

MINUTE NUTRITION NEWS

December 2018

Non-Food Ideas for Stocking Stuffers

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The holiday season is a challenging time and environment for many who are trying to stick to healthy eating goals. Giving ourselves permission to fully enjoy delicious treats once in a while is important, but during the holidays, it can seem like every corner you turn is a temptation to eat regardless of whether you want to or not! Small steps can be taken to avoid extra calories when you don't want it. Start with your stocking stuffers, and consider some of these non-food ideas that will sure to be a hit in your family!

Children	Youth & Teens	Adults
Books	Phone case	Room or car freshener
Slime making kit	Battery bank	Wine glass charms
Colouring book	Stationary	Socks
Colouring pencils	Lego®	Candles
Scented markers	Earphones	Hand sanitizer
Paint set	Phone screen protector	Hand cream
Play dough	App store gift card	Phone case
Bubbles	Aroma diffuser	Battery bank
Stickers	Water bottle	Card games
Sidewalk chalk	Pop! Figures	Luggage tags
Craft kits	Cell Phone grips/mounts/stand	Gloves
Lego®	Lip balm	Ear muffs
Shopkins™	Mini fake plant	Essential oils
Puzzle	Hair ties and scrunchies	Coasters
Plush dolls	Fuzzy socks	Golf balls
Glow sticks	Ring holder / Jewelry stand	Reusable straws
Accessories set	Face sheet masks	Car tire air gauge
Educational games	Movies / Movie tickets	Tie
Bouncy balls	2019 Planner	Beard balm
Slinky	Ski hill gift card	Gift cards



Recipe of the month

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Lentil, Avocado & Peanut Butter Brownie

Looking for something sweet to share with friends and family this holiday season? Try this delicious brownie recipe loaded with healthy fats and protein – your guests will not even be able to guess that there are lentils and avocado hidden in all the chocolate goodness!



Makes 15 servings

Ingredients:

3 cups	Split red lentils puree
½ tsp	Vanilla extract
¾ cup	Brown sugar
4	Large eggs
1	Ripe avocado
1 cup	Unsweetened cocoa powder
1 tsp	Baking powder
½ tsp	Baking soda
½ tsp	Salt
½ cup	Semi-sweet chocolate chips
¾ cup	Walnuts, chopped
¾ cup	Peanut butter

Directions:

1. Preheat oven to 350°F.
2. Grease a 9 by 11 inch pan.
3. To make the lentil puree: Bring 1 ½ cups lentils and 4 cups of water to a boil. Cover and simmer for 7-9 minutes. Drain, reserving the liquid. Add ¼ cup of the lentil liquid back into the lentils. Puree in a blender or food processor until smooth.
4. Place all ingredients besides the chocolate chips, walnuts, and the peanut butter into the food processor. Process until ingredients form a smooth batter.
5. Pour batter into greased pan. Add chocolate chips and chopped walnuts. Combine evenly into batter.
6. Swirl in peanut butter.
7. Bake for 35-45 minutes until top of the brownies begin to crack. Cool.
8. Cut into 15 pieces.

Adapted from recipe by Chef Rebecca Peizer Culinary Institute of America (Retrieved from Lentils.org)

Nutrition information (per serving):

290 calories, Fat 16g (21% DV), Saturated Fat 4g (20%), Protein 12g, Carbohydrate 31g, Fibre 7g (25%), Sodium 210mg (9% DV), Potassium 432mg (9% DV)