

Healthy Holiday Snacks



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Cinnamon Black Bean Brownies with Gingered Yummy Yam Frosting

Staying seventy percent warm, seventy percent satisfied with food, eating lots of root vegetables and cabbage will make you strong and healthy
---Chinese countryside proverb

From the perspective of Traditional Chinese Medicine, this delicious treat is food as medicine for winter! Black turtle beans are a warming Kidney tonic and nourish both yin and yang energies in the body. Adding sweet potatoes for general digestive support and gentle warming spices to drive out cold and damp results in a dessert perfectly in harmony with the season.

Cinnamon Black Bean Brownies

Ingredients

1 15 ounce can black beans, drained
2 large flax eggs (2.5 tablespoons flaxseed meal and 6 tablespoons water)
3 tablespoons oil
¾ cup cocoa powder
1 ½ teaspoons baking powder
¼ teaspoon sea salt
1 teaspoon cinnamon powder
½ teaspoon cloves
1 teaspoon vanilla extract
½ cup sugar or sucanat
½ cup chocolate chips (optional)

Instructions:

Preheat oven to 350 degrees. Grease or paper a standard size 12 cup muffin tin.

Prepare flax egg by combining flax and water in blender or food processor. Pulse a couple times and then let rest a few minutes.

Add remaining ingredients, except chocolate chips, and puree until smooth. Consistency should be slightly thinner than chocolate frosting. Stir in chocolate chips, if using.

Pour into muffin tin and bake 20-25 minutes until tops are dry. Remove from oven and cool for 30 minutes. Remove from pan gently, as insides will be fudgy and moist. When completely cool, brownies can be frosted with Yummy Yam Frosting.

Preparation Time: 5 minutes + 25 minutes cooking

Serves: 12

Adapted by Anita Bermann from mylittlecelebration.com, author Dana Shultz, 2011

Ayurvedic Nutrition

Gingered Yummy Yam Frosting

Ingredients

1 cup mashed baked or steamed yams
¼ cup softened cream cheese or 2 ounces silken tofu
1 tablespoon melted unsalted butter
2 tablespoons maple syrup or honey
1 teaspoon lemon or orange juice
½ teaspoon ground ginger, or 1 scant teaspoon fresh grated ginger

Instructions:

Place yams, cream cheese, butter, syrup and juice in a bowl and cream together. Puree this mixture with a hand mixer or in a food processor to a smooth, spreadable consistency.

Preparation time: 5 minutes

Yield: 1 cup frosting

Adapted by Anita Bermann from [Feeding the Whole Family](#) by Cynthia Lair (Sasquatch Books, 2008)

“Ayurveda is the knowledge that indicates the appropriate and inappropriate, happy and sorrowful conditions of living, what is auspicious and inauspicious for longevity, as well as the measure of life itself.”
-Charaka Samhita 1-41

The Sages believed that in order to maintain energetic balance throughout the body, mind, and spirit, one must learn how to pacify the Doshas which predominate in each season. During the cold winter months, Vata (in early winter) and Kapha (in late winter), bring with them cold, dry / damp, sluggish qualities, which may throw off one’s Prakriti (inborn constitution). Vedic sciences look to diet and lifestyle to balance one’s Doshas, bringing about health, prosperity, and fighting illness.

Ayurvedic Soothing Chai Tea serves 4-6

This traditional Ayurvedic beverage is used to bring heat to the body, pacifying both Vata and Kapha predominance of winter.

Ingredients

- 2 cups water
- 2 tablespoons of dried black tea
- 1 Quart of Milk (cow/soy/hemp/coconut recommended)
- 2 cinnamon Sticks
- ½ tsp ground cloves
- 2 tsp powdered ginger
- 1 tsp cardamom
- 1 tsp black peppercorns
- 2 tbs honey

Bring the water to a boil in a large saucepan. Add black tea in a tea ball or bags. Remove from heat, cover and allow tea to steep for 20 minutes. Remove tea ball. Stir in milk and spices. Heat and steep on low for 30 minutes. Add honey to taste and serve.



Recipe adapted from “The Ayurvedic Cookbook,” by Amadea Morningstar

Artichoke and Almond Pate

This dip is a great way to incorporate raw foods into your holiday traditions and is super quick to make. This is a zesty way to get a punch of antioxidants and build your immune system, through the rush of the holiday season. Enjoy this as you would your traditional artichoke dips, with crackers, fresh cut veggies, or kale chips!

Ingredients

Serves 4-6

- 1 cup raw almonds (soaked overnight)
- 1-14oz can of artichokes, drained and rinsed
- 1/4 cup extra virgin olive oil
- 1/4 cup lemon juice
- 1/2 small red onion, coarsely chopped
- 2 tablespoons organic capers
- 1 garlic clove, peeled
- 1/2 tsp sea salt



Soak almonds in a medium bowl with purified water and cover. Leave at room temperature for 6 to 12 hours. Drain off water and rinse almonds well.

Place all ingredients into a food processor with a fitted “s” blade. Process until mixture is at a smooth consistency. Spoon into a serving dish and enjoy.

Gingerbread Cake with Maple Cashew Sauce

Cake Ingredients

Serves 8

- 2 cups brown rice flour
- 1/2 cup tapioca flour
- 2 tsp baking powder
- 1 1/2 tsp xanthan gum
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 2 tsp ginger powder
- 2 tsp cinnamon
- 1/2 tsp ground cloves
- 1/2 cup melted virgin coconut oil
- 1/2 cup maple syrup
- 1/2 cup blackstrap molasses
- 1/2 cup water
- 1 tbs vanilla

For Cake:

Preheat oven to 350 degrees F. Oil an 8 x 8” square baking pan.

Combine dry ingredients in a medium bowl.

In a separate bowl, combined wet ingredients.

Add the wet mixture to the dry ingredients and mix well with wire whisk. Pour batter into oiled pan and back for around 25 minutes.

For Sauce:

Place all ingredients in a blender and blend until smooth and creamy. Let the cake cook for 10 minutes.

Slice cake to serve and drizzle each piece with maple cashew sauce.

*Above recipes reprinted from “The Whole Life Nutrition Cookbook,” by Alissa Segersten and Tom Malterre

Maple Cashew Sauce

- 1/2 cup raw cashews
- 2-3 tbs maple syrup
- 1 tsp vanilla
- 2-3 tbs water

Other Resources:

Recipes: <http://www.pinterest.com/bcnhnutrition/>
<http://www.nourishingmeals.com>

Intuitive Eating:

<http://www.intuitiveeating.org/content/intuitive-eaters-holiday-bill-rights>

Ellen Satter: <http://www.huffingtonpost.com/jean-fain-licsw-msw/holiday-weight-b-2337332.html>

Tips for Healthy Holiday Eating:

<http://www.wholeliving.com/healthy-holiday-eating-tips/>

Christmas Chocolate Bark

Ingredients

- 2 cups chocolate chunks
- 1/3 cup pistachios (mine were unsalted)
- 1/3 cup dried cranberries
- 1/2 to 1 teaspoon coarse sea salt

Instructions:

1. In a small saucepan over very low heat, melt chocolate
2. Pour chocolate into a parchment paper lined 8 x 8 inch baking dish
3. Sprinkle pistachios and cranberries over chocolate
4. Using a metal spatula, spread the mixture evenly back and forth to around 1/2 inch thickness
5. Sprinkle salt over bark
6. Allow to sit out until set, 1-2 hours
7. Cut into 16 squares and serve



Reprinted from Elana's Pantry at www.elanaspantry.com, Author Elena Amsterdam, 2013

Skewered Persimmon and Herb Bites

The combination of persimmons with Southeast Asian herbs and dunk sauce comes as a surprise in these quick appetizers, and it's totally addictive. You'll need 20 short (3 1/2 in.) bamboo skewers; cut bigger ones if you can't find this size.

Ingredients

- 3 tablespoons Thai or Vietnamese fish sauce
- 2 teaspoons sugar
- 1 1/2 tablespoons unseasoned rice vinegar
- 1 1/2 tablespoons lime juice
- 1/4 to 1/2 tsp. red chile flakes
- 1 garlic clove, minced
- 2 firm-ripe medium Fuyu persimmons, each cored and cut into 10 wedges
- 1 green onion, ends trimmed
- 20 medium fresh basil leaves
- 20 large mint leaves
- 20 large cilantro leaves

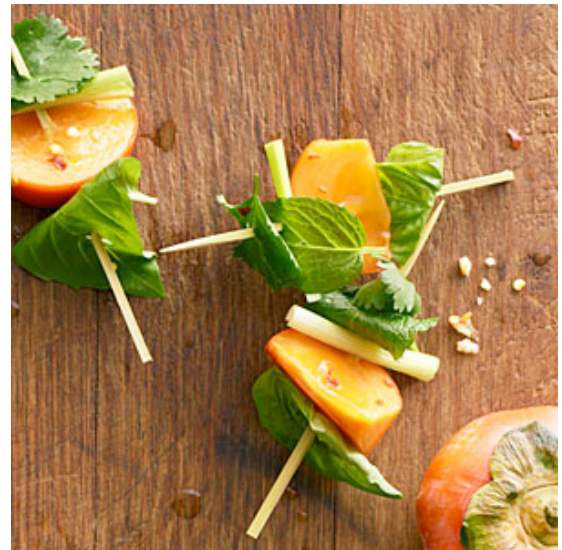
Preparation:

1. Combine fish sauce, sugar, vinegar, lime juice, chile flakes, and garlic in a small bowl. Add persimmons and let sit 15 minutes, stirring occasionally. Discard marinade.
2. Split onion lengthwise. Cut into 2-in. lengths, then separate layers. For each skewer, spear a basil leaf followed by a persimmon wedge, onion piece, mint leaf, and cilantro leaf.

Make ahead: Up to 2 hours, chilled airtight.

Yield: Makes 20 (serving size: 3 skewers)

Total: 35 Minutes



Reprinted from Sunset Magazine, November 2013

Cute and Interactive Healthy Holiday Snacks for Kids

- <http://www.pinterest.com/pin/448741550342372921/>
- <http://www.pinterest.com/pin/448741550342372913/>
- <http://www.pinterest.com/pin/448741550342372875/>
- <http://www.pinterest.com/pin/448741550342372877/>
- <http://www.pinterest.com/pin/448741550342372918/>



What is Normal Eating?

Normal eating is going to the table hungry and eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it—not just stop eating because you think you should. Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food. Normal eating happy, sad or bored, or just because it feels good. Normal eating is mostly three meals a day, or four or five, or it can be choosing to munch along the way. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful. Normal eating is overeating at times, feeling stuffed and uncomfortable. And it can be under eating at times and wishing you had more. Normal eating is trusting your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life.

In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food and your feelings. Copyright © 2009 by Ellyn Satter

Intuitive Eating Principles

1. Reject the Diet Mentality
2. Honor your Hunger
3. Make Peace with food
4. Feel your fullness
5. Find pleasure and satisfaction in the eating experience
6. Cope with your emotions without using food
7. Respect your body
8. Honor your health
9. Nourish your body, mind, and spirit with other treats besides food.



*Derived from "Intuitive Eating" by Evelyn Tribole M.S., R.D.