



## Healthy on-the-go power crunch bars

When you're hungry and in a hurry, sticking to your new year's resolution can get tricky. Plan ahead and beat your cravings with these power crunch snack bars, made with Orville Redenbacher Smart Pop microwaveable popcorn. The popcorn is 100 per cent whole grain, high in fibre and now made without any artificial colours, flavours or preservatives.

### Power Crunch Bars

#### Ingredients:

- No-stick cooking spray
- 1 1/2 cups (375 mL) quick-cooking rolled oats
- 3/4 cup (175 mL) all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 mini bag (34 g) Orville Redenbacher's Smart Pop microwaveable popcorn
- 3/4 cup (175 mL) firmly packed brown sugar
- 1/2 cup (125 mL) margarine
- 1 tbsp water
- 1 tsp vanilla extract
- 3/4 cup (175 mL) dried cranberries

#### Directions:

1. Preheat oven to 375°F. Spray 15x10-inch shallow baking pan with cooking spray. Combine oats, flour, baking soda, cinnamon and salt in medium bowl; set aside.
2. Prepare popcorn according to package directions. Remove all un-popped kernels; set aside.
3. Combine brown sugar and margarine in large bowl using electric mixer on high speed. Add water and vanilla; beat until light and fluffy. Gradually add flour mixture; blend well. Reduce speed to low and add cranberries.
4. Cover hands with plastic gloves or sandwich-size plastic bags. Incorporate popped corn into cookie dough. Spread mixture in pan. Bake 10 to 12 minutes or until golden brown.
5. Cool before cutting into 24 bars. Store in tightly sealed container. (NC)

Image provided by Shutterstock.

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## KATE'S KORNER



Royal LePage Real Estate Services Ltd.

# JustJunk: Making a clean start on 2018

It's make-or-break time for everyone trying to start off the New Year on a new foot.

Researchers find that most people have a tough time sticking to their resolutions regardless of how well-intentioned they may be for much longer than a month.

But that doesn't mean you're doomed to failure if you want to make a clean start on the year. Setting realistic goals and measuring progress can help provide the motivation you need to stick to goals.

JustJunk, a leader in the junk removal business for the past 15 years, sees a surge in business every winter as Canadians across the country resolve to declutter their lives.

"We've learned a few things over the years from our clients about what it takes for people to stick to their resolutions,"

says Mike Thorne, president of JustJunk. "Keeping it simple and fun will go a long way towards success."

Here are a few tips from JustJunk for a clean start in 2018:

**1. Declutter your space:** Whether it's your office or your home, start with one room and divide it into what you're keeping and what you'll be getting rid of.

**2. Declutter your schedule:** It's easy to feel frazzled if you've got too much going on in your life and you take on too many spur-of-the-moment activities.

**3. Try new things:** Be inventive with your free time. Try new activities, new games or try your hand at a hobby you've had your eye on for ages.

**4. Disconnect to connect:** Make a concerted effort as a family to spend more time together and put down your phones, tablets and other electronic de-

VICES. Let every member of the family have a night to whip up dinner, read aloud to each other or try out one new activity together at least once a month.

**5. Get outside more often:** Get rid of all the "stuff" that fills most of our garages and replace it with gear to enjoy outdoor sports and activities.

Based in St. Catharines, Ont. and with franchises across the country, JustJunk removes unwanted materials/items from residential and commercial properties including furniture, appliances, garden refuse and construction and demolition debris.

JustJunk crews help ensure as much of the material they collect as possible is recycled or donated to charitable organizations for re-use, helping to divert waste from landfills.

Article provided by JustJunk.



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