

Guilt-Free Goodness

No matter what holiday you may celebrate, the month of December is usually full of celebrations & sweets: family gatherings, work parties, and free chocolate everywhere! It can be an overwhelming time, especially if you are trying to practice healthy eating habits or are watching your weight. However, there is no need to stress - we can still enjoy those holiday treats without feeling guilty by following these tips.

Recipe of the Month: Pumpkin Breakfast Cookies

Ingredients

- 1 ¾ cups cooked, pureed pumpkin (15 ounce can)
- 1 ½ cups brown sugar
- 2 eggs
- ½ cup oil
- 1 ½ cups flour
- 1 ¼ cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts or hazelnuts (chopped)



Directions

1. Preheat oven to 400 degrees F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased baking sheet, 1 inch apart.
6. Gently flatten each cookie (use a spoon, bottom of glass, or palm of your hand).
7. Bake 10-12 minutes until golden brown

Recipe Source: Foodhero.org



SCAN ME

1. Avoid skipping meals

If you know you have a holiday gathering or work party, try not to skip meals before or after. Skipping meals can lead to overeating foods later in the day. Listen to your body's hunger cues: eat when you feel hungry and stop when you feel full. Eating a small meal or snack before a party can also prevent you from overeating once there!

2. It's all about balance

Eat the foods you enjoy while incorporating a variety of food groups. Aim to fill your plate with all 5 food groups: Fill half of your plate with fruits and/or vegetables first, 1 serving of protein (2-3 oz meat, fish, beans, eggs), 1 serving of whole grains (1/2 c rice, 1 slice of bread), and 1 serving of dairy (1 oz cheese or 1 c milk). Incorporating all 5 food groups into your meal will help your body get the variety of nutrients it needs.

3. Everything in moderation

Go ahead and eat that cookie! There is no need to deprive yourself of those decadent holiday treats. Eating around a craving can cause you to binge and overeat other foods.

Just remember to keep everything in moderation. For example, don't fill your entire plate with sweet and salty foods or desserts. Take a small amount to start, eat it, and see if you are still hungry or satisfied. There is no such thing as a "bad food," just remember to limit certain foods that are higher in sugar, sodium, and fat (ex. dips, butter, baked goods, gravies, sauces).

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