

## FESTIVE FLAVORS

December 2024

### Navigating Healthy Eating During Holidays

It's important that even during the holiday times you're still eating foods that help your body and immune system. Everything is okay in moderation!

Over the winter time, transition to hot tea in the evenings. Down below, is a popular candy cane holiday themed tea that is sold at Trader Joe's. It's perfect for the evenings due to it being decaffeinated.

### WINTER FLAVORS

#### PEPPERMINT

- Aids in digestion
- Heart healthy
- Reduces inflammation



#### Cinnamon

- Helps regulate blood sugar
- Has anti-inflammatory properties

#### Cranberries

- Improves digestive health
- Improves heart health



### MUST HAVE PRODUCTS



## Forms of Peppermint

During the wintertime, peppermint will usually come in artificial forms with lots of added sugar. Make alternative options by using natural peppermint options.

## Peppermint Chocolate Sticks

### Ingredients:

- 6 tablespoons coconut oil, melted
- 4 tablespoons raw cacao powder
- 4 tablespoons almond butter
- 2 tablespoons raw honey, or maple syrup
- 1 teaspoon vanilla extract
- ½ teaspoon peppermint extract
- Pinch fine himalayan salt
- ½ cup unsweetened shredded coconut
- ½ cup pecans

### Directions:

- In a large bowl stir together the coconut oil, cacao powder, almond butter, honey, vanilla, peppermint extract and salt.
- Heat the mixture slowly on low heat over simmering water (double boiler) for 5 to 10 minutes until all ingredients are combined.
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- Chop the pecans in a food processor. Add the chopped pecans and shredded coconut to the melted chocolate mixture and stir together.
- Pour mixture in a 7x5-inch dish lined with parchment paper. Freeze until chocolate is set then cut into sticks.



Recipe from [livinghealthy.com](http://livinghealthy.com)

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