



Happy New Year!

Starting off the new year can be challenging to some. After all the extra food we were exposed to during the holiday season, it's time to think of eating healthier. Unfortunately most people think that by eating healthier they have to eliminate the one "good" thing that our bodies need to survive; Sugar!

People think that because sugar is sweet, it has to be bad for you. That is not true. Sugar is very important to a healthy diet. It's a pure carbohydrate that breaks down naturally in your body and generates energy. A key ingredient to stay focused and energetic. But that doesn't mean that you should eat more cookies or cakes. It just means that you need to be aware that sugar is important to your diet for everyday healthy living.

Click the following link to read the article "Grandma Had it Right" published in "The Sugar Packet" newsletter available from Sugar Association in Washington D.C.

[Grandma Had it Right](#)

Michigan Apple Recipe Contest



The 6th Annual Michigan's Best Apple Pie Contest and NEW this year – Michigan's Favorite Apple Recipe Contest – will be held on January 26, 2011 at Zehnder's Snowfest in Frankenmuth.

Pioneer Sugar along with Michigan Apples, The Maytag Store - Frankenmuth, WSGW Newsradio 790 AM and Zehnder's of Frankenmuth will be hosting this event at the annual Snowfest Festival; January 26 – January 31, 2011.

Twenty finalists have been selected for each category and will be notified by January 10, 2011.

Tentative Agenda:

10:00 – 11:00 a.m. Registration for Favorite Apple Recipe finalist's

11:00 a.m. – 12:30 p.m.	Judging of Favorite Apple Recipe
1:00 – 2:00 p.m.	Registration for Apple Pie finalist's
2:00 p.m.	Darla P. Jaros author of "The Kitchen Assistant"
2:00 – 4:00 p.m.	Judging of Apple Pies
4:30 p.m.	Prize & Awards Presentation of the days winners of both categories

Wild Bill & Linda Lee will be there to entertain the audience throughout the day with German and Polka favorites. Also guest speaker Darla P. Jaros author of "The Kitchen Assistant" will be there giving us time and money saving tips for in the kitchen.

Exfoliating with Sugar. **Sweet!**

Would you have ever believed that you can go to your kitchen pantry for a facial and body scrub ingredient? No...? Well believe it! Sugar is the key ingredient to an inexpensive and natural way to exfoliate your skin. Your skin will feel so soft that you'll ask yourself, why you haven't done this years' before?!

Sugar is a safe and natural exfoliant you can use because it is so gentle for sensitive skin and works really well. Salt can also be used as an exfoliant, but it can burn if it gets into a sore. Sugar is a great exfoliant. It's incredibly cheap in comparison to over the counter exfoliants and it dissolves under water, so it's easy to clean. One unfavorable part is that it is a bit sticky, but again, with water, it cleans off instantly.

As with all exfoliants, though, be gentle to your skin. Sugar is relatively fine, so the crystals shouldn't irritate your skin. Any exfoliant can irritate if you scrub too hard - so be careful.



[Click here for more information](#)

Carmelized Pork

Here's a new Healthy Recipe made with Pioneer Sugar. Try it and please visit www.pioneersugar.com for more Healthy Recipes



1 pork tenderloin (1 lb.), cut into 1-inch thick slices
1 tsp. canola oil
2 cloves garlic, minced
2 T Pioneer® Golden Light Brown Sugar
1 T orange juice
1 T molasses
1/2 tsp. salt
1/4 tsp. pepper

Directions: Flatten pork to 1/2-inch thickness. In a nonstick skillet, brown pork in oil over medium-high heat. Remove and keep warm.

In the same skillet, sauté garlic for 1 minute; stir in the Pioneer® Golden Light Brown Sugar, orange juice, molasses salt and pepper. Return pork to pan; simmer uncovered for 3-4 minutes or until pork is no longer pink. Yield: 4 servings (3 oz. each)

Nutritional Analysis: 1 serving, 200 calories, 6 g fat, 11 g carbohydrate, 24 g protein.

If you have a Healthy Recipe that has sugar in it, please share it with us.

[Share Your Recipe](#)

Pioneer Sugar Coupon



Enjoy .25 cents off a 5 lb. bag of our Pioneer Sugar.

Hurry, coupon expires January 31, 2011!

[Click here for the Coupon](#)

Michigan Sugar Company | 2600 S. Euclid Ave. | Bay City | MI | 48706

TheSweetBeat@MichiganSugar.com | <http://www.PioneerSugar.com>

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