NEWS helps us in understanding what our residents and guests are looking for in terms of service.

*Spartan Sports*

The MSU Spartan football team has accepted their invitation from the Buffalo Wild Wings Bowl to play TCU in December 29th in Tempe, Arizona!

This is the 6th consecutive year that Spartans are bowl eligible!

Click here to read more!

*December’s Recipe for Health*

**Almond Butter:**

Makes just over 1 cup.
2 cups whole almonds, dry roasted, unsalted
2 tablespoons roasted pumpkin seeds
½ teaspoon sea salt
1 teaspoon cinnamon
2 teaspoons honey

In a food processor blend the almonds and pumpkin seeds for 12-14 minutes. Stop after 2, 4 and 6 minutes to scrape down the sides of the bowl. The lengthy processing is the most important part of the recipe—the nuts and seeds need to blend long enough to allow the oils to release. This makes the final product nice and creamy.

Scrape the almond butter into a bowl. Add the salt, cinnamon and honey and stir them in by hand. Store in tightly sealed container in the refrigerator. Stir well to incorporate the layer of separated oil before serving.

To learn more about this month’s recipe for health, click here.

*Meet your Chef!*

Chef Kwiatkowski has been with MSU for more than 10 years. He helped to guide the development of The Gallery at Snyder/Phillips. Chef says at home he continues to work on the perfect burger and enjoys cooking different kinds of fish.

To learn more about Chef Kurt Kwiatkowski, click here.

*The Daily Lineup Planning Committee has created a survey that is available until December 14th which is intended to gather feedback from all RHS Team Members on the effectiveness of Daily Lineup. To participate in the survey, click here.*

*Check out the Be Spartan Green Gift Guide! Find the perfect gifts for friends and family while keeping your holiday gift list green. Click here to see the list.*