

December



Recipe and Nutrition Box

Festive Flatbread

Ingredients

- 6 Eggs
- 2 tbsps Shredded Parmesan Cheese
- ½ Cup Chopped Spinach
- 4 Whole Wheat Flatbreads
- 2 tsp Olive Oil
- 1 Cup Chopped tomatoes
- Pinch of Salt and Pepper
- ¾ Cup Grated Mozzarella
- Cooking Spray



Directions

Heat oven to 450F. Coat skillet with cooking spray. Beat eggs and parmesan in a bowl. Add to skillet and scramble over medium heat. Place flatbreads on a baking sheet. Lightly brush the top with olive oil. Cover with scrambled eggs, tomatoes and spinach. Add a pinch of salt and pepper. Sprinkle with cheese. Bake until cheese melts and cut into pieces.

Adapted from: <https://www.incredibleegg.org/recipe/mini-breakfast-egg-tomato-spinach-flatbread-pizzas/>

Merry Berry Christmas Bark

Ingredients

- 1 ½ Cup Vanilla Greek Yogurt
- ½ Cup Granola
- ½ Cup Blueberries
- ½ Cup Finely Sliced Strawberries

Directions

Line a baking sheet with parchment paper. Pour a thin layer of yogurt on top. Sprinkle granola and berries over the yogurt. Cover in aluminum foil and freeze. Cut into pieces.



Adapted from: www.goeatandrepeat.com/greek-yogurt-breakfast-bark/?utm_source=P-1020&utm_medium=FB&utm_campaign=SocialFabric

Healthy Holiday Smoothie

Ingredients

- ½ Cup Coconut Water
- ½ Cup Crushed Ice
- 1/2 Cup Frozen Cranberries
- 1 ½ Cup Frozen Spinach
- 1 Banana
- Frozen Raspberries or Cranberries to top
- 1 tsp Honey



Directions

Blend all ingredients. Pour into cups and top with raspberries and cranberries.

Adapted from: <https://thankheavens.com.au/2014/12/24/oh-christmas-tree-a-frozen-christmas-tree-cocktail-extravaganza/>

Seasonal Suggestions Adapted from: <https://brendid.com/healthy-christmas-treats-for-kids/>



Nutrition Note – December 2017

Eating Healthy During the Holidays!

It's that time of year again where chocolates, candies and processed foods are everywhere. Try to base all your meals on whole food choices to provide you with higher quality nutrients and to keep you fuller for longer. Whole foods mean fruits, vegetables, healthy whole grains, etc. Avoid packed foods that are sometimes higher in sugar, artificial sweeteners and trans fats. During this time of year, stock the kitchen cupboards with healthy food in preparation for the big day! Have fruits and veggies stocked up and cut up in the fridge so they are easy to grab and go. Continue to prepare your meals on a daily basis and ensure you have a good shopping list when you go to the store. This means you can spend less time browsing and head straight to the correct aisles to pick up the foods you need for this holiday season.