

SPIRIT OF WOMEN PRESENTS



Blu Jazz CHESS SQUARES

Enjoy holiday treats, but remember how important eating healthy is to overall health! For tips on healthier ingredient substitutions, visit www.forresthealth.org/season.

INGREDIENTS:

Bottom Layer:

1 egg
1 box Duncan Hines Butter Cake Mix
1 stick butter or margarine

Top Layer:

3 eggs
1 box - Domino confectioners' sugar (I use about $\frac{3}{4}$ box, this is very sweet)
8 oz. Philadelphia Cream Cheese (softened)
 $\frac{1}{2}$ cup chopped pecans (optional)

DIRECTIONS:

In mixer, blend bottom layer ingredients. Spray 9" X 13" baking dish with non-stick spray, and spread mixture in baking dish. Set aside and prepare top layer.

In mixer, blend cream cheese and confectioner's sugar until smooth. Add eggs one at a time. Stir nuts into batter. Pour over bottom layer and bake at 325 degrees for about 45 minutes or until brown and not shaking.

This recipe is a holiday staple. Kids and grown-ups alike, love it!

HOLIDAY HEALTH TIP:

*Serve others and invest
in your community.
It could relieve stress and help
you focus on the true meaning
of the holiday season.*

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*Spirit of
Women.*
Forrest Health®
Health is ActionSM

ABOUT SPIRIT OF WOMEN

Since 2004, Forrest General Hospital's Spirit of Women program has been a valued resource for women of all ages in the community. Each year, programs are customized to meet the needs of today's women and their families. Our gift to you this holiday season is a FREE membership! Join today by visiting www.forresthealth.org/season.



BLU JAZZ
CAFE

ABOUT THE RESTAURANT

Proudly named Best New Restaurant of the Pine Belt in 2018, Blu Jazz started when the love for the atmosphere of New Orleans and its food collided. Beginning as a pocket-sized restaurant then evolving into an established franchise, Blu Jazz has given customers an experience of a soothing ambiance and good times. We are known for our love for food, music, and life, as our mantra says, "Love food, love music, love life."