HELPFUL TIPS FOR HEALTHY HOLIDAY PARTIES

You don't have to sacrifice taste or health to enjoy the flavors of the season. If you're cooking, substitute some of the oil in a recipe with applesauce. You can use 2 egg whites in place of one whole egg to reduce cholesterol. Use low-sodium chicken broth in your mashed potatoes to decrease the butter. Use fat-free yogurt for dips and sauces. Try slivered almonds in place of fried onions. Use reduced-fat cheese for casseroles. Enjoy lot of seasonal produce like squash, sweet potatoes, cranberries, apples, and pears. If you're attending a party, start out your day with a small, well-rounded breakfast. You could even eat a small meal before you go. When you arrive, mingle first, and then check out the food. Only eat food you think you'll really enjoy—and savor it! Socialize away from the food. Drink water. It won't add calories to an already hefty meal. So, enjoy friends, family, and healthier foods with these simple tips! For more info visit: https://www.eatright.org/health/lifestyle/seasonal/helpful-tips-for-healthy-holiday-parties

BANANAS

Bananas are harvested in Florida all year long. Bananas are low in sodium and a good source of potassium, vitamin C, and vitamin B6. Bananas don't actually grow on trees—they are perennial herbs. After planting a banana, you can eat the fruit in about 16 months. Different types of bananas can taste like apples and ice cream.

BANANA NUT OVERNIGHT OATS

1 1/2 ripe bananas, sliced, divided
1/2 cup uncooked oats
1/2 cup lowfat milk
1 tbsp. Greek yogurt
2 tsp. honey

1/2 tsp. ground cinnamon
1/8 tsp. ground nutmeg
1/4 tsp. vanilla extract
2 tbsp. walnuts, chopped

1. Add oats to your container of choice and pour in milk.
2. Layer Greek yogurt, bananas, honey, ground cinnamon, nutmeg, vanilla on top and sprinkle with walnuts.
3. Refrigerate overnight and enjoy in the morning. Let steep for at least 8 hours in a refrigerator 40°F or colder. Best to eat within 24 hours.