

Peanut butter mousse

4 ingredients, sugar free option

Ingredients

- 1 cup (240 ml) heavy whipping cream (cold)
- 1/2 cup (120 g) natural peanut butter (creamy)
- 1/4 cup (60 ml) unsweetened almond milk (or any milk)
- 1 tsp vanilla extract

Optional (for sweetness):

- 2-3 tbsp sugar-free sweetener (like erythritol, monk fruit, or stevia to taste)

Instructions

1. In a large mixing bowl, whip the cold heavy cream until soft peaks form.
2. In another bowl, whisk together peanut butter, almond milk, vanilla extract, and sweetener (if using) until smooth.
3. Gently fold the peanut butter mixture into the whipped cream until fully combined and fluffy.
4. Spoon into jars or serving cups.
5. Chill for at least 1 hour before serving for best texture.



Tip:

Top with crushed peanuts or a drizzle of melted dark chocolate.



CADDO NATION AOA



ACTIVITY BOOK

September 2026



LABOR DAY

WORD SEARCH

R	E	C	B	I	S	D	R	D	G	U	T	P	L	N
E	E	C	B	L	H	E	Y	A	I	N	G	A	Q	I
T	I	B	H	T	H	J	A	W	E	S	B	R	V	X
H	F	X	M	C	O	D	D	M	O	O	D	A	Y	U
G	Q	H	A	E	O	J	N	A	R	R	U	D	Z	N
I	X	E	F	C	T	R	O	X	L	A	K	E	C	W
F	T	V	T	U	E	P	M	C	J	T	H	E	A	L
E	S	O	N	V	A	M	E	R	I	C	A	N	R	J
R	R	R	O	U	E	B	H	S	R	K	M	R	P	S
I	A	G	E	Q	R	R	O	J	E	C	C	J	E	Q
F	T	P	T	K	V	S	K	R	E	L	C	M	N	Y
G	A	A	V	N	R	F	E	V	W	J	B	U	T	O
B	Q	Y	Q	P	A	O	M	R	T	M	L	Z	E	P
U	N	I	O	N	H	Q	W	F	R	P	Q	J	R	U
N	Z	N	X	R	X	L	L	E	E	T	S	B	J	P

september	monday	carpenter	doctor
american	workers	parade	clerk
government	labor	teacher	nurse
firefighter	union		

Caddo Word of the Month:



To Dance
“ka[?]-OH-shun”



ColoringSprinkles
.com



36th Annual Clara Brown Dance

September 19, 2026

4pm: Turkey Dance

6pm: Supper Break

Drum Dances

Social Dances

Stomp Dance

Concession Stand

Caddo Nation Dance Grounds
"Binger Y"





Name: _____

Labor Day Word Scramble

Word Bank

Conditions	Labor	Union
Factory	Monday	Wages
Holiday	September	Worker

1. wrreok _ _ _ _ _
2. innou _ _ _ _ _
3. tfryaco _ _ _ _ _
4. myodna _ _ _ _ _
5. lbrao _ _ _ _ _
6. ioyhlda _ _ _ _ _
7. pteeesmrb _ _ _ _ _
8. ocndtiisno _ _ _ _ _
9. sgwae _ _ _ _ _

Did You Know?

The very first Labor Day was held on a Tuesday, not a Monday.

Americans eat roughly 7 billion hot dogs between Memorial Day and Labor Day.

Historians say the expression “no white after Labor Day” comes from when the upper class would return from their summer vacations and stow away their lightweight, white summer clothes as they returned back to school and work.

Oregon was the first state to celebrate Labor Day as a legal holiday in 1887.



NORMAL BLOOD SUGAR LEVELS CHART TRACKER



Vary high



A little high to very high depends on patient



Maximum after meal in nondiabetics

DIABETES CONTROL CHART



Normal before meal in nondiabetics



Normal



Low



Very low

↑
EXCELLENT

↑
GOOD

↑
ACTION
REQUIRED

HbA1c TEST SCORE	MEAN BLOOD mg/dL	GLUCOSE mmol/L
3.0	35	2.0
4.0	50	2.6
5.0	80	4.7
6.0	115	6.3
7.0	150	8.2
8.0	180	10.0
9.0	215	11.9
10.0	250	13.7
11.0	280	15.6
12.0	315	17.4
13.0	350	19.3
14.0	380	21.1

WEEKLY BLOOD SUGAR LOG



Name _____

Week _____

Day of Week	Meal	Level BEFORE Meal	Level AFTER Meal	Notes
Monday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Tuesday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Wednesday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Thursday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Friday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Saturday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Sunday	Breakfast			
	Lunch			
	Dinner			
	Bed			