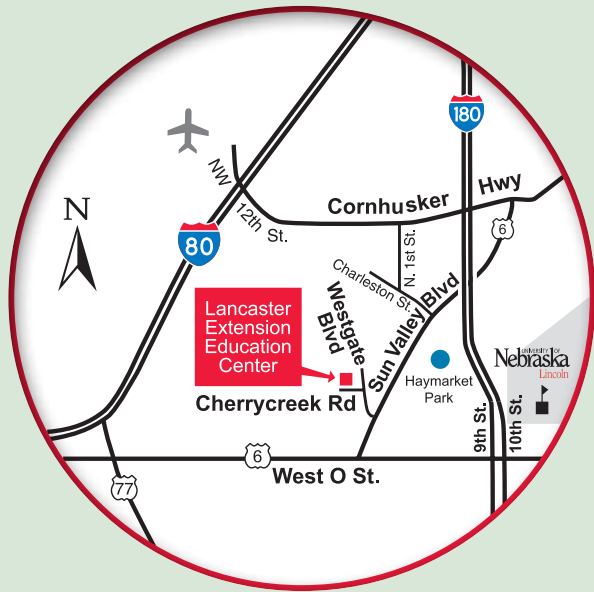


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EXTENSION NEWS

Kayla Colgrove is new food & health educator

In April, Kayla Colgrove joined Nebraska Extension in Lancaster County as a Food, Nutrition and Health Extension Educator. Her focus will include:

- Delivering nutrition and physical activity programs for youth and adult audiences in Lancaster, Otoe and Cass Counties.
- Maintaining the statewide <http://food.unl.edu> website.
- Managing two National 4-H Council grants — 4-H Food Smart Families and 4-H Healthy Habits. These are both statewide grants with programs in Lancaster County.

Kayla has an extensive background in nutrition and exercise as a Registered Dietitian Nutritionist (RDN) and Certified Personal Trainer through the American College of Sports Medicine (ACSM). She is currently the President of the Nebraska Academy of Nutrition and Dietetics, a statewide association made up of more than 600 dietetic professionals including RDNs, Dietetic Technicians Registered (DTR) and Dietetic students.

Kayla participated in 4-H while growing up on the family farm in North Central Kansas and moved to Deshler, Neb. her junior year of high school. Through the years, she



participated in many sports and followed her dream of becoming a collegiate athlete when she accepted a scholarship to throw the javelin for the Nebraska Track and Field team. Kayla competed for the Huskers from 2003–2008 and became a two-time NCAA All-American, three-time Big 12 champion and two-time Olympic Trials qualifier.

She graduated from University of Nebraska–Lincoln with a Bachelor's degree in Nutritional Science and Dietetics and earned a Master's degree in Nutrition and Health Sciences with a specialization in nutrition and

exercise.

She has worked at Nebraska Extension in Gage County since August 2011.

In her free time, Kayla loves traveling with her husband, staying active with sports and physical activities, and supporting the Huskers in all sports. She enjoys playing volleyball in city recreation leagues and utilizing the bike trails in Lincoln.

Kayla is looking forward to serving Lancaster County, meeting new people, and inspiring others to live a healthier life through nutrition and exercise.

RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator

Applesauce oatmeal muffins with blueberries

(Makes 12 muffins)

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 cup quick-cooking oatmeal
- 1/2 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup vegetable oil
- 1 cup applesauce, unsweetened
- 1 large egg
- 1/2 cup brown sugar, lightly packed
- 1/2 cup blueberries, fresh or frozen (unsweetened)

Kayla Colgrove, Nebraska Extension in Lancaster County



1. Preheat oven to 350°F. Line a muffin pan with 12 baking cups.
2. In large bowl, combine dry ingredients (flours, oatmeal, cinnamon, baking powder, baking soda and salt); mixing well.
3. In small bowl, mix together the oil, applesauce, egg and brown sugar.
4. Add wet ingredients to dry ingredients and stir just enough to moisten the ingredients. Batter should still be lumpy.
5. Gently stir in blueberries.
6. Divide the mixture between 12 muffin cups (about 1/4 cup of batter for each muffin cup).
7. Bake at 350°F for 25–30 minutes or until a toothpick/knife inserted near the center comes out clean.
8. Remove from oven and cool in pan for 5 minutes. Then place muffins on a wire rack to finish cooling.
9. Store muffins in a covered container or plastic storage bag to prevent them from drying out. Enjoy muffins within 3–4 days or freeze to eat at a later time.

KAYLA'S NOTES:

- It is important to not overmix the batter. Only 10–15 strokes are needed to moisten the ingredients.
- When using frozen blueberries, do not thaw them. Keep blueberries frozen so they do not cause the batter to turn a bluish color. This is my favorite way to make them since I usually have frozen blueberries in my freezer.
- Try these variations. Enjoy the muffins plain by not adding blueberries or add dark chocolate chips instead of blueberries.

Nutrition Information per Serving: Calories 159, Total Fat 7g, Saturated Fat 1g, Cholesterol 18mg, Sodium 152mg, Total Carbohydrate 22g, Dietary Fiber 2g, Sugars 9g, Protein 3g