Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
255 South Hill Street
Los Angeles, CA 90012

Phone (213) 623-4352
Fax (213) 626-0280
TDD (800) 545-1833, Ext. 359

www.angelusplaza.org

~ The Angelus Plaza Waitlist is Currently Closed ~

WHAT WE DO

Located in the heart of Downtown L.A.'s Historic Bunker Hill District, Angelus Plaza is the largest affordable housing community for older adults in the nation. The Plaza and its Senior Activity Center opened in 1980. Five high-rise towers house a diverse community of 1400 adults with an average age of 82. The six-story Senior Activity Center provides a variety of supportive services, programs, and amenities. We collaborate with outside organizations, volunteers, and senior clubs to provide activities for older adults living downtown and surrounding areas. The Senior Activity Center serves approximately 8,000 older adults monthly. Our programs emphasize ongoing education, a healthy and active lifestyle, multi-cultural understanding, and intergenerational involvement. Our programs are free, and open to all seniors (age 55+).

We welcome donations to support programs and services.

EQUAL HOUSING OPPORTUNITY

Notification of Nondiscrimination on Basis of Disability Status

Retirement Housing Foundation does not discriminate on the basis of disability status in the admission or access, or treatment of employment in its federally assisted programs. The person named below has been designated to coordinate compliance with nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24CFR, Part 8 dated June 2, 1998).

Perry Glenn
Vice President of
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911 N. Studebaker Road,
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Vol. 20
February 2022
Issue 2

The Flight by Angelus Plaza

A Retirement Housing Foundation® Community

FEBRUARY Message

"Grow old with me!
The best is yet to be."

~ Robert Browning

LUNAR NEW YEAR CELEBRATION WITH EVELYN

Tuesday, February 8, 2022
1:30 p.m.
Location: Promenade

VALENTINE'S PROGRAM WITH TRICIA AND TRACY

Friday, February 11, 2022 - 2:00 p.m.
Location: Promenade

ART GALLERY GRAND OPENING

Friday, February 18, 2022 - 1:30 p.m.
Location: 3rd Floor Art Gallery

RESIDENT BIRTHDAY PARTY WITH YOLLY

Tuesday, February 22, 2022 - 1:30 p.m.
Location: Promenade

Lunar New Year • Year of the Tiger

Aptly characterize as the Year of the Tiger, this year's Lunar New Year is all about making big, sometimes rapid changes. This will be a year of enthusiasm, generosity, and adventure. The tiger is associated with Yang (masculine, active) energy. Tigers do things their own way, and dislike being told what to do. Some of us will thrive through taking great tiger leaps, while others might crash and burn. So while it's important to follow our intuition and run with our wildest dreams, that means we also have to keep our egos in check.

This year's elemental type is Water, making this the year of the "Water Tiger". Water years bring out our emotions more than any of the other element.

Certain symbols are favorable to all of us this year and these include:
Colors: Blue, Green
Numbers: 1, 3, 7
Flowers: Plum Blossom
Direction: North

Año Nuevo Lunar • Año del Tigre

Caracterizado acertadamente como el Año del Tigre, el Año Nuevo Lunar de este año se trata de hacer cambios grandes, a veces rápidos. Este será un año de entusiasmo, generosidad y aventura. El tigre está asociado con la energía Yang (masculino, activo). Los tigres hacen las cosas a su manera y no les gusta que les digan qué hacer. Algunos de nosotros prosperaremos dando grandes saltos de tigre, mientras que otros podrían estrellarse y quemarse. Entonces, si bien es importante seguir nuestra intuición y ejecutar nuestros sueños más salvajes, eso significa que también debemos controlar nuestros egos.

El tipo elemental de este año es el Agua, por lo que este es el año del "Tigre de Agua". Los años de agua sacan a relucir nuestras emociones más que cualquier otro elemento.

Ciertos símbolos son favorables para todos nosotros este año y estos incluyen:
Colores: Azul, Verde
Números: 1, 3, 7
Flores: flor de ciruelo
Dirección: Norte

農曆新年 （虎年）

2022年是比較特別的一個年份，根據十二生肖的傳統算法，2022年是屬虎的本命年，也就是說2022年是虎年，按照五行推算，2022年是五行屬水，所以是水虎年，這是比較難得的，所以網上說2022年是60年難得一遇的水虎年。

2022年為什麼是60年一遇的水虎？因為2022年是60年來罕見的水虎年。 2022歲中期出生的虎寶寶有很好的能力，尤其是學習和熱愛新事物的能力，尤其是在手工藝品方面。今年出生的人會有很好的命運。他們的財富將繼續提高，他們的職業生涯將輕鬆達到其他人無法達到的高度。在婚姻方面，他們往往能抓住最合適的伴侶，成為一個幸福的家庭。

호랑이의 해

호랑이의 해답게, 음력 올해는 크고 때로는 매우 빠른 변화와 관련이 있습니다. 올해는 열정과 관용, 모험의 해가 될 것입니다. 호랑이는 양(남성, 활동성)의 기운과 연관이 있습니다. 호랑이는 모든 일을 스스로의 방식으로 하며, 남이 시키는대로 하는 것을 좋아하지 않습니다. 우리중의 일부는 호랑이처럼 힘찬 도약으로 번성하게 될 것이고, 일부는 다치고 데일 수도 있습니다. 그러니 우리의 직관을 따르고 가장 높은 꿈들을 추구하는 것이 중요하지만, 이것은 동시에 우리의 자아를 다스려야한다는 뜻입니다.

올해의 물의 해이며, 따라서 " 물호랑이"의 해입니다. 물의 해에는 다른 어느때보다 사람들의 감정들을 드러내게 됩니다.

올해 우리모두에게 행운의 상징은 다음과 같습니다.

색깔: 파랑, 초록
숫자: 1,3,7
꽃: 매화
방향: 북쪽

Clubs at Angelus Plaza

A RETIREMENT HOUSING FOUNDATION® COMMUNITY

DANCE

LATIN-AMERICAN CLUB
Sunday (AR)
10:00 a.m. - 4:00 p.m.

CHINESE RESIDENTS CLUB
Monday and Thursday (AR)
Mon: 12:30 p.m. - 3:30 p.m.
Thurs: 12:30 p.m. - 3:00 p.m.

KOREAN FOLK DANCE
Monday (4CAF)
10:00 a.m. - 12:00 p.m.

LOS ANGELES COUNCIL FILIPINO-AMERICAN SENIOR DANCE CLUB
Tuesday and Friday (AR)
11:00 a.m. - 2:30 p.m.

MUSIC

CHINESE FOLK MUSIC
Tuesday
3:30 p.m. - 5:00 p.m.
Room 313

KOREAN CHORUS
Saturday
10:00 a.m. - 12:00 p.m.
4th Floor Cafeteria

ANGELUS PLAZA CHOIR BY LA HOPE CHURCH
Tuesday
11:00 a.m.
4th Floor Dining Room

RECREATION

BILLIARDS (POOL)
Monday - Friday (AR)
8:30 a.m. - 4:00 p.m.

Thrifty Shop
Tuesday and Thursday, Room 403
9:00 a.m. - 12:00 p.m.

PING-PONG
Monday, Tuesday, Thursday, Friday (AR)
6:00 - 11:00 a.m. / 4:00 - 8:00 p.m.
Wednesday, Sunday
5:00 a.m. - 8:00 p.m. (AR)
Saturday
6:00 a.m. - 8:00 p.m. (AR)

LATIN-AMERICAN GAME CLUB
Wednesday (AR)
1:00 p.m. - 4:00 p.m.

Spiritual Services at Angelus Plaza

ANGEL'S CHURCH
Monday - Saturday
5:00 - 7:00 a.m.

Sunday
10:00 a.m.
3rd Floor. Library

THE GLOBAL LOVE'S CHURCH
Monday - Sunday
5:00 - 7:00 a.m. - 5th Floor Dining Room

GRAPEVINE CLUB AT LOS ANGELES
1st Sunday and 2nd Saturday of the Month
5:00 - 10:00 p.m. - 4th Floor, Auditorium

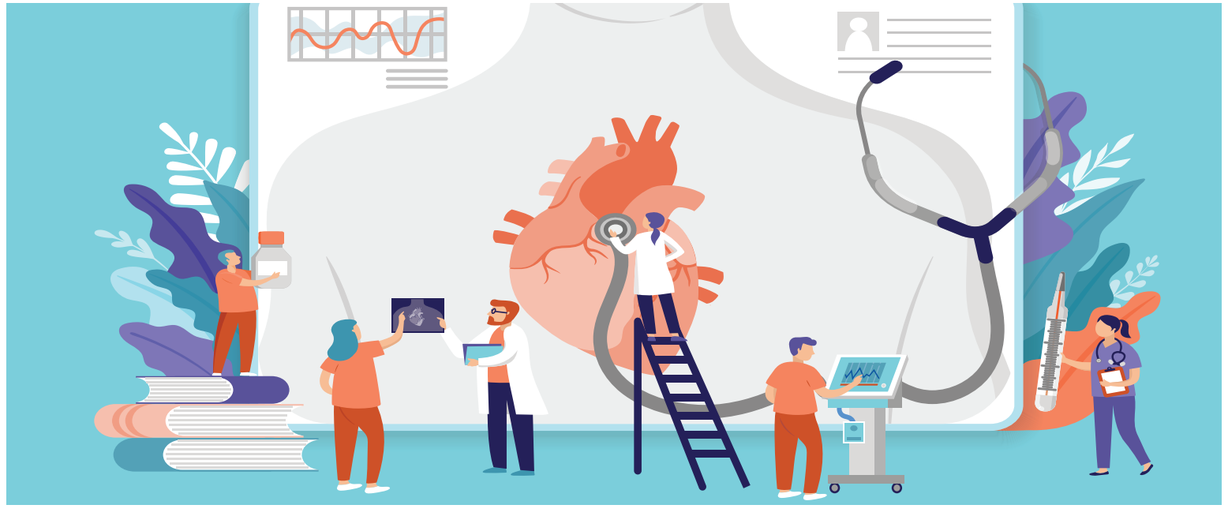
LA HOPE CHURCH SERVICES
Sunday
11:00 a.m. - 4th Floor, Auditorium

JOYFUL CHRISTIAN COMMUNITY CHURCH BIBLE STUDY
2nd Wednesday
10:00 -11:30 a.m. - 5th Floor Dining Room

YOUNG NAK PRESBYTERIAN CHURCH OF LOS ANGELES BIBLE STUDY
3rd Thursday of the Month
3:00 p.m. - 4th Floor Auditorium

GALLERY GRAND OPENING

FEATURING AN ART EXHIBIT BY ARMANDO
Friday, February 18 at 1:30 p.m.
Art Gallery will be open through March 25
1:30 to 3:30 p.m. (except Wednesdays)
Art Gallery - 3rd Floor



Your Heart is the Powerhouse of Your Entire Body

When you take care of your heart, your entire body benefits. A healthier heart enables us to function at our best, and ensures a better quality of life.

February is National Heart Month, so what better time to turn our attention towards the vital organ at the center of our circulatory systems?

Here are five effective ways to go about improving and maintaining heart health:

1. Eat right.
Support heart health by reducing cholesterol and sodium intake.

2. Get enough sleep.
Sleeping too little changes the way our bodies function and can adversely affect blood pressure. Be sure to get 7 to 9 hours of sleep every night.

3. Exercise daily.
Get a minimum of 30 minutes of movement a day to get your heart pumping. Varying the types of daily exercises can help to strengthen the heart in different ways.

4. Stop smoking.
In the U.S. alone, smoking kills the equivalent of three filled-to-capacity jumbo jets crashes every day. By quitting or avoiding smoking altogether, you can save your heart from the almost inevitable cardiac-related complications.

5. Manage stress.
30 minutes of yoga, deep breathing and "me" time can help deal with stress.

The five simple steps can go a long way towards improving your heart health.

Tu corazón es la fuente de energía de todo tu cuerpo

Cuando cuidas tu corazón, todo tu cuerpo se beneficia. Un corazón más sano nos permite funcionar de la mejor manera y garantiza una mejor calidad de vida.

Febrero es el Mes Nacional del Corazón, entonces, ¿qué mejor momento para dirigir nuestra atención hacia el órgano vital en el centro de nuestro sistema circulatorio?

Aquí hay cinco formas efectivas de mejorar y mantener la salud del corazón:

1. Coma bien.
Apoye la salud del corazón al reducir el consumo de colesterol y sodio.

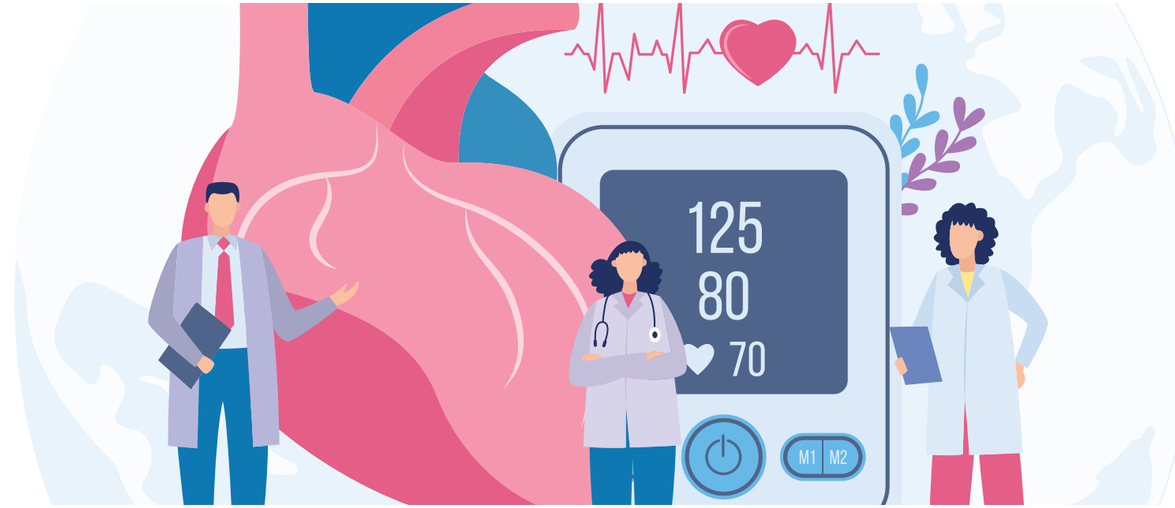
2. Duerma lo suficiente.
Dormir muy poco cambia la forma en que funcionan nuestros cuerpos y puede afectar negativamente la presión arterial. Asegúrese de dormir de 7 a 9 horas cada noche.

3. Haz ejercicio todos los días.
Obtenga un mínimo de 30 minutos de movimiento al día para que su corazón bombee. Variar los tipos de ejercicios diarios puede ayudar a fortalecer el corazón de diferentes maneras.

4. Deje de fumar.
Solo en los EE. UU., fumar mata el equivalente a tres accidentes de aviones jumbo llenos a su capacidad todos los días. Al dejar de fumar o evitar por completo, puede salvar su corazón de las casi inevitables complicaciones relacionadas con el corazón.

5. Manejar el estrés.
30 minutos de yoga, respiración profunda y tiempo para "yo" pueden ayudar a lidiar con el estrés.

Los cinco pasos simples pueden contribuir en gran medida a mejorar la salud de su corazón.



你的心為你的整個身體提供動力

當您照顧好自己的心臟時，您的整個身體都會受益。更健康的心臟使我們能夠發揮最佳功能，並提高生活質量。

二月是全國心臟月。讓我們討論一下控制我們的循環系統的器官?

以下是改善和維持心血管健康的五種有效方法：

1. 正確飲食：通過減少膽固醇和鈉的攝入來支持心臟健康。

2. 獲得充足的睡眠：睡眠太少會改變我們身體的運作方式，並對血壓產生不利影響。試著每晚睡7到9個小時。

3. 每天鍛煉：每天至少運動30分鐘，讓您的心臟跳動。改變日常鍛煉的類型可以以不同的方式幫助增強心臟。

4. 戒菸：僅在美國，吸煙造成的死亡人數相當於每天三架滿載的大型噴氣式飛機墜毀事故。通過戒菸或完全避免吸煙，您可以將心臟從幾乎不可避免的心臟相關並發症中拯救出來。

5. 管理壓力：30分鐘的瑜伽、深呼吸和"自我"時間可以幫助應對壓力。

這五個簡單的步驟可以大大改善您的心臟健康。

심장은 온 몸의 발전소입니다.

심장건강에 신경을 쓰면, 온 몸이 건강해집니다. 더 건강한 심장은 우리몸의 기능을 최적화시키고, 더 나은 삶을 살 수 있게 해 줍니다.

2월 전국 심장의 달은 우리 순환기의 핵심인 필수 장기 심장에 관심을 갖기에 좋은 달입니다.

심장 건강을 유지하고 개선하기에 좋은 다섯가지 방법입니다.

1. 적절한 음식섭취
콜레스테롤과 소금 섭취를 줄여서 심장 건강에 도움을 주세요.
2. 충분한 수면
너무 짧은 수면은 인체 기능에 영향을 미치며, 혈압에 좋지않은 영향을 줄 수 있습니다. 매일7시간에서 9시간을 주무시도록 하세요.
3. 매일 운동할 것
심장이 잘 뛰게 하기 위해 하루 최소 30분 운동하세요. 다양한 종류의 운동들은 각각 다른 방식으로 심장을 튼튼하게 하는데 도움을 줍니다.
4. 금연
미국에서만,매일 흡연으로 정원을 모두 태운 큰 여객기 3대분의 사람들이 사망합니다. 금연하거나 흡연을 피함으로써, 우리는 거의 불가피한 심장관련 합병증으로부터 우리 심장을 지킬 수 있습니다.
5. 스트레스 관리
30분간의 요가, 심호흡, "나"에 대해 명상하는 시간이 스트레스를 줄이는 데 도움이 될 수 있습니다.

이 간단한 다섯가지 방법이 심장건강 향상을 위한 장기적인 방법이 될 수 있습니다.

ANGELUS PLAZA
A Retirement Housing Foundation® Community

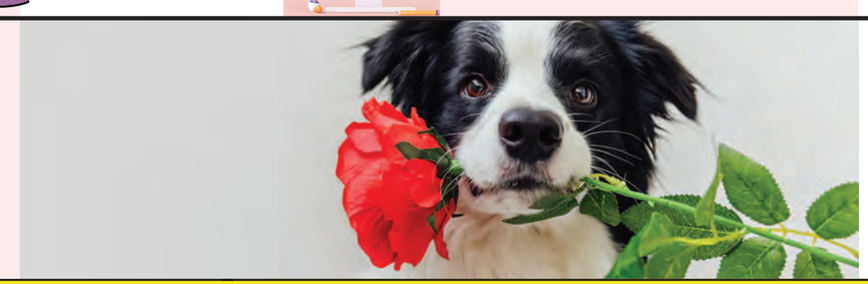
ACTIVITIES CALENDAR
The Flight / Angelus Plaza Senior Activity Center

FEBRUARY 2022
All Activities Are Subject to Change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **Lunar New Year Begins** 7:30 Kung Fu (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Technology Help Clinic (3CL) 3:00 Belly Dance (P)	**2** **Groundhog Day** 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 Zumba (P) 9:00 **Craft Corner w/Danny** (313) 1:30 Computer & Tech Clinic (3CL)	**3** 9:00 Cardio Workout (P) 9:00 Thrift Shop w/Sarah (403) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (P)	**4** 9:00 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C)	**5** 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
6 8:00 Zumba Gold with Saida (P)	**7** 7:30 Chinese Folk Dance (P) 9:00 Zumba Gold w/Saida (P) 2:00 Seated Yoga (P)	**8** 7:30 Kung Fu (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 1:30 **Lunar New Year Celebration w/Evelyn** (P) 2:00 Calligraphy (3AG) 3:00 Belly Dance (P)	**9** 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 Zumba (P) 1:30 Computer & Tech Clinic (3CL)	**10** 9:00 Cardio Workout (P) 9:00 Thrift Shop w/Sarah (403) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (P)	**11** 9:00 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C) 2:00 **Valentine's Day Program w/Tricia and Tracy** (P)	**12** 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
13 8:00 Zumba Gold with Saida (P)	**14** **Valentine's Day** 7:30 Chinese Folk Dance (P) 9:00 Zumba Gold w/Saida (P) 10:00 Art Class w/Nate (304) 2:00 Seated Yoga (P) 2:00 Movie & Popcorn (3L) *Meet Me. in St. Louis* (1945)	**15** 7:30 Kung Fu (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Technology Help Clinic (3CL) 3:00 Belly Dance (P)	**16** 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 Zumba (P) 1:30 Computer & Tech Clinic (3CL)	**17** 9:00 Cardio Workout (P) 9:00 Thrift Shop w/Sarah (403) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (P)	**18** 9:00 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C) 2:00 **Valentine's Day Zumba w/Danny** (P)	**19** 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
20 8:00 Zumba Gold with Saida (P)	**21** **Presidents Day** 7:30 Chinese Folk Dance (P) 10:00 Art Class w/Nate (304) 2:00 Seated Yoga (P) 2:00 Movie & Popcorn (3L) *Sorry Wrong Number* (1948)	**22** 7:30 Kung Fu (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 1:30 **Resident Birthday Celebration w/Yolly** (P) 2:00 Calligraphy (3AG) 3:00 Belly Dance (P)	**23** 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 Zumba (P) 1:30 Computer & Tech Clinic (3CL)	**24** 9:00 Cardio Workout (P) 9:00 Thrift Shop w/Sarah (403) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (P)	**25** 9:00 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C)	**26** 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
27 8:00 Zumba Gold with Saida (P)	**28** 7:30 Chinese Folk Dance (P) 2:00 Seated Yoga (P) 2:00 Movie & Popcorn (3L) *Laura* (1944)					

"LOVE PLANTED A ROSE, AND THE WORLD TURNED SWEET."

~ Katharine Lee Bates



LOCATION KEY

(3AG)	Art Gallery
(3L)	Library
(3CL)	3rd Floor Computer Lab
(3C)	3rd Flor Conference Room
(3AR)	3rd Floor Activity Room
(4A)	4th Floor Auditorium
(4CAF)	4th Floor Cafeteria
(5DR)	5th Floor Dining Room
(PD)	Promenade Deck

255 South Hill St., Los Angeles, CA 90012 • phone: (213) 623-4352 • AngelusPlaza.org

Please like us on Facebook. https://www.facebook.com/AngelusPlaza
Reminder: Please wear FACIAL MASKS and keep 6 ft social distance.

Vol. 20 February 2022

BON APETIT

WITH CHEF ANDY BUILDING A MANAGER

SWIRLY CHEESECAKE BROWNIES

A Diabetic-Friendly Recipe

INGREDIENTS

- Cooking spray
- 5 eggs, divided
- 1/4 cup butter, room temperature
- 1/2 cup sour cream
- 2 1/2 teaspoons vanilla extract, divided
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon instant espresso
- 1 cup Swerve sweetener, divided
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup sugar-free chocolate chips
- 1 (8-ounce) cream cheese, room temperature

DIRECTIONS

1. Preheat oven to 350˚F. Spray an 8-inch baking pan with cooking spray.
2. Combine 4 eggs, butter, sour cream, 2 teaspoons vanilla, and cocoa powder in the bowl of a stand mixer.
3. Combine espresso, 3/4 cup Swerve sweetener, baking powder, and salt in a medium bowl.
4. Add dry mixture to the wet mixture, mixing until combined. Fold in chocolate chips. Transfer half of the mixture to the prepared baking pan. Set aside remaining batter.
5. Combine cream cheese, 1 egg, 1/2 teaspoon vanilla, and 1/4 cup Swerve sweetener in another medium bowl.
6. Pour half of the cream cheese mixture on top of the brownie mixture in the prepared baking pan. Top with remaining brownie mixture. Top with remaining cream cheese mixture. Swirl batter with a butter knife.
7. Bake 30–35 minutes or until center is firm. Allow to cool on a cooling rack before cutting and serving.

Makes 16 servings

SWIRLY CHEESECAKE BROWNIES

A Diabetic-Friendly Recipe

INGREDIENTES

- Spray para cocinar
- 5 huevos, divididos
- 1/4 taza de mantequilla, temperatura ambiente
- 1/2 taza de crema agria
- 2 1/2 cucharaditas de extracto de vainilla, divididas
- 1/2 taza de cacao en polvo sin azúcar
- 1 cucharadita de espresso instantáneo
- 1 taza de edulcorante Swerve, uso dividido
- 1/2 cucharadita de polvo de hornear
- 1/4 cucharadita de sal
- 1/2 taza de chispas de chocolate sin azúcar
- 1 queso crema (8 onzas), a temperatura ambiente

DIRECCIONES

1. Precaliente el horno a 350˚F. Rocíe un molde para hornear de 8 pulgadas con aceite en aerosol.
2. Combine 4 huevos, mantequilla, crema agria, 2 cucharaditas de vainilla y cacao en polvo en el tazón de una batidora de pie.
3. Combine el espresso, 3/4 taza de edulcorante Swerve, el polvo de hornear y la sal en un tazón mediano.
4. Agregue la mezcla seca a la mezcla húmeda, mezclando hasta que se combinen. Dobla las chispas de chocolate. Transfiera la mitad de la mezcla al molde para hornear preparado. Ponga a un lado la masa restante.
5. Combine el queso crema, 1 huevo, 1/2 cucharadita de vainilla y 1/4 taza de edulcorante Swerve en otro tazón mediano.
6. Vierta la mitad de la mezcla de queso crema encima de la mezcla de brownie en el molde para hornear preparado. Cubra con la mezcla de brownie restante. Cubra con la mezcla de queso crema restante. Agitar la masa con un cuchillo de mantequilla.
7. Hornee de 30 a 35 minutos o hasta que el centro esté firme. Dejar enfriar en una rejilla antes de cortar y servir.

Hace 16 porciones

芝士蛋糕布朗尼

糖尿病友好食譜

原料

- 不粘烹飪噴霧
- 5個雞蛋
- 1/4杯黃油（室溫）
- 1/2杯酸奶油
- 2 1/2 茶匙香草精
- 1/2杯不加糖的可可粉
- 1茶匙速溶濃縮咖啡
- 1杯Swerve牌甜味劑（或任何其他糖替代品）
- 1/2茶匙發酵粉
- 1/4茶匙鹽
- 1/2杯無糖巧克力片
- 1（8盎司）奶油奶酪（室溫）

方向

1. 將烤箱預熱至 350°F。用不粘烹飪噴霧噴灑一個 8 英寸的烤盤。
2. 布朗尼部分：在立式攪拌機的碗中混合 4 個雞蛋、黃油、酸奶油、2 茶匙香草和可可粉。
3. 將濃縮咖啡、3/4 杯 Swerve 牌甜味劑、發酵粉和鹽混合在一個中等大小的碗中。
4. 將粉末混合物加入濕混合物中，混合直至混合。加入巧克力片。將一半的混合物倒入烤盤中。將剩餘的布朗尼麵糊留在攪拌碗中。
5. 芝士蛋糕部分：在另一個中等大小的碗中混合奶油芝士、1 個雞蛋、1/2 茶匙香草和 1/4 杯 Swerve 牌甜味劑。
6. 將一半奶油芝士混合物倒在準備好的烤盤中的布朗尼混合物上。頂部有剩餘的布朗尼混合物。頂部有剩餘的奶油芝士混合物。用黃油刀攪拌麵糊。
7. 烘烤 30-35 分鐘（或直到中心變硬）。在切割和上菜之前，讓其在冷卻架上冷卻。

소용돌이무늬 치즈케익 브라우니

당뇨인을 위한 레시피

재료

재료: (16인분)
요리용 스프레이 오일
달걀 5개 (나눠서 쓸 것)
버터 4분의 1컵, 실온
사워크림 반컵
바닐라 익스트랙트 2와 ½ 티스푼(나눠서 쓸것)
무가당 코코아가루 반컵
인스턴트 에스프레소 커피 1티스푼
스워브 (Swerve) 감미료 1컵 (나눠서 쓸것)
베이킹파우더 반 티스푼
소금 4분의 1 티스푼
무설탕 초콜릿칩 반컵
크림치즈 1개(8온스), 실온

조리법

1. 오븐을 화씨 350도로 예열한다. 8인치 베이킹 팬에 요리용 오일 스프레이를 뿌린다.
2. 달걀 4개, 버터, 사워크림, 바닐라 익스트랙 2티스푼, 코코아파우더를 스탠드 믹서기의 보울에 섞는다.
3. 에스프레소, 스워브 감미료 4분의 3컵, 베이킹파우더, 소금을 중간크기 보울에 섞는다.
4. 마른 반죽(3)을 젖은 반죽(2)에 붓고 잘 어우러질 때까지 섞는다. 초콜릿 칩을 넣고 접어가며 섞은 후, 반죽 절반은 예열된 베이킹 팬에 담는다. 절반은 남겨둔다.
5. 크림치즈, 달걀 1개, 바닐라 익스트랙 반 티스푼, 스워브 감미료 4분의 1컵을 다른 중간크기 보울에 섞는다.
6. 5의 크림치즈 섞은 것 절반을 예열된 팬에 부어둔 브라우니 반죽에 붓는다. 그 위에 남은 브라우니 반죽을 다시 붓는다. 남은 크림치즈 반죽 절반을 다시 그 위에 붓는다. 버터나이프로 반죽을 소용돌이 모양으로 젓는다.
7. 30-35분, 혹은 가운데 부분이 단단해질 때까지 굽는다. 식힘망에 올려 식혔다가 잘라서 낸다. Makes

16인분을 만든다

Olive Hill Pharmacy

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1. 자연밥상: 주일 예배 후
   발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. 무료한방의료봉사: 매달 첫 주일 1-3PM
   경산한의과대학병원 원장과 기독한의사 협회
3. 키타교실(Guitar Class):
   목 10:30-11:30AM, 주일 2-3PM
   정신건강과 치매예방에 넘버원!
4. 엔젤스합창단(Choir): 수, 주일 1:00-2:00PM
5. 나성소망한국학교: 매 주일 오후
   1,2,3세 토탈 교육 현장 - 한국어, 영어, 수학, 스토리텔링, 음악, 미술

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