



Enrollment ends in
September 2016!

1 in 3 Americans is at high risk for diabetes..

Are You?

Learn more at www.D2dstudy.org

Diabetes Risk Factors

- Family history of diabetes
- Being overweight
- Had diabetes during pregnancy
- Diagnosed with high blood pressure
- Not physically active

Find out your diabetes risk at
[http://www.d2dstudy.org/
prediabetes/](http://www.d2dstudy.org/prediabetes/) and consider
enrolling in the D2d diabetes
prevention study.

 American Diabetes Association.

ALERT! DAY™

Three – grain raspberry muffins

Ingredients

- 1/2 cup rolled oats
- 1 cup 1% low-fat milk or plain soy milk (soya milk)
- 3/4 cup all-purpose flour
- 1/2 cup corn meal, preferably stone-ground
- 1/4 cup wheat bran
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1/2 cup honey
- 3 1/2 tablespoons canola oil
- 2 teaspoons grated lime zest
- 1 egg, lightly beaten
- 2/3 cup raspberries
- Extra oatmeal for muffin top of muffins



Directions

1. Preheat the oven to 400 F. Put 12 muffin liners in pan.
2. Combine the oats and milk in a large microwave-safe bowl. Microwave on high for about 3 minutes or until the oats are creamy and tender. Set aside.
3. In a large bowl, combine the flour, cornmeal, bran, baking powder and salt. Whisk to blend.
4. Add the honey, canola oil, lime zest, oat mixture and egg to dry ingredients. Mix until moistened but still a bit lumpy and gently fold in the raspberries.
5. Spoon the batter into the muffin cups, filling each cup about 2/3 full. Place a few oats on top of each muffin.
6. Bake 16–18 minutes until the tops are golden brown and a toothpick inserted into the center of a muffin comes out clean.
7. Transfer the muffins to a wire rack and let cool completely.



Vitamin **D** and
type **2** diabetes

www.D2dStudy.org

diabetes prevention research matters