

# NUTRITION BITS AND BITES

Eating around the holidays!



## Is it hard to say no to food?

People often struggle around the holidays with their food choices; they often feel like they are eating a lot of “bad” food.

Good news! Mindful eating gives you the tools to enjoy all food, GUILT-FREE. Check out the 4 tips on the right to see how you can balance your plate with all the foods you love!

## Mindful eating around the holidays!

### What is mindful eating?

Mindful eating teaches us to enjoy our food in every way (this includes the taste, smell, and texture). When we pay more attention to what we are eating, we tend to enjoy special treats guilt-free.

### Mindful eating tips:

- 1) Avoid distractions – it’s hard to be mindful when you are eating in front of the TV. Instead, enjoy your meal/dessert at the table with family and friends.
- 2) Avoid skipping meals – we all know what it feels like to be “HANGRY” (hungry + angry). We often don’t make the best food choices. Instead of skipping meals and overeating at a big feast, eat at regular times.
- 3) Give yourself permission – When we tell ourselves it is okay to enjoy food; we get rid of the guilt.
- 4) Plan your treats –this will make it easier to say no to less special treats.

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

## Chickpea Chocolate Chip Cookies

Prep: 8 min

Cook Time: 10 min

Ready in: 18 min

Yield: 14 cookies

### Ingredients

- 1¼ cups canned chickpeas (rinsed and patted dry)
- 2 teaspoons vanilla extract
- ¼ cup + 1 tablespoons peanut butter
- ¼ cup + 1 tablespoon almond butter - room temperature
- ¼ cup honey
- 1 teaspoon baking powder
- a pinch of salt
- ½ cup dark chocolate chips/chunks
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### Directions

1. Preheat oven to 350°F. Combine all the ingredients (except chocolate chips), in a food processor and process until very smooth. Make sure to occasionally scrape the sides.
2. Stir in chocolate chips. The mixture will be very thick and sticky.
3. With wet hands, form 1½" balls. Place onto a pan lined with parchment paper. Press down slightly on the balls. Wash hands in between rolling cookies if needed.
4. Bake for 10 minutes. The cookies will still be very soft when you take them out of the oven.
5. Cool and enjoy!

### Tips on getting the kids involved:

- Kids can measure and add ingredients into the food processor
- Let them get messy by rolling the dough into balls!



**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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