Learn More About All We Have to Offer:

- Office Door Signs
- Grocery Pads
- Website with Education & Resources: [plymouth.edu/healthy-psu](http://plymouth.edu/healthy-psu)

Coming Soon as a result of employee feedback:
- Yoga Classes
- Healthy Cooking Classes
- Walking Programs

Questions or Comments? [healthy-psu@plymouth.edu](mailto:healthy-psu@plymouth.edu)

Almond Cranberry Squash Bake:

- 4 cups mashed butternut squash (cooked)
- 4 Tbsp. butter (divided)
- ½ tsp. salt
- ½ tsp. cinnamon
- ¼ tsp. allspice
- ¼ tsp. nutmeg
- 1 14 oz can whole-berry cranberry sauce
- ½ c. sliced almonds
- ¼ c. brown sugar

1. Combine squash, 2 Tbsp. butter, salt, cinnamon, allspice & nutmeg.
3. Combine almonds, brown sugar & 2 Tbsp. butter & sprinkle over cranberry sauce.
4. Bake at 350° for 50-60 mins. Enjoy!