

## How to Create an Awesome Easter Celebration

In the midst of all the sad and scary headlines, some are finding blessings in a slower, quieter pace of life. Many have more time to spend with immediate family members, to relax and just be. We at Barix hope that you and your family are safe and healthy as we go into this season of re-birth and new beginnings.

This year, Easter celebrations may be a bit different as we separate ourselves from each other in order to protect ourselves and others. You may look for ways to connect with friends and family virtually and still make the day extra special for those you live with. We've compiled some ideas for you celebrate in meaningful and healthy ways.



### Virtual Options on Easter Sunday

Thank goodness the internet allows us to be physically isolated while still connecting with others. As you plan for your day consider:

- Many churches have virtual services available.
- Connect with family via FaceTime, Zoom, WhatsApp, Skype or other apps.
- Virtual Easter egg hunts are plentiful.

### Consider Others

One of the greatest sources of happiness is to give to others. Look around for an elderly neighbor, a single person, a family struggling financially, or those in a homeless shelter. Consider dropping off food, a gift card or filled eggs for an Easter egg hunt. One small act on your part can make all of the difference to someone else.

### Easter Egg Hunt

Every great Easter celebration includes an Easter egg hunt. Break traditional and omit the candy-filled eggs, instead, use these great ideas to insure that no one misses the chocolate:

- Fill plastic eggs with slips of paper that instruct the finder to do a quick activity, like quack like a duck or touch your toes. You're sure to get everyone up moving and laughing—kids and adults alike. You can use [this free download](#) or make your own.
- Put baby carrots in plastic bags with a single serving of ranch dressing or hummus. Tie with a ribbon.

- Annie's Cheddar Bunny Crackers or Bunny Grahams can fill plastic eggs or simply wrap them in plastic wrap and tie with a ribbon.
- Think non-food treats--lip balm, shiny coins, small toys, stickers, and notes that can be used for extra TV or computer time.

## Easter Brunch Recipes

And of course a celebration would not be complete without food. Try these great recipes to make your day extra special.

### Ham and Sausage Breakfast Casserole

1 teaspoon oil  
 1 large onion, diced  
 1 large green pepper, diced  
 4 ounces ham, diced  
 8 ounces lean turkey sausage  
 1 cup low-fat baking mix (low-fat Bisquick™)  
 2 cups fat-free egg substitute  
 1 cup part-skim mozzarella cheese  
 1 cup skim milk  
 1 teaspoon dry mustard  
 2 teaspoons ground pepper  
 2 teaspoons salt

Sauté onion and pepper in oil until softened. Add sausage and brown. Add ham and continue to cook over medium heat for five minutes. Coat a casserole pan with non-stick spray. Layer 1/2 of the meat mixture in the bottom of the casserole. Top with 1/2 cup baking mix and 1/2 cup cheese. Cover the cheese layer with the remaining meat mixture, and top with the remaining baking mix and cheese.

In a large bowl, mix the egg substitute, milk, and spices. Pour the egg mixture over the layers in the casserole. The casserole can be covered and refrigerated overnight or baked at 350 degrees F for 30-45 minutes until the middle is set. Let cool for 10 minutes, slice and serve. Makes 15 servings.

Nutrition information per serving: 95 calories, 10 grams protein, 4 grams fat, 3 grams carbohydrate, 588 mg sodium.

### Broccoli Cheddar Bake

Submitted by Kelly S.

4 cups chopped fresh broccoli  
 1/2 cup finely chopped onion  
 2 tablespoons water  
 1 1/2 cup egg substitute  
 1 cup fat-free milk  
 1 cup shredded cheddar cheese  
 1/2 teaspoon ground black pepper

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray. In a nonstick skillet, combine the broccoli, onion and water. Sauté over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining 1/4 cup shredded cheese. Let stand about 10 minutes before serving. Makes 6 servings.

Nutritional information per serving: 168 calories, 15 grams protein, 9 grams fat, 8 grams carbohydrate, 266 mgs sodium.

### Cherry Oat Muffins

1 1/4 cups unbleached flour  
1 1/4 teaspoons baking powder  
3/4 teaspoon baking soda  
1/4 teaspoon salt  
2/3 cup all fruit black cherry jam  
1/3 cup apple juice concentrate (100% juice)  
1/2 cup cherry juice concentrate (100% juice)  
3 Tablespoons canola or safflower oil  
1/4 cup water  
1/3 cup egg substitute  
1 1/2 cups thin-rolled quick oats

Preheat oven to 350 degrees. Sift together flour, baking powder, baking soda, and salt. Set aside. In a separate bowl, lightly beat egg substitute, and stir in all wet ingredients. Pour liquid mixture over dry ingredients, and mix with a fork, just until moistened. Then gently fold in oats.

Fill muffin cups 3/4 full, and bake at 350 degrees for 18 to 23 minutes. Muffins are done when a toothpick inserted comes out clean. Let cool 10–15 minutes for non-stick removal of paper muffin cups. Serve warm or at room temperature, not refrigerated. Makes 12 servings.

Nutrition information per serving: 185 calories, 4 grams protein, 5 grams fat, 30 grams carb, and 12 mg sodium.

### Crustless Quiche

2 tablespoons olive oil  
1/2 small onion, diced  
2 cups mushrooms, sliced  
2 cloves garlic, minced  
1/2 red pepper, diced

2 cups fresh spinach, chopped  
4 large eggs  
1 cup fat-free half & half  
1/2 teaspoon nutmeg  
Salt (to taste)  
Fresh ground pepper (to taste)

Preheat oven to 375 degrees F. Grease a 9-inch pie dish with cooking spray and set aside. Cook onions in olive oil over medium heat until slightly translucent, about 2-3 minutes. Stir in mushrooms, season with salt and pepper, and cook until their liquid has fully evaporated, 8-10 minutes, stirring occasionally. Add garlic and red pepper, and cook for 3 more minutes. Stir in spinach and continue to cook for 2 minutes. Remove pan from heat and set aside.

In a medium bowl, whisk eggs until light and fluffy. Whisk in the half and half, nutmeg, salt, and pepper. Add the cooked vegetables to the pie dish. Top with egg mixture. Bake 30-35 minutes, until edges are light golden brown. Makes 6 servings.

Nutrition per serving: 193 calories, 10 grams protein, 12 grams fat, 10 grams carbohydrate, 146 mg sodium.

## Trifle

1 pkg (4 serving size) cheesecake instant sugar-free pudding mix  
1 pkg (4 serving size) chocolate fudge instant sugar-free pudding mix  
4 cups skim milk  
1 (8oz) pkg Neufchatel cheese  
1.5 tbsp frozen white grape juice concentrate  
1 large banana, sliced  
1 lb blackberries  
1 lb strawberries, hulled, quartered  
1 (14oz) can pineapple chunks in juice, drained  
1 sugar-free angel food cake  
1 cup Cool Whip Lite™  
¼ cup sliced almonds

Slice angel food cake into 1/2" cubes and set aside. Prepare chocolate pudding mix as directed on package and refrigerate. Prepare cheesecake pudding mix as directed on package. Whip Neufchatel cheese with white grape juice concentrate and stir into cheesecake pudding and refrigerate.

In a trifle bowl, layer 1/3 cake, ½ cheesecake mix, bananas, pineapple, ½ chocolate pudding, 1/3 cake, blackberries, remaining cheesecake mix, strawberries, remaining cake, and remaining chocolate pudding. Top with Cool Whip and sprinkle with sliced almonds. Makes 10 servings.

Nutrition information per serving: 249 calories, 8 grams protein, 7 grams fat, 41 grams carbohydrate, 557 mg sodium.