

FOOD BYTES

Hi there!

**December
2023**

Healthy Holiday Tips

DON'T SKIP BREAKFAST

- Don't skip breakfast to "save calories." This often backfires and causes a person to be so hungry that they overindulge later.

SURVEY THE OPTIONS AT AN EVENT

- Survey the options before putting anything on your plate. Decide what you really want and take a small sample to enjoy. Consider choosing foods you can only get during holidays over foods that you have available year-round.

SOCIALIZE MORE BUT NOT NEAR THE FOOD

- When you stand near the food, you're more likely to unconsciously nibble on food. So rather than hanging around the food, get your plate and socialize away from the food to keep from extra snacking.

GET ACTIVITY

- Holidays can get busy but try to include 60 minutes of activity most days.



Oats are an excellent source of fiber, which slows digestion and helps keep you full longer. Most of the fiber is soluble fiber which can also help lower cholesterol and stabilize blood sugar levels.

**DECEMBER
19TH IS
NATIONAL
OATMEAL
MUFFIN DAY**

KITCHEN TIP

Rather than leaving the containers of cookies and holiday treats on the counter, consider putting them in a cabinet where they are less visible all the time. When treats are visible, it is more tempting to indulge more often.

Recipe

Oatmeal Banana Muffins

Makes 12 Muffins

Ingredients:

- 1½ cups old fashioned oatmeal
- 1¼ cups whole wheat flour
- 1½ tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt
- pinch ground nutmeg
- ½ cup sugar
- 3 ripe bananas, mashed
- 1 egg
- ¼ cup canola oil
- 1 tsp vanilla

Instructions:

1. Preheat oven to 375 degrees F. Mist a muffin tin with nonstick cooking spray or line with muffin liners.
2. In a large bowl whisk together oats, flour, baking powder, baking soda, cinnamon, nutmeg, and sugar together.
3. In a smaller bowl, mash the bananas against the sides of the bowls using the backside of a fork. To the bananas, add the egg, oil and vanilla; whisk until well-incorporated.
4. Add wet ingredients to dry and mix under just combined.
5. Scoops batter into each of 12 muffin wells. Bake for 20-24 minutes or until tops are golden.

<https://preventionrd.com/oatmeal-banana-muffins/>