

The Holiday Season is here and so are holiday parties with great food. Just because you are eating healthier, doesn't mean you have to give up some of your favorite holiday foods. Enjoy these holiday favorites with a healthy ingredient swap. Happy Holidays!



Skinny Hot Chocolate

8 oz. milk (soy, almond, etc.)
1 1/2 tbsp. cacao powder
8-10 drops liquid stevia
1/4 tsp. peppermint extract (optional)

Instructions

In a small saucepan over medium low heat, whisk together the milk, and cacao powder until smooth. Add stevia to taste.

To make peppermint hot chocolate add peppermint extract, just a few drops at a time.

To make a mocha or peppermint mocha, add strong brewed coffee or a shot of espresso. Top with whipped cream.

Yield: Serves 1-2 Prep Time: 2 mins.

<http://www.yummymummykitchen.com/2014/12/healthy-hot-chocolate-recipe.html>



Healthy Eggnog

6 large egg yolks
1/3 cup maple syrup, pure
3 cups milk
1/2 tsp. nutmeg
1/4 tsp. cinnamon
1 tsp. vanilla extract

Instructions

Whisk eggs, maple syrup, and milk in a medium saucepan, and then place on a burner over medium heat. Whisk regularly until the mixture reaches 160* F or so and coats the back of a metal spoon slightly.

Remove from the heat and allow to cool for 10 minutes. Then mix in the spices and vanilla.

Chill in the fridge for a few hours or overnight.

Whisk well before serving.

<https://www.superhealthykids.com/healthy-eggnog-recipe>



Glazed Ham with Apricots

1 fully cooked bone-in smoked half ham
1 package dried apricot halves
2 tbsp. whole cloves
1/2 c. orange marmalade or apricot jam
2 tbsp. country-style Dijon mustard with seeds

Instructions

Preheat oven to 325 degrees F. With knife, remove skin and trim all but 1/8 inch fat from ham. Secure apricots with cloves to fat side of ham in rows, leaving some space between apricots. Place ham, fat side up, on rack in large roasting pan (17" by 11 1/2"); add 1 cup water. Cover pan tightly with foil. Bake 2 hours.

After ham has baked 1 hour and 45 minutes, prepare glaze: In 1-quart saucepan, heat marmalade and mustard to boiling on medium-high. Remove foil from ham and carefully brush with some glaze. Continue to bake ham 30 to 40 minutes longer or until meat thermometer reaches 135 degrees F, brushing with glaze every 15 minutes. Internal temperature of ham will rise 5 to 10 degrees F upon standing. (Some apricots may fall off into pan as you glaze.)

Transfer ham to cutting board; cover and let stand 20 minutes for easier slicing. Slice ham and serve with apricots from pan.

<http://www.goodhousekeeping.com/food-recipes/a8870/glazed-ham-apricots-ghk1207/>

Cookies

2 cups whole-wheat flour
1/2 tsp. salt
1/4 tsp. baking powder
10 tbsp. butter, softened
1/2 cup granulated sugar
1 ounce 1/3-less-fat cream cheese, softened
1 large egg
1 tsp. vanilla extract

Icing

1/2 cup powdered sugar
2 tbsp. plain 2% reduced-fat Greek yogurt
1/4 tsp. grated lemon rind
Naturally colored sparkling sugar (optional)

Iced Whole-Wheat Sugar Cookies

Instructions

To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife. Whisk together flour, salt, and baking powder in a medium bowl. Beat butter, granulated sugar, and cream cheese in a large bowl with an electric mixer on high speed until light and fluffy, about 3 minutes. Add egg; beat until well blended. Add vanilla; beat until blended. Reduce mixer speed to low. Gradually add flour mixture to butter mixture; beat just until combined.

Flatten dough into a 6-inch disk; wrap with plastic wrap. Chill 1 hour.

Preheat oven to 350°F.

Roll dough to 1/4-inch thickness on a lightly floured surface. Cut out 32 cookies, using a 2- or 3-inch cutter, rerolling scraps as necessary. Place cookies 1 inch apart on baking sheets lined with parchment paper. Bake 12 minutes or until lightly browned around edges. Cool.

To prepare icing, whisk together powdered sugar, yogurt, and rind; drizzle over cookies. Sprinkle with sparkling sugar, if desired. Let stand on a wire rack until icing is set, about 15 minutes.

<http://www.myrecipes.com/recipe/iced-whole-wheat-sugar-cookies>

Foam Roller

This is a 45 minute self myofascial release class that will help revive and restore muscle and joint function by releasing fascia that has become traumatized by overuse, surgery, or inflammation. Please bring water.

Classes are Wednesdays at 5:15 PM



Quadriceps Release

Begin at hip bone and allow body weight to sink into foam roller 12-15 seconds. Repeat down leg 1-2 inches at a time until you get to the knee. Alternate legs.



Hamstring Release

Begin at sitz (glute) bone and allow body weight to sink into foam roller 12-15 seconds. Repeat down leg 1-2 inches at a time until you get to the knee.

Alternate legs.



Back Release

Back Release: Begin at hips just below lower back and allow body weight to sink into foam roller 12-15 seconds. Continue up back 1-2 inches until you reach mid-back.

Living W Well
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