



WARM UP + TO COOL | WEATHER + WORKOUTS

When winter blows in, you can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure! The American Heart Association offers these tips for working out in the cold of winter.

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

FOR MORE IDEAS TO STAY ACTIVE, VISIT [HEART.ORG/MOVEMORE](https://www.heart.org/movemore)



Steamed Pumpkin Bread

SERVES 16 (SERVING SIZE 1 SLICE)

Ingredients

- Cooking spray
- 6 cups water
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat pastry flour
- 1/2 cup cornmeal
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon salt
- 1/3 cup unsweetened dried cranberries
- 1/3 cup chopped walnuts
- 3/4 cup canned solid-pack pumpkin (not pie filling)
- 3/4 cup low-fat buttermilk
- 2 large egg whites
- 1/4 cup of dark or light molasses

Directions

- Lightly spray a 9 x 5 x 3-inch oven proof glass loaf pan with cooking spray. Place a metal rack with short legs, such as a pressure cooker rack, or three or four 12 x 6-inch sheets of aluminum foil crumpled into balls in the slow cooker.
- In a large saucepan, bring the water to a boil over high heat.
- Meanwhile, in a large bowl, stir together the flours, cornmeal, baking soda, cinnamon, allspice, and salt. Stir in the cranberries and walnuts. Make a well in the center.
- In a medium bowl, whisk together the pumpkin, buttermilk, egg whites, and molasses. Pour into the well. Stir just until the flour mixture is moistened, but no flour is visible. Don't over-mix. Pour into the loaf pan, gently smoothing the top. Cover tightly with aluminum foil. Secure with kitchen twine.
- Place the pan on the rack or crumpled foil in the slow cooker. Pour the boiling water down the side of the crock until the water reaches midway up the side of the pan. Cook, covered, on high for 2 to 2 1/2 hours, or until a wooden toothpick inserted in the center of the bread comes out clean. Carefully transfer the pan to a cooling rack. Discard the foil. Let the bread cool in the pan for 10 minutes. Turn out onto the cooling rack. Serve the bread warm.

Nutritional Facts

Calories	87	Cholesterol	1 mg
Total Fat	2.0 g	Sodium	139 mg
Saturated Fat	0.5 g	Total Carbohydrate	16 g
Trans Fat	0.0 g	Dietary Fiber	2 g
Polyunsaturated Fat	1.5 g	Sugars	5 g
Monounsaturated Fat	0.5 g	Protein	3 g

Dietary Exchanges: 1 starch