



Spring Into a Healthier You!

Next Bariatric Webinar

Tuesday, February 27th, 5:00 PM - 6:00 PM

Access to all Bariatric Webinars

<https://www.youtube.com/playlist?list=PLQxzgBJEP-08dWNCZQIDQFH8IYtDRFzwi>

Additional Resources:

<https://www.bariatricfoodcoach.com/>

<https://bariatricmealprep.com/>

https://www.youtube.com/watch?v=D_tg0-fVZ-8

** Updated Office Location **



RMC OXFORD
MEDIPLEX



RMC Oxford Mediplex
1400 Hwy Dr. Oxford, AL 36203
(256) 231-7500

A Closer Look at our Team:



Bariatric Surgeon: Peter Jernigan, MD, FACS

-Dr. Seaman and Dr. Vaughn will be assisting with call coverage for bariatrics.-

Contest Time!

Which of the following are awesome exercise opportunities in our local community?

- A. Free Line Dancing at Oxford Civic Center at 6:00 p.m. on Mondays
- B. Choccolocco Park
- C. Local Community Center Walking Tracks/ Activities
- D. All of the above

Call in with your answer at (256)235-8949. The first three individuals whose correct answers are received will win a prize (bariatric water bottle)!

(Answer: D)



National Nutrition Month® ...What is it?

- It is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics.
 - It is held annually in March and focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.
 - It started in 1973 as National Nutrition Week and became a month-long observance in 1980.
 - This year's theme is "*Beyond the Table*" and focuses on:
 - the farm-to-fork aspect of nutrition
 - the various ways we eat, not only around a dinner table, but also on the go, in schools and restaurants, at games and events
 - and also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.
- For more info, please visit <https://www.eatright.org/about-national-nutrition-month>

Healthy Peanut Butter Rice Krispie Treats

SERVINGS: 16 bars

INGREDIENTS

For the treats:

- 3/4 cup natural creamy peanut butter
- 1/3 cup pure maple syrup
- 2 tablespoons virgin coconut oil
- 1 teaspoon vanilla extract
- 1/2 cup unflavored protein powder
- 2 1/2-3 cups crispy brown rice cereal (or rice krispies)*

For the chocolate topping:

- 3.5 oz 85% dark chocolate bar, broken up into pieces

To garnish:

- Fancy sea salt, for sprinkling on top (optional)

DIRECTIONS

1. Line an 8x8 inch pan with parchment paper. Set aside.
2. Place a medium pot over low heat and add in peanut butter, coconut oil, maple syrup and vanilla extract. Mix until smooth and well combined, about 1 minute.
3. Next add in the protein powder and crispy brown rice cereal; stir until combined and cereal is completely coated. Pour into prepared pan, and use a spatula to flatten the top so it is even.
4. Next make the chocolate topping by adding chocolate to a microwave safe bowl. Microwave on high in 30 second intervals, stirring in-between, until chocolate is completely melted. You can also melt the chocolate in a small saucepan over very low heat if you prefer.
5. Pour melted chocolate over the bars and tilt your pan to spread out the chocolate evenly.
6. Place pan in the refrigerator for 30 minutes or until bars are completely cool and chocolate is hardened. Sprinkle bars with fancy sea salt, then cut into 16 bars. Enjoy!
7. Bars should be kept covered in the fridge and will stay good for up to 1 week. Take bars out 5 minutes before you are ready to serve to ensure they aren't too crunchy! They soften up at room temp.

Recipe from: <https://www.ambitiouskitchen.com>



Nutrition

Serving: 1 rice krispie treat

Calories: 176cal, Carbohydrates: 13.9g | Protein: 6g | Fat: 11.2g |
Saturated Fat: 4.5g | Fiber: 1.9g | Sugar: 5.9g