



Take a NOURISH Step!

December: 🌟🌟 Healthy Holidays with the NOURISH Step 🌟🌟

December FUN Days!

12-1 to 12-7:

**Cookie Cutter
Week**

**12/8: Pretend to
be a Time-
Traveler Day!**

What era would
you travel to and
why?

**12/19: Nat'l Ugly
Holiday Sweater
Day!** Wear your
favorite one
proudly

**12/21:
Crossword Puzzle
Day!**

**12/23: Family
Roots Day.**
Share your
stories this
holiday season,
what a special
gift!!

More at
brownielocks.com

Enjoy your favorite holiday traditions while still feeling your best!
Taking a NOURISH Step makes it simple to balance celebration with wellness
through small, practical choices.

- Start by filling **half your plate with colorful fruits & veggies**.
- Snack smart with nuts, seeds, beans, yogurt, and avocado dips, and **be mindful of portions** when enjoying those festive buffets.
- Add extra nourishment to your holidays by including lean proteins and fiber-rich foods such as turkey, beans, or hummus.
 - **Protein helps you feel full and curbs sugar cravings**—try building a colorful charcuterie board instead of a dessert tray! My family has a lot of fun building the charcuterie board together.
 - You can also do a topping tray for chili, baked potatoes, or tacos.
- Limit sugary drinks and salty sides by **reducing sugar and sodium in recipes**—most turn out great even with half the amount.
- **Stay hydrated** with festive drinks like cranberry-lime sparkling water, fruit, veggie, or herb-infused water, or cozy hot tea.

Creative Ways to Use Cookie Cutters

- Use mini cookie cutters to cut out pie crust toppers or cut shapes of plain cake and make into mini layer cake with fruit and sugar-free whipped topping, etc.
- Cut pepperoni and other pizza toppings into fun shapes.
- Cut fruit and cheese with small cutters and use for kabobs, salad toppers, or garnishes.
- Look up craft ideas to make with cookie cutters
- Use the cookie cutter as a stencil, fill with cocoa, sprinkles, sugar-free jam, such as a cake garnish.



Photo courtesy of
Chef Lori Fernandez

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Frozen Yogurt Bark or Yogurt Parfait

Ingredients:

- 1 cup yogurt, plain, vanilla or flavor of your choice. (use Greek or Icelandic yogurt for more protein)
- 1 tbsp maple syrup, pure or honey (optional)
- ¼ cup blueberries and ¼ cup strawberries or ½ cup of desired fruit for layers
- Granola, Chia, flax, hemp hearts, or nuts (Optional)

Directions for parfait:

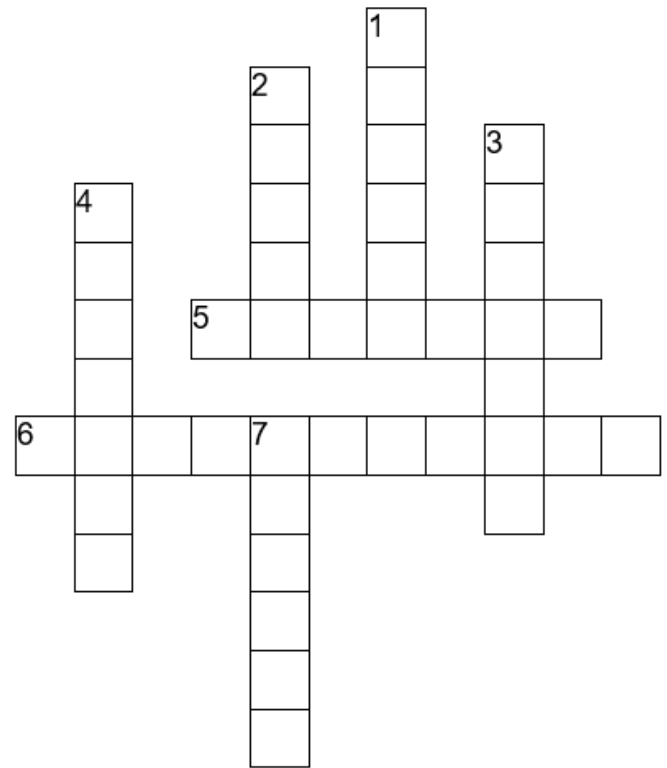
- Alternate layers of the above into the desired glass or dish.
- Garnish with fresh herbs, cinnamon, or berries.



Directions for frozen yogurt bark:

- Mix yogurt with maple syrup, extract flavor or your choice, nuts, & seeds if you wish and place onto a parchment-lined cookie sheet.
- Top yogurt with fresh or frozen fruit.
- Freeze for 6-8 hours or overnight.
- Break into sections and serve. ✓ Note: it starts to melt quickly, so be sure to keep frozen until ready to serve.

'Tis the Season!



Across:

5. Spiced warm beverage/tradition
6. Spiced cookie or house.

Down:

1. Potato pancakes served on Hanukkah.
2. Hot Chocolate
3. Spinning top played with during Hanukkah.
4. Dried cod soaked in lye.
7. Holiday dairy drink.

Crossword Puzzle Answers

1. Latkes 2. Cocoa 3. Dreidel 4. Lutisk 5. Wassail 6. Gingerbread 7. Eggnog

