



HEALTHY HOLIDAY BAKING!

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Our Registered Dietitian

Holiday baking season comes just once year - so go ahead and enjoy every decadent bite! Get the most out of your cookie calories without sacrificing taste. Swap traditional ingredients for healthier alternatives!

Sweet Success

Use less sugar in your recipes or a non-nutritive sweetener such as sucralose – a sweetener without the calories and carbohydrates – a sensible ingredient for individuals watching their blood sugar and calorie intake.

Be a Smart Cookie

Cookie exchanges are all the rage during the holiday season, be smart and use nutritious ingredients such as oats, whole wheat flour, applesauce, dried fruits and canola oil or light olive oil instead of butter.

Slim-Down Recipes

Replace full fat ingredients with their lower fat counterparts. Substitute low-fat sour cream, whipping cream, cream cheese or ricotta cheese for the full fat version. Low-fat or fat-free yogurt can be used to reduce or replace shortening, oil, butter or sour cream in baked goods while enhancing flavor, nutrition and moisture.

Delightful Dark Chocolate

Dark chocolate is rich in flavonols – antioxidants that may reduce the risk of heart disease. It may even improve mood! Melt dark chocolate over almonds, peanuts and berries.

Cinnamon – A Hidden Holiday Gem

Cinnamon has one of the highest antioxidant levels of any spice. You'll find as many antioxidants in one teaspoon of cinnamon as a full cup of pomegranate juice or ½ cup of blueberries. Sprinkle onto sweet potatoes, toast, pancakes, rice pudding, coffee, fresh fruit and more!

Email your nutrition questions to
Jacqueline at nutrition@aptea.com



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Antioxidants To Spice Up Your Health

Super Spices for Healthy Living



Crushed Red Pepper, Oregano Leaves, Ground Cinnamon, Black Pepper, Ground (Cayenne) Red Pepper, and Garlic Powder (.75 oz. - 4 oz.)

These super spices not only spice up your dishes, they provide essential antioxidants, vitamins, and minerals to you and your family.



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