53 calories; 3 g fat (1 g saturated fat, 1 g mono unsaturated fat); 6 mg cholesterol; 7 g carbohydrates; 1 g protein; 0 g fiber; 32 mg sodium; 16 mg potassium.

Joy to Your World...Cheers to Your Health!

'Tis the season to be jolly – and based on recent studies, you'll want to stay that way all year long. Research shows that being joyful can lead to lower stress-related hormones, better overall health and a longer, more fulfilling life. Follow these tips to be merrily on your way to a happier (and healthier) you:

Give yourself the gift of "me time." Set aside time each week to indulge in an activity you enjoy, such as reading, painting, soaking in the tub, etc.

Make your spirits bright. Get happy by dancing, singing, or sharing a laugh with a friend.

Spread good cheer. Volunteer or donate money to a cause you believe in for those warm, fuzzy feelings.

Eat, drink and be merry – in moderation. Stick to a well-balanced diet, limit alcohol consumption, exercise, and get plenty of sleep.

For more health info and tips, visit www.sach.org.

Happy holidays!

References:

<http://www.prevention.com/mind-body/emotional-health/10-simple-ways-relieve-stress-and-improve-your-mood?s=2>

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/feel-better-and-happy.aspx>

<http://abcnews.go.com/blogs/health/2013/03/27/how-happiness-affects-your-health/>



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