

Apple Crumble Pie*

From a sweet beginning to a healthier ending, this card has two truly special recipes, lovingly provided by those who care about your good health.

Ingredients List:

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| 1 reduced-fat graham cracker crust | 1 8-ounce carton fat-free sour cream |
| 5 cups Granny Smith apples, chopped, and peeled | ¼ cup dry breadcrumbs (unflavored) |
| ¾ cup brown sugar | 2 tablespoons sugar |
| 3 tablespoons flour | 1 tablespoon margarine, melted |
| 1½ teaspoons vanilla extract | |

Preheat oven to 400.

In a medium bowl combine apples, sugar, flour, vanilla extract, and sour cream. Pour mixture into crust. In a small bowl combine breadcrumbs, sugar, and melted margarine and blend well. Sprinkle mixture over top and bake for 40 minutes. Cool before serving. Makes 8 servings.



*Dessert to Warm
the Heart*

Nutrition info per serving:

*Approx. per serving 265 calories;
3 grams of fat*

**Source: American Cancer Society's Healthy Eating Cookbook. Reprinted with permission.*

Recipe for a Healthier You

Now it's your turn to get in the mix. Spread the message — mammograms save lives. Get one annually and tell the women in your life to do the same.

1. Schedule your mammogram at a facility that specializes in mammography or women's health.
2. Compression is necessary to obtain good breast images. If you are concerned about discomfort ask for **MammoPad**® for a softer, warmer and more comfortable mammogram. To learn more, visit www.mammopad.com.
3. Avoid scheduling your mammogram the week right before your period when breasts are most tender.
4. Ask for a digital mammogram. It is the latest technology available in the fight against breast cancer.

For more tips on improving your mammogram, visit www.cancer.org



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