

FROZEN BLUEBERRY YOGURT POPS

- 1 cup Ocean Spray Blueberry Juice Cocktail
 - 1 cup Ocean Spray Fresh Blueberries, cleaned and rinsed
 - 1 (6 oz.) container fat-free vanilla yogurt
 - 8 wooden craft sticks
 - 1) Combine all ingredients in blender. Cover; blend on high speed 15-20 seconds or until smooth
 - 2) Pour into 8 frozen pop molds (2.5-3 oz each). Cover, insert craft stick, and freeze for 2 hours or until completely firm
 - 3) To serve, dip outside of molds into warm water to loosen
- Serving: 1 pop
Carbohydrates 8.4 grams

EASY GRILLED CHICKEN TERIYAKI

- 4 Skinless, boneless chicken breast halves
 - 1 cup teriyaki sauce
 - 1/4 cup lemon juice
 - 2 teaspoons minced fresh garlic
 - 2 teaspoons sesame oil
 - 1) Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often
 - 2) Preheat grill for high heat
 - 3) Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6-8 minutes each side, or until juices run clear when chicken is pierced with a fork.
- Serving 1 breast, carbs 16.6 gr

Clinic Contest Winners

December 2012: Emily Mills **January 2013:** Ian Williams
February 2013: Sophia Fitzgerald

PDRC CORNER

SAVE THE DATE:

May 15, 2013 from 6-8pm Speaker Stuart A. Weinzierl.

High-tech Diabetes Care for Kids.

Embassy Suites Conference Center in East Peoria. Please call PDRC to RSVP by May 1, 2013.

Did you know.....There is a new pump called the t:slim!

- ◆ Omnipod now has a smaller pod!
- ◆ There is a new nurse! Welcome Shelly Allen, RN!

CMN Telethon—June 2, 2013

The PDRC will have limited staff June 21-25 and August 7-10 due to staff attending Diabetes Conferences. If possible limit phone calls during these dates. Thanks!

RECALLS: One touch Verio meter and Freestyle InsuLinx meters. You will be getting letters from the manufacturer on what to do to get your meter replaced.

- ◆ When you come to your clinic appointment this summer, please bring your completed DMMP for school year 2013-2014. The website will have the updated DMMP form.
- ◆ **Please keep in mind that phone calls after 4:00pm may not be returned until the next business day.**
- ◆ **After hours phone calls to the physicians should be emergency calls ONLY.**

TRANSITION CLASSES

Parenting: May 8, 2013 from 5-7pm

Transition II: Entering High School, June 25, 2013 from 1-4pm