



NUTRITION NEWS

Nutrition and Education Program
December 2024



Merry Christmas!

Eating Healthy During the Holidays

- Fill half of your plate with fruit and vegetables.
- Avoid going to Holiday events hungry. Have a nourishing snack beforehand so that you aren't as likely to overindulge.
- Eat mindfully- spend at least 20 minutes eating your meal.
- Stay hydrated.
- Allow yourself occasional treats, but focus on consuming at least 80% nourishing foods.
- Don't skip meals. When you skip a meal you are more likely to overindulge.

Holiday Meals on a Budget

- Plan ahead: see what foods you have on hand and look into recipes that you can create with items that you already have.
- Take a look at advertised sales or online coupons. If you discover a product that is on a good deal that week see if you can incorporate it into your meal.
- Go to the grocery store when you are not hungry. This will help keep spontaneous purchases to a minimum.
- Make as much as you can from scratch. Pre-made and pre-processed foods are typically much more expensive.

Plum Crisp

servings: 6

prep time: 15 min

cook time: 45 min

Recipe by: The Lavender Homefront

Ingredients

Filling:

- 2 (15.5 oz) cans plums, sliced
- 1/3 cup cane sugar
- 1 T. flour
- 1 tsp. ground cinnamon
- 1 tsp. vanilla

Topping:

- 1 cup rolled oats
- 1/4 cup brown sugar
- 1/2 cup butter, chilled and cubed
- 1 tsp. salt



Instructions

1. Preheat your oven to 350 °F. Spray 8x8 baking dish with nonstick cooking spray.
2. Slice plums and pour into a medium sized bowl. Add 1/3 cup cane sugar, 1 T. flour, cinnamon, and vanilla. Mix until all ingredients are combined.
3. In another bowl, combine rolled oats, brown sugar, 1/4 cup flour, and salt.
4. Cut in butter until coarse crumbs form.
5. Sprinkle the coarse oat crum mixture over the plum filling.
6. Bake the dessert for 45 minutes, or until the filling is bubbling and the oat crumb crust has browned.
7. Once the crisp is finished cooking, allow the oatmeal plumb crisp to cool a bit before serving. Enjoy!

Recipe Link: <https://www.lavenderhomefront.com/oatmeal-plum-crisp-recipe/#wprm-recipe-container-3600>