

Holiday Delights

If you are looking to make some festive snacks that include some healthy and delicious ingredients, look no further than the recipes in this month's cookbook. These fun recipes allow you to use some of the typical holiday foods and flavors that are around the house at this time of year while also giving you a nutritious snack to fuel you for the day!

Waldorf Salad

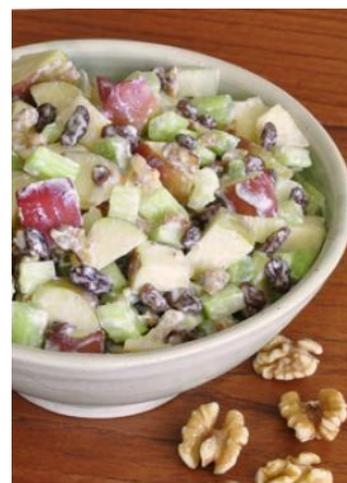
This salad was first made at the historic Waldorf Astoria Hotel in New York. Our version is light and easy.

Ingredients

- 1/3 cup **walnuts**, chopped
- 2 **apples**, cored and diced
- 1 cup **celery**, diced
- 1/2 cup **raisins**
- 1/4 cup nonfat plain **yogurt**
- 1/2 teaspoon **sugar**
- 1 teaspoon **lemon juice**

Instructions

1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.



Nutrition Facts			
Serving Size 2/3 cup (107g)			
Servings Per Container 6			
Amount Per Serving			
Calories	120	Calories from Fat	40
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	21g		7%
Dietary Fiber	3g		12%
Sugars	15g		
Protein	2g		
Vitamin A	4%	Vitamin C	8%
Calcium	4%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	Carbohydrate 4 • Protein 4

Gingerbread Pancakes

Ingredients

½ cup whole wheat flour
½ cup all-purpose flour
½ teaspoon salt
½ teaspoon baking soda
2 teaspoons pumpkin pie spice
1 egg
2 tablespoons molasses
1 tablespoon vegetable oil
1 cup low-fat buttermilk

Instructions

Mix dry ingredients in a bowl.

In another bowl, beat egg. Stir in molasses, oil and buttermilk.

Pour milk mixture into dry ingredients; stir together lightly.

Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). For each pancake, pour about 1/4 cup of batter onto the hot griddle.

Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.

Refrigerate leftovers within 2 hours.

¼ cup cold water 1 tablespoon cornstarch

⅓ cup sugar

4 cups berries, fresh or frozen (blackberries, raspberries, blueberries, sliced strawberries, or a mixture)

Instructions

1. In a medium saucepan, mix together sugar, cornstarch, water and 2 cups of berries. Mash berries if desired.

2. Heat over medium heat, stirring frequently, until sauce starts to thicken.

3. Remove from heat and stir in remaining berries. Mash if desired.

4. Serve over pancakes, waffles, oatmeal, or yogurt.

5. Refrigerate leftovers within 2 hours, for up to a week.



Nutrition Facts	
6 servings per container	
Serving size	3 balls (58g)
Amount per Serving	
Calories	250
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 18g	
Includes 11g Added Sugars	22%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 114mg	2%
Vitamin A 2mcg	0%
Vitamin C 2mg	3%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Any Berry Fruit Dip

Ingredients

½ cup raspberries fresh or frozen/thawed

1 tablespoon sugar

1 cup plain nonfat yogurt

3 pears or apples, sliced for serving

Instructions

In a small bowl, mash the raspberries with sugar. Stir in the yogurt.

Serve with cut fruit.

Refrigerate leftovers within two hours

Cranberry Oatmeal Balls

Ingredients

1 cup oats (quick-cooking or old fashioned rolled)

⅓ cup chopped almonds

⅓ cup peanut butter

¼ cup honey

⅓ cup dried cranberries

Instructions

Wash hands with soap and water.

In a medium bowl, combine all ingredients until well mixed

Form mixture into 18 balls about 1-inch wide.

Place balls on a baking sheet. Refrigerate for 30 minutes.

Notes

- Honey is not recommended for children under 1-year-old.
- To avoid sticky fingers, keep the oatmeal balls cool until ready to eat.
- Use sunflower seed or other nut butters instead of peanut butter.



Holiday Leftovers

The holidays are filled with special treats and dinners with friends and family. At one time or another our hosts insist we take home food for later but before your pack that doggie bag make sure you follow these safety tips:

- Make sure you can refrigerate or freeze the food within two hours
 - Use shallow containers to keep food evenly chilled
 - Eat leftovers within one or two days or freeze them immediately
 - Reheat food until it is steaming hot to kill harmful bacteria
 - When in doubt, toss it out!
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Senior Stress and the holidays

Cooking, cleaning and all those last minute shopping trips can add to the pressure we feel to make the holidays perfect. We may also feel the financial constraints of the holidays which adds to the issue. Stress brings with it a rise in our blood pressure, a loss of sleep, irritability and disorganization.

Here are some ways to de-stress during these hectic holiday times!

- Take care of your body by continuing to exercise, eat well, and limit the amount of sugar, caffeine, and alcohol that you consume.
- **Seek help when needed.** If you are struggling with sadness, find a resource to help. Let your Primary Care Physician know, a family friend or clergy member.
- Take mini-breaks. When you start to feel yourself getting stressed, mad, or upset, take a break from what you are doing. Take a walk outside in the crisp fresh air, go into a quiet room or read for a little bit.
- Know your limits and put realistic expectations on yourself.
- Ask for help & let things go. Sounds easy, but it's an essential part of keeping sane during the holiday season.

