

HEALTHY HAPPY HOLIDAYS

Be well. Stay well.

For many of us, the holidays are as stressful as they are fun. Starting with Halloween in October and going all the way until New Year's Day, these months can be filled with special occasions, eating temptations and family obligations. When you add these things on top of your best-intentioned efforts to eat better and get more exercise, you can end up feeling overwhelmed. This resource may help you rethink how to best manage the holidays so you can be healthy and happy through the end of the year.

Healthy Recipe: Mocha-Maca Latte

A warm and tasty beverage that is incredibly easy to make and fun to share.

Both Maca and Cacao are nutritionally dense with minerals, anti-oxidants, and healing qualities. Maca may support your adrenal glands under times of stress, can help balance hormones, improve libido, boost endurance and may also help you sleep better at night. Cutting back on coffee is difficult, but much easier when you have this healthy and yummy latte to enjoy!

Mocha-Maca Latte:

- 1 ½ cups unsweetened almond milk
- 1 tbsp organic raw Maca Powder
- 1 tbsp organic raw Cacao Powder
- 1 tsp organic grade B pure maple syrup
- Cinnamon stick (optional)

Blend all ingredients on low in your blender to incorporate, and then warm in a saucepan over medium-low heat. Enjoy!



TEN WAYS TO STAY HEALTHY & SANE DURING THE HOLIDAYS

1. **Stay hydrated.**
2. **Practice yoga or other exercise.**
3. **Clean less. Celebrate and play more!**
4. **Say no when something doesn't serve you.**
5. **Stay home and snuggle up by the fire.**
6. **Bring a healthy dish that you enjoy.**
7. **Choose naturally sweetened treats or skip dessert.**
8. **Red wine in moderation offers antioxidant protection.**
9. **Remember to ask others for help.**
10. **Simplify and let your favorite traditions bring you joy.**



HEALTHY HOLIDAY FOOD SWAPS



Think of what you want to feel during this holiday season. Place a list of your most important feelings in a prominent location as a reminder of your intentions.



Simplify and let your favorite traditions bring you joy.



Kirsten Miller
Kirsten@n2finc.com

www.nourish2flourish.com

Instead of:
Marshmallow sweet potatoes

Mashed potatoes

Canned cranberry sauce

Green bean casserole

Pumpkin pie

Eggnog

Cocktails

Creamy dips with crackers

White or corn bread stuffing

Latkes with sour cream

Baked ham

Apple pie

Try:
Twice-baked butternut squash with pure maple syrup and pecans

Mashed cauliflower

Fresh cranberry chutney or whole cranberries stewed in honey and fresh orange juice

Brussels sprouts roasted with coconut oil, garlic, rosemary

Chia pudding with pumpkin

Homemade almond milk with dates, vanilla and cinnamon

Mineral water with fresh mint and lime

Hummus, white bean or avocado dip with fresh vegetables

Wild rice stuffing with nuts and dried fruit

Zucchini and sweet potato cakes cooked in coconut or avocado oil topped with applesauce

Rosemary-crusting grass-fed beef tenderloin

Baked apple halves topped with nuts, cinnamon and raisins