Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

Visions of Sugar Plums...

Winter is here and the holidays are upon us. It can be a busy and stressful time of year for everyone: students are studying for finals, staff are finishing projects, and families are getting their homes ready for the holidays. One thing is the same though; we’re all and dreaming of a break. Here are some simple ways to warm up and relax during this busy time of year. You’ve earned it!

❄ Curl up with a mug filled with a warm treat:

* Tea: Green has antioxidants, Chai is sweet and spicy, and Herbal is mellow and caffeine-free.
* Hot cocoa: This gives an instant mood boost.
* Spiced cider: Warming it up slowly on the stove makes the house smell sweet and inviting

❄ Use a slow cooker for an easy meal that’s hot and delicious by dinnertime. Try www.crock-pot.com for recipes.

❄ Don’t have a slow cooker? Homemade soup on the stove is simple and easy to customize for all tastes.

❄ Warm someone’s heart with cookies (see recipe next page)

❄ Sweets abound this time of year, which can pose a challenge if you are watching your weight. You will have an easier time managing temptation if you don’t deny yourself sweets entirely. Instead, be aware of portion sizes, and eat slowly and mindfully. After all, isn’t the point to enjoy your treat?
Recipe

These no-bake cookies are a great way to satisfy your sweet tooth while sneaking in some important nutrients and antioxidants. Each cluster has 3.5 grams of fiber and are lower in sugar, fat, and calories than most desserts. Yum!

Chocolate Clusters

Ingredients:
- 1 cup toasted almonds, coarsely chopped
- 1/2 cup dried cranberries, coarsely chopped
- 1/2 cup Fiber One cereal (All Bran)
- 6 ounces dark chocolate, finely chopped

Directions:
1. Line a baking sheet with wax paper
2. Mix the almonds, cranberries, and cereal together in a large bowl
3. Melt the chocolate in a microwave safe bowl in the microwave for 90 seconds on high
4. Pour the chocolate over the nut-fruit-cereal mixture and stir to combine
5. Spoon out mounds of the mixture (about one tablespoon) and place on baking sheet
6. Set the sheet with the clusters in the refrigerator for 15 minutes until they set. Store and serve at room temperature

Upcoming Events

Final Cooking Classes of 2011
- The Secret Ingredient Dining Series finishes up with Nutritious Sweets on Friday, December 9 from 12-1 pm
- $20 per class (students & staff $10)

Sign up at:
www.nutritioncenter.colostate.edu

Need more activity information?
CSU’s Adult Fitness program has just what you need. Check them out at http://www.hes.cahs.colostate.edu/outreach/adultfitness/Default.aspx?sm=e

Don’t forget to get out and play!

Take some study and shopping breaks to...
- Start a snowball fight
- Grab your sled and head for the hills
- Strap on some skates and hit the rink
- Try a new winter activity. Have you ever...
  - Gone snowshoeing?
  - Glided through the snow on cross-country skis?
  - Shot down the slopes on an inner-tube?

For more info on winter activities, check out: “Winter Activities Beyond the Slopes” at www.colorado.com