



moss wellness



Your game plan for a healthy holiday season

Party Plan:

- **Have 5 healthy meals on hand.** Make a list of 5 healthy meals that you know how to make. Consider buying the ingredients now and keeping them on hand so that they're easy to go to when things start getting hectic. Make big batches of these dishes so you always have it available to you. Make a big vat of lentil soup and freeze it in several batches. You can freeze grains like brown rice. Keep frozen fish or chicken in your freezer. Store cans of beans in your cupboard. Store healthy foods that you can rely on to be there in a pinch when you don't have much time but want healthy nutrition.
- **Don't show up starved.** Don't arrive starving to a party. The best laid plans for health and diet can go out the window when we arrive to a party ravenous and just end up shoving food into our face to calm our rumbling belly. Before you go to any holiday party this year, have a healthy snack beforehand so that you can make more conscious choices when you arrive. I keep nuts in my purse at almost all times. Crackers or rice cakes with almond butter and honey are another great snack. 1/2 of a Larabar works well too.
- **Stay hydrated.** For every glass of wine or cocktail you have, drink a glass of water. This will help moderate sugar cravings and help you stay in control of your eating (as we all know, alcohol lowers all inhibitions, especially when it comes to what we eat!).

- **Be picky.** Just because a food is free does not mean we need to eat it! Choose to put foods into your body that not only support you but that truly appeal to you. Choose foods that are worthy of your attention and consumption. If you're at an event with a big buffet, start out by placing a little bite of every food that appeals to you on your plate. Sit down and consciously taste each one. And then you can decide to go back for more of what tasted the best to you.
- **Bring your own dish.** If you are going to someone's house, bring a dish with you that you know is healthy so that at least you can count on one dish that you can pile your plate with.
- **Consciously indulge.** Don't deprive yourself. If you eat as well as you can 80-90% of the time, what you have at parties doesn't matter a whole lot. You can indulge in what everyone else is eating if you have a background of good, healthy food going on for you the rest of the time.

Immune-Boosting Strategies:

- **Eat your veggies.** Vegetables are packed with nutrients, which act as natural immune-builders. Dark leafy greens and cruciferous veggies are nature's natural detoxers and help pull toxins out of our system, keeping us much healthier.
- **Garlic.** Garlic is an extremely powerful antiviral/antibacterial agent. If you feel a cold coming on: chop up a clove and swallow it like little pills with some juice or water. You won't get the garlic breath you would from chewing it, but you'll get the antiviral benefits. It works!
- **Increase Omega 3 intake.** Omega 3's give us glowing skin, shiny hair, strong nails, and a strong immune system. Eat chia seeds, ground flax seeds, walnuts, wild salmon, sardines, mackerel. You can also consider taking fish oil pills which I have found to be very effective for me and our clients (2gr - 3gr/day).
- **Get your Probiotics.** Probiotics help with digestion and keep our system running smoothly by providing us with healthy bacteria. Probiotics are found in supplements, such as probiotic capsules, and also in cultured, fermented foods like real pickles, yogurt, sauerkraut, and miso soup.
- **Move.** Get in some movement every day - even 10 minutes counts. Whether it's walking or a trip to the gym or yoga class, exercise keeps everything circulating properly and keeps you healthier in turn.
- **Vitamin D.** Many of us get vitamin D deficient this time of year, due to lack of sun exposure. Consider supplementing: 2000 IUs is a good place to start. Without enough vitamin D in our body, the immune system can suffer dramatically.
- **Detox your liver.** A natural liver detoxer for overindulgence and excess alcohol is hot water with fresh-squeezed lemon juice, which helps boost our liver's functioning and draws out unwanted toxins.
- **Hydrate.** Be sure to take in good amounts of water each day to keep your immune system (and every system!) running smoothly. Eight 8-ounce glasses is a good place to start, but depending on your levels of physical activity, you may need to up it from there.
- **Relax.** Stress impacts our immunity. Do your best to prioritize sleep this time of year whenever possible. Get in relaxing, meditative activities whenever and however you can. Set boundaries. Refer to your nourishment menu to help boost your energy, immunity, and mood.
- **Don't forget your zinc:** Zinc is an important mineral that we need to help keep our immunity. Low levels of zinc can lead to a depressed immune system and low energy. If you have IBS, take birth control pills, have been on a course of antibiotics recently, or take antacids regularly, chances are your body is low in zinc. Reach for zinc-rich foods like pumpkin seeds, spinach, grass-fed beef or lamb, broccoli, collards, mustard greens, oysters, and shrimp to boost your intake. And consider supplementing with 20 mg of zinc per day to bring your levels up.

Your Personal Nourishment Menu

Write down as many activities that you can think of that "feed" you but don't involve food. What can you reach for when you are feeling stressed, tired, or simply need to recharge your batteries? Some examples of healthy, nourishing activities might include calling a friend, taking a tea break, stepping outside for a 10-minute walk in the fresh air, scheduling a session with your personal trainer, getting a 10-minute massage, or buying yourself flowers. Be creative and write down ideas that inspire you and that you look forward to trying.

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Nutritious, Delicious Holiday Treats

Healthy Holiday Popcorn Balls

Adapted from Delicious Living Magazine

Makes 16-20

6 cups organic popped corn (about ¼ cup unpopped)
⅔ cup chopped almonds
¼ cup bittersweet chocolate chips
¼ cup plus 2 tablespoons maple syrup
½ cup plus 1 tablespoon almond butter or tahini
½ teaspoon salt

Mix popcorn, almonds, and chocolate chips (if using) in a large mixing bowl. Heat agave nectar, almond butter or tahini, and salt in a small saucepan over medium heat. Once syrup starts to get light, frothy, and bubbly, cook and stir constantly for another 30 seconds. Pour syrup over popcorn and mix with a wooden spoon until incorporated. Let cool completely.

When cooled, press small handfuls into balls with your fingers. These will keep for 2-3 days, covered, at room temperature.

Oatmeal Chocolate Chip Energy Cookies

Adapted from www.101cookbooks.com

Makes about 3 dozen cookies
3 large, ripe bananas, well mashed (about 1 1/2 cups)
1 teaspoon vanilla extract
1/4 cup coconut oil, barely warm - so it isn't solid (or alternately, you can use olive oil)
2 cups rolled oats
2/3 cup almond meal
1/3 cup coconut, finely shredded & unsweetened
1/2 teaspoon cinnamon
1/2 teaspoon fine grain sea salt
1 teaspoon baking powder
6 - 7 ounces dark chocolate chips or dark chocolate bar chopped

Preheat oven to 350 degrees, racks in the top third.

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In a large bowl combine the bananas, vanilla extract, and coconut oil. Set aside. In another bowl whisk together the oats, almond meal, shredded coconut, cinnamon, salt, and baking powder. Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chunks/chips. The dough is a bit looser than a standard cookie dough, but don't worry about it. Drop dollops of the dough, each about 2 teaspoons in size, an inch apart, onto a parchment (or Silpat) lined baking sheet. Bake for 12 - 20 minutes, depending on your oven, until cookie bottoms start to brown/turn golden – just be careful not to burn them!

Pumpkin Spice Cakes with Pecan Praline Sauce

Adapted from Paleo Magazine

This is so good that it's hard to believe it's healthy! (Here's a little secret: I've been known to eat this as breakfast! The protein from the eggs and nut flour makes this a filling, high-protein "cake".)

3/4 cup almond flour
1 tablespoon coconut flour
1 tablespoon pumpkin pie spice (or 2 tsp cinnamon and 1/4 tsp nutmeg)
1/2 teaspoon sea salt
1/2 teaspoon baking powder
2 eggs, room temperature
1/2 can organic pumpkin puree
1 tablespoon coconut oil or butter, melted
3 tablespoon maple syrup or honey
1 teaspoon vanilla extract

Preheat oven to 350° F.

Lightly grease 4 ramekins and set on a baking sheet. In a medium bowl, whisk together dry ingredients. With a hand mixer blend eggs, oil or butter, maple syrup, pumpkin and vanilla until well combined. Add in dry ingredients and mix well. Divide batter among the prepared ramekins.

Bake for 25 minutes or until the center is set and springs back when lightly pressed. Remove from oven and cool on a wire rack for 10 minutes. Carefully remove the cakes from the ramekins and cool completely.

Pecan Praline Topping for Cakes:

1/4 cup maple syrup
1/4 cup canned coconut milk
1/4 cup chopped pecans
1 tablespoon butter or coconut oil

In a small saucepan, combine all ingredients. Over medium-high heat, bring to a boil. Reduce the heat to medium low and simmer until the mixture thickens and reduces a bit, about 10 minutes or so. Remove from heat and allow to cool slightly. Serve while still warm or refrigerate in a glass container for up to 10 days. If storing in the refrigerator, warm the topping in the microwave or on the stove before serving.

Cinnamon-Walnut Baked Apples

Adapted from Delicious Living Magazine

Baked apples filled with healthy-fat walnuts and antioxidant-rich cranberries give this old-fashioned treat a new twist. Buy apples of uniform size for even baking; a small apple serves one, while large apples can be cut in half.

Serves 6

Syrup:

- 2 cups apple cider
- 1/2 cup date sugar
- 2 tablespoons fresh lemon juice
- 2 tablespoons vanilla extract

6 small to medium baking apples (Cortland or McIntosh)

- 3/4 cup chopped walnuts
- 1/2 cup date sugar
- 1 teaspoon freshly grated lemon peel
- 1/2 cup dried cranberries
- 6 cinnamon sticks

1. To make the syrup, mix cider, date sugar, and lemon juice in a saucepan and bring to a boil. Lower heat, simmer for 5 minutes, and add vanilla extract. Remove from heat.
2. Wash apples and remove cores, but do not cut all the way through to the bottom. Peel a wide strip around the top edge.
3. Preheat oven to 350°. Mix together walnuts, date sugar, lemon peel, and dried cranberries. Fill each apple with walnut mixture to within 1/4 inch of top. Insert a cinnamon stick into the center of each apple.
4. Place apples upright in a 9x13-inch baking dish. Pour prepared syrup over apples. Bake for 30–40 minutes or until tender, basting frequently with pan syrup.
5. When apples are done, remove from oven. Pour hot syrup onto each plate and place a baked apple on top. Remove cinnamon stick before eating.



Nourishing, Warming Winter Vegetables

Roasted Brussels Sprouts

Ina Garten, The Barefoot Contessa Cookbook

Serves 6

1 1/2 pounds Brussels sprouts

3 tablespoons good olive oil

3/4 teaspoon sea salt

1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more sea salt if desired and serve immediately.

Baked Acorn Squash with Butter & Maple Syrup

Makes 2 servings

1 acorn squash, cut in 1/2

2 tablespoons butter

2 tablespoons maple syrup

Sea salt

Freshly ground black pepper

Preheat oven to 400 degrees F.

Scoop the seeds and stringy pulp out of the squash cavities and discard. Place 1 tbsp of butter and 1 tbsp of maple syrup in each squash half, then sprinkle with salt and pepper. Place squash halves cut side up on a baking sheet or in a baking dish. Bake in the preheated oven for about 1 hour until the squash is tender when pierced with a fork. Serve 1 half per person.

Roasted Root Vegetables with Rosemary

Adapted from Bon Appétit Magazine

Serves 8

1 pound red-skinned potatoes, unpeeled, scrubbed, cut into 1-inch pieces

1 pound celery root (celeriac), peeled, cut into 1-inch pieces

1 pound rutabagas, peeled, cut into 1-inch pieces
1 pound carrots, peeled, cut into 1-inch pieces
1 pound parsnips, peeled, cut into 1-inch pieces
2 onions, cut into 1-inch pieces
2 leeks (white and pale green parts only), cut into 1-inch-thick rounds
2 tablespoons chopped fresh rosemary
1/2 cup olive oil
10 garlic cloves, peeled

Position 1 rack in bottom third of oven and 1 rack in center of oven and preheat to 400°F. Oil 2 heavy large baking sheets with a little butter, olive oil, or coconut oil. Combine all remaining ingredients except garlic in very large bowl; toss to coat. Season generously with salt and pepper. Divide vegetable mixture between prepared sheets. Place 1 sheet on each oven rack. Roast 30 minutes, stirring occasionally. Reverse positions of baking sheets. Add 5 garlic cloves to each baking sheet.

Continue to roast until all vegetables are tender and brown in spots, stirring and turning vegetables occasionally, about 45 minutes longer. (Can be prepared 4 hours ahead. Let stand on baking sheets at room temperature. Rewarm in 450°F oven until heated through, about 15 minutes.) Transfer roasted vegetables to large bowl and then serve.

Roasted Beet Salad with Asian Pear

Adapted from Gourmet Magazine

Serves 4

1 bunch beets (3/4 pound without greens or 1 1/4 pound with), trimmed
1/4 cup sliced natural almonds
3 tablespoons olive oil
1 tablespoon minced shallot
1 tablespoon fresh lemon juice
1 1/2 tablespoons red-wine vinegar
1/2 teaspoon salt
1 large Asian pear
3 cups baby arugula or baby spinach (3 ounces)

Preheat oven to 425°F.

Wrap beets in foil and roast in middle of oven until tender, 1 to 1 1/2 hours. Unwrap beets and cool. While beets are roasting, cook almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Cool almonds in oil (nuts will get darker as they cool). Transfer almonds with a slotted spoon to a small bowl and season with salt.

Stir together shallot, lemon juice, vinegar, salt, and oil from almonds in a large bowl. Slip skins from beets and halve large beets. Cut beets into 1/4-inch-thick slices and add to dressing, tossing to coat. Quarter and core pear and cut into julienne strips. Arrange beets on a platter and drizzle with any dressing remaining in bowl. Top with arugula, then pear. Sprinkle with almonds.

Butternut Squash Soup

Food Network

Serves 6

1 (2 to 3 pound) butternut squash, peeled and seeded
2 tablespoons unsalted butter or coconut oil
1 medium onion, chopped
6 cups vegetable or organic chicken stock
Nutmeg to taste
Salt and freshly ground black pepper

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.