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Holiday Eating

The holiday season is a great time to enjoy family, friends, and delicious foods. It is easy to get carried away without realizing it and spend too much money or eat too much food. Here are some ideas to get you through the holiday season without missing out on your holiday favorites.

Focus on you!

Give yourself a gift this holiday season. Here are some ideas:

Make time for family

Have festive meals by using simple decoration

Plan menus and stick to them need help go to <https://createbetterhealth/blog/>

Involve children in holiday plans and food choices.

Invite friends over for get-togethers with simple holiday foods and games

Be sure to include time to eat a variety of foods from the MyPlate (<https://www.myplate.gov>)

Remember to take time to exercise and get outside

Be sensible about food

Don't try to lose weight over the holiday season. Strive to maintain weight instead.

Take time to enjoy the delicious aromas and flavors of the holiday foods. It takes 20 minutes to feel full.

Move away from the food when done eating to remove temptation.

Balance what you eat with other meals. On the day of a larger dinner or party have a small low-calorie breakfast and lunch.

For breakfast or lunch on the go try this recipe

Banana chocolate Chunk Muffins

Ingredients:

- 2 c. Whole wheat flour
- 1 t. baking powder
- 1 t. baking soda
- 1/2 t. Salt
- 1 t. Cinnamon
- 3 Ripe bananas, mashed
- 1/2 c. Greek yogurt
- 1/4 c. Honey
- 1 Large egg
- 1 t. Vanilla extract

- 1/4 c. Milk
- 1/2 c. Dark chocolate chips

Directions:

- Preheat your oven to 350°F. Line a muffin tin with paper liners or lightly grease with cooking spray.
- In a large bowl, whisk together whole wheat flour, baking powder, baking soda, salt, and cinnamon.
- In another bowl, combine the mashed bananas, Greek yogurt, honey, egg, vanilla extract, and milk. Mix until well combined.
- Add the wet ingredients to the dry ingredients and stir until just combined. Do not overmix.
- Fold in the dark chocolate chunks or chips.
- Spoon the batter into the prepared muffin tin, filling each cup about 3/4 full.
- Bake for 18-22 minutes, or until a toothpick inserted into the center of a muffin comes out clean.