

Just Say Yes

To Fruits & Vegetables

Holiday Meals Made Healthy

The Holidays (Thanksgiving—New Year) are a great time of year filled with family, friends, and food! While we love to indulge on cookies, pies, treats, and cheese-filled casseroles, set yourself up to make healthy choices with these tips!

Cheers to Good Health! Drink up some water to manage calories. Add some flavor with mint leaves, lemons, or frozen fruit. Skip the sugary drinks like soda, punch, or lemonade. Also, keep light on the whip of that hot cocoa!

Spice Things Up! Utilizing spices and herbs is a wonderful way to enhance the flavor of any dish without adding salt or sugar!

May Your Plate Be Merry and Bright! Brighten up your plate with fresh, colorful fruits and vegetables! Fill up half your plate with veggies such as beans, broccoli, or mixed greens and fruit like berries or grapes.

Tweak the Sweets: Fruits can make delicious desserts! Gather the season's finest fruits for a nice fruit salad. Sprinkle on some cinnamon for an extra flavor boost!

For your next Holiday Gathering, try these delicious Spiced Apple Bean Muffins!

Filled with fiber and protein, they're sure to be a healthy hit (and no one will know there are beans in them unless you tell them)!

Ingredients:

½ cup sugar
¼ cup canola or vegetable oil
1 beaten egg
2 cups cooked and mashed pinto beans
1 cup flour
1 teaspoon baking soda
1½ teaspoons cinnamon
1 teaspoon ground cloves (optional)
2 cups peeled and diced apples
1 teaspoon vanilla
½ cup raisins
½ cup chopped pecans

Directions:

1. Preheat oven to 375° F.
2. In a large bowl, blend sugar and canola or vegetable oil
3. Add eggs and beans and mix well.
4. Stir in remaining ingredients.
5. Scoop into greased muffin tin.
6. Bake for 15-20 minutes or until a toothpick comes out clean.
7. Cool and enjoy!
8. Refrigerate leftovers.

Why not have **Just Say Yes to Fruits and Vegetables (JSY)** visit your food pantry, soup kitchen or shelter? We provide free nutrition education, along with taste samples of healthy recipes and free gifts. Please give us a call for more information.

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