

The Sweet Beat



Monthly eNewsletter from Michigan Sugar Company



IN THIS ISSUE:

- [Breakfast on the Run](#)
- [Sweet Potato Casserole](#)
- [3rd Annual Squashtoberfest Contest Winners](#)
- [Sweet Savings!](#)



Breakfast on the Run

What to eat for breakfast?

Even though you feel you are running a marathon in the morning, don't leave home without something to eat. A piece of fruit, a bagel, or a glass of juice can start you off ahead.



An "ideal" breakfast is one that is low in total fat, saturated fat, and cholesterol and high in fiber, complex carbohydrates, vitamin C and calcium.

Sounds complicated, but it's really simple. Cereal with low fat milk topped with fruit is an easy way to get complex carbohydrates and lots of calcium. If you are worried that your favorite pre-sweetened cereal does not provide enough fiber, mix it with additional high fiber, whole grain cereal to increase the fiber content.

If cereal isn't appealing, try a shake made with low-fat milk, juice, and extra fruit. Or combine low-fat yogurt, crunchy cereal, and fruit. Any kind of fruit will do—fresh, frozen, or canned. Most provide vitamin C and fiber. Add a spoonful of sugar (at only 15 calories per teaspoon) for that vital morning appeal.

If you love muffins, toast, or bagels, that's great. Just watch the fat in muffins. Sometimes they contain a lot. Cover with jam or fruit spread and skip the butter or margarine. If you really cannot give up your pastry or croissant, limit them to a once-in-a-while treat.

[Click here for the rest of the article](#)

Sweet Potato Casserole



- Ingredients:
- 1 can (2 lb., 8 oz.) cut sweet potatoes, drained
 - 1 can (8 oz.) crushed pineapple, drained
 - 1/2 C maple syrup
 - 1/4 C sliced dried apricots
 - 1/4 C Pioneer Golden Light Brown Sugar, packed
 - 1 T butter, melted
 - 1 tsp. cinnamon

- 1 tsp. pumpkin pie spice
- 1/4 tsp. salt
- 1/2 C pecan halves, chopped – divided

Directions:

Preheat oven to 350 degrees F.

3rd Annual Squashtoberfest Contest Winners

Another successful cooking/recipe contest has come and gone. If you were unable to attend the Third Annual Squashtoberfest at Zehnder's of Frankenmuth this year, you missed out on some wonderful recipes. But don't worry we printed the top three winning recipes of each category for you. But first the winners...



In an ungreased 1 1/2-quart baking dish, add the sweet potatoes. In a separate bowl add, crushed pineapple, maple syrup, dried apricots, sugar, melted butter, cinnamon, pumpkin pie spice, salt and 1/4 cup pecan halves. Mix together until combined. Gently spoon over sweet potatoes. Bake uncovered for 45 minutes or until heated through.

[Click here for more Sweet Recipes](#)

Sweet Savings!

Add a little local flavor this holiday season... Save \$.50 cents on your next purchase of our 5 lb. bag of Pioneer Sugar .



[Click here for your Sweet Savings!](#)

Savory Category:

- 1st place – Donna Schwan – Chicken Butternut Squash Sesame-Almond Casserole
- 2nd place – Tammy Pearson – Harvest Hash (for Brunch/ Lunch)
- 3rd place – Pamela III – Savory Italian Zucchini Pie

Soup Category:

- 1st place – Betty Timmrick – Zucchini Sausage Soup
- 2nd place – Mike Stark – White Squash Chowder
- 3rd place – Donna Mueller – Zucchini Soup

Sweet Category:

- 1st place – Genevieve Connors – Harvest Whoopie Pie
- 2nd place – Gaelen McNamara – Cran-Nut Pumpkin Decadence
- 3rd place – Jean Linger – Punkin Pocket Pies

[Click here for the Recipes](#)

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

TheSweetBeat@MichiganSugar.com | [http://www.emailcontact.com/stat/click.php?nl_id=162093&email=\[EMAIL\]&url=http%3A%2F%2Fwww.PioneerSugar.com](http://www.emailcontact.com/stat/click.php?nl_id=162093&email=[EMAIL]&url=http%3A%2F%2Fwww.PioneerSugar.com)

[Forward to a Friend](#) | [View Online](#) | [Unsubscribe](#)

This email was sent to noreply@www.emailcontact.com by TheSweetBeat@MichiganSugar.com

 Email Marketing by [Email Contact](#)