Frozen Breakfast Parfait Pops

Ingredients:
- Granola (use your favorite recipe or our recommended one below)
- 32 ounces 2% reduced-fat plain Greek yogurt
- 2 tablespoons honey
- 1 cup fresh blueberries
- 6 fresh strawberries, sliced

Granola
- 1 cup rolled oats
- 2 tablespoons almonds
- 1 tablespoon brown sugar
- 1 tablespoon wheat germ
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup maple syrup
- 2 tablespoons creamy peanut butter
- 2 teaspoons canola oil
- 1 teaspoon vanilla extract

Preparation Granola:
1. Preheat oven to 450°.
2. Combine first six ingredients in a large bowl. Heat syrup, peanut butter, oil, and vanilla in a saucepan over high heat, stirring until smooth. Add to oat mixture; toss to coat.

Pops:
1. Combine Greek yogurt and honey.
2. Spoon 1 to 2 teaspoons of granola into a foil-pop mold. Next, spoon in some of the Greek yogurt mixture. Add slices of strawberries and blueberries on top of the yogurt mixture. To mix the berries into the yogurt, use the back of a spoon to mix around the mold until each mold is filled. Place a stick in the middle of each pop; freeze 2 hours or until firm.

Makes 6 pops (Serving Size: 1 pop)

CALORIES 217 FAT 5g (sat 2.1g, mono 6.1g, poly 3g) PROTEIN: 16g CARB 28.7g FIBER 2.8g CHOL 10mg IRON 94mg SODIUM 148.4mg CAL C 119.6mg SUGAR 17.6g

3 Foot Stretches You Should Do Every Day, According to Podiatrists

Age does a number on your entire body, including your feet. (That’s why your mom loves sensible shoes.) To keep your toes in tip-top shape, follow this expert advice from leading foot doctors.

Your feet (and those foot muscles) put in a lot of hard work throughout the day, whether you’re wearing high heels to work or literally pounding the pavement during your morning workout. Plus, as we get older, our feet start to show their age, no matter how many times we try that baby foot peel.

RELATED: 15 Stretches You Should Do Every Day

“One of the most common functional deformities is hyperpronation, or flat foot, which is known to cause many conditions like bunions, hammer toe, and plantar fasciitis,” explains LA-based podiatrist Albert A. Nejat, DPM, FACFAS. “Stretching the feet, but mainly the calves and hamstrings, can be very beneficial in reducing hyperpronation and other issues.” With that in mind, do these exercises three times every day to promote strong, healthy feet. (While you’re at it, considering working some other stretching into your routine—those lower back stretches are a great place to start.)

Runner’s Stretch
One of the best stretches for your feet is actually your run-of-the-mill cardio cooldown.

“There are two calf muscles that meet at the ankle to form your Achilles tendon, the soleus, and the gastroc, and they are responsible for the movement of your foot,” says North Carolina-based podiatrist and American Podiatric Medical Association spokesperson Jane Andersen, DPM. “These muscles are notoriously tight, so the best way to loosen them is with your classic runner’s stretch, ideally after exercise when your muscles are warmed up.”

Lean against the wall with your front leg bent and your back leg stretched straight behind you. Try to put the heel of your back leg down on the ground. Dr. Andersen recommends holding it for 30 seconds on each side to get a deeper stretch. This stretch can be done as part of your post-workout routine or even while you’re brushing your teeth.

Toe Stretch
Obviously, the key to healthy feet isn’t all in the legs.

“There are intrinsic muscles in your feet that move your toes, in between the metatarsal bones, and that keeps your toes from becoming contracted, which can ultimately develop into hammer toes,” says Dr. Andersen. “As you age, those muscles between your toes get weaker, so stretching them can slow down deterioration.”

Think of your foot like a hand, and spread out your toes like you would your fingers, opening them and bringing them back together. Aim for eight to ten stretches two or three times a day.

Morning Stretch
If you often wake with stiff legs and feet, try this exercise before even getting out of bed.

“In a seated position, place the mid-portions of a non-elastic strap on the bottom of your foot/foot. You can use a leather belt, yoga strap, or even a towel,” says Dr. Nejat. “With a slightly bent knee and a straight back, gently pull the ankle up until you feel a pull in the back of your calf. Hold for about 20 seconds on each side, and try not to bounce the leg.”
DIMENSIONS OF WELLNESS

Physical Dimension
- Caring for your body to stay healthy now and in the future

Intellectual Dimension
- Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges
- Expanding knowledge and skills while discovering the potential for sharing your gifts with others

Emotional Dimension
- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- Managing your emotions in a constructive way
- Feeling positive and enthusiastic about your life

Social Dimension
- Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you
- Contributing to your community

Spiritual Dimension
- Finding purpose, value, and meaning in your life with or without organized religion
- Participating in activities that are consistent with your beliefs and values

Vocational Dimension
- Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle
- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

Financial Dimension
- Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies
- Being aware that everyone’s financial values, needs, and circumstances are unique

Environmental Dimension
- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment
- Demonstrating commitment to a healthy planet

Walkabout Tremont  When: Second Friday of every month

Walkabout Tremont, which takes place on the second Friday of every month from 5 to 10 p.m., showcases the best of this smart neighborhood, with art openings, extended hours at galleries and shops, restaurant and bar specials, street performers, live music, pop-up vendors, neighborhood walking tours, and much more. This month, the theme is Let's Luau. See the event's Facebook page for more info. (Niesel) facebook.com/WalkaboutTremont.