



Kilowatt Korner

NOVEMBER 2021

WREA wishes you all a Happy Thanksgiving filled with lots of good food, family, and friends. It is a wonderful time of year to reflect upon our many blessings. WREA is grateful for our members, our employees, and this beautiful valley that we call home. This year has been filled with plenty of challenges, but we are fortunate to live in a community that not only celebrates our victories but also supports one another in times of need.

The holidays are upon us and WREA is excited to sponsor the Parade of Lights and Jingle Mingle on Wednesday, December 1st, 2021. We hope to see everyone downtown for the countdown to lighting the courthouse trees, the Parade of Lights and sleigh rides with Santa. With so many wonderful local merchants this will be another great year to **SHOP LOCAL** for the holidays. Check out all the holiday season events at <https://meekerchamber.com/parade-of-lights/>.

In keeping with WREA's long-standing support of our community youth, the WREA Board of Directors once again approved to sponsor the CREA Washington DC Youth Tour and CEEI Youth Leadership Camp for the summer of 2022. Two high school sophomores will be selected to represent WREA at the all-expense paid leadership camp where they will work with students from four states to hone leadership and teamwork skills and one high-school Junior will be selected to attend the week-long program in our nation's capital where he/she can meet with senators and representatives and tour Washington DC's greatest memorials. Details of each program can be found on www.wrea.org under the "Community Programs" tab. Meeker High School sophomores and juniors submit essays which are reviewed anonymously by a WREA panel. The winning essays will be announced in January 2022.

Back by popular demand, Meeker High School's Brenda Mullins-Hummel and her culinary students are once again Kilowatt Chefs, sharing two fun fan favorite recipes including a low-sugar sweet potato recipe for Thanksgiving. MHS has several diabetic students who wanted to try something a little different this holiday season and hope you enjoy. Another student favorite is the easy to make peanut butter energy bites, which are a great snack to prepare for your winter athletes, days on the snowmobile or on skies. These energy bites are no bake, super easy to make and take less than 10 minutes to put together, plus they are loaded with protein, fiber and healthy fats to keep you full and loaded with energy throughout the day. Enjoy!

Kilowatt Chef

LIGHT SWEET POTATO CASSEROLE

From the MHS Culinary Class taught by Brenda Mullins-Hummel



- 3 pounds sweet potatoes, peeled and cut into chunks
- 1/3 cup fat-free milk
- 1/4 cup egg substitute
- 2 tablespoons brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

1. Place sweet potatoes in a large saucepan or Dutch oven; cover with water. Bring to a boil. Reduce heat; cover and cook for 25-30 minutes or until tender. Drain.
2. In a large bowl, beat the sweet potatoes, milk, egg substitute, brown sugar, salt and vanilla until smooth. Transfer to a 1 1/2-qt. baking dish coated with cooking spray. Sprinkle with cinnamon. Bake, uncovered, at 350° for 25-30 minutes or until heated through.



PEANUT BUTTER ENERGY BITES

From the MHS Culinary Class taught by Brenda Mullins-Hummel

- 2/3 cup creamy peanut butter
- 1/2 cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons honey

To make these peanut butter chocolate chip energy bites simply combine all ingredients in a medium bowl. Place in the refrigerator for 15-30 minutes. Roll into 12 bites and store in the fridge for up to a week.

Rolling the bites after they have been refrigerated makes rolling them so much easier. If you are still having trouble, try wetting your hands or adding 1 or 2 tablespoons of water to the mixture. The mixture can also be placed in a square baking dish lined with parchment paper. Refrigerate and cut to make no bake energy bars!



Happy Thanksgiving!

