



## Take 5 for your health

3 RECIPES. 5 HEALTH FACTS.  
1 QUICK READ FOR YOUR COFFEE BREAK.

### Smart snacking for the holidays

We often have good intentions to stay healthy as the holidays approach. But as we go about our hectic days, we face diet-busting challenges like the mid-morning munchies or that 3 pm wall.

Reaching for a sugary treat may give you a quick energizing jolt, but this will quickly flame out, leaving you with the same craving and starting the cycle over again. By choosing snacks made with whole foods high in nutrients, fiber and protein, like the **Oatmeal Carrot Cookie Dough Bites** and **Cheesy Apple and Herb Popcorn** in this issue of *Take 5*, you're more likely to lift your mood without the nasty roller-coaster effect.

If you've got little ones in the house, smart snacking is especially important, as diet can affect kids' sleep (and most kids aren't getting enough sleep—see our *Take 5* health facts for more). Our recipe for **Orange Cream Soda** is a healthier alternative to pop and a great treat for kids who love a little fizz.



## OATMEAL CARROT COOKIE DOUGH BITES

### MAKES 16 COOKIE DOUGH BITES

When a snack attack hits, there's no time to wait for an oven to preheat. These healthy cookie dough bites come together in a New York minute so you can crush your craving fast!

**3 Medjool dates**  
**4 dried apricots**  
**1 tsp (5 mL) coconut oil**  
**1/4 cup (60 mL) pumpkin puree**  
**1 tsp (5 mL) vanilla extract**  
**1 cup (250 mL) rolled oats**  
**3 Tbsp (45 mL) whole wheat flour**  
**2 Tbsp (30 mL) hemp hearts**  
**1/4 tsp (1 mL) ground cinnamon**  
**1/8 tsp (0.5 mL) ground ginger**  
**1/8 tsp (0.5 mL) ground cloves**  
**Pinch of finely ground black pepper**  
**1 cup (250 mL) grated carrot**  
**1/4 cup (60 mL) unsweetened shredded coconut,**  
**for garnish**

In bowl of food processor fitted with steel blade attachment, pulse together dates, apricots, coconut oil, pumpkin puree and vanilla until well combined and dates and apricots have broken down into small pieces. Scrape down sides of bowl with rubber spatula as needed. Alternatively, finely mince dates and apricots and mix together with coconut oil, pumpkin puree and vanilla in large bowl. Add rolled oats, flour, hemp hearts, cinnamon, ginger, cloves, pepper and carrot. Process or mix until well combined and mixture sticks together when pinched between your fingers.

Roll mixture into walnut-sized balls before coating in coconut. Devour right away or refrigerate on parchment-lined baking sheet for a few hours and savor later. Cookie dough bites also freeze beautifully stored in an airtight container. Allow to sit at room temperature for about 20 minutes before eating.

**EACH COOKIE DOUGH BITE CONTAINS:** 74 calories;  
2 g protein; 3 g total fat (2 g sat. fat, 0 g trans fat);  
11 g total carbohydrates (5 g sugars, 2 g fiber); 8 mg sodium



## CHEESY APPLE AND HERB POPCORN

### SERVES 6

This savory popcorn creation is sure to disappear fast at family movie night. Feel free to play around with the herb flavor; thyme or sage work particularly well in place of the rosemary.

**1/4 cup (60 mL) nutritional yeast**  
**1/2 tsp (2 mL) garlic powder**  
**1/2 tsp (2 mL) onion powder**  
**1/2 tsp (2 mL) ground cumin**  
**1 tsp (5 mL) paprika**  
**1/2 tsp (2 mL) chili powder**  
**1 tsp (5 mL) chopped rosemary**  
**2 Tbsp (30 mL) coconut oil**  
**1/2 cup (125 mL) popcorn**  
**1 cup (250 mL) dried apple rings, chopped**

In small bowl, whisk together nutritional yeast, garlic powder, onion powder, cumin, paprika, chili powder and rosemary.

In large saucepan or stockpot over medium-high heat, warm coconut oil. Add popcorn and cover with lid. About every 10 seconds, shake pot back and forth over heat to stir up popcorn kernels. Once popcorn starts to pop, shake pot continuously until popping stops, about 5 minutes.

Remove from heat and, while popcorn is still warm, sprinkle herb mixture over popcorn and stir to incorporate. Stir in apple pieces before dividing among individual serving bowls or tumbling into one large bowl.

**EACH SERVING CONTAINS:** 166 calories; 6 g protein; 6 g total fat (4 g sat. fat, 0 g trans fat); 26 g total carbohydrates (8 g sugars, 6 g fiber); 20 mg sodium



## ORANGE CREAM SODA

**SERVES 4**

The caffeine kick and sugar rush delivered from a can of soda pop may help us get through the afternoon, but it's not doing us any favors when it comes to our health. This DIY soda may be all you need to can your soda habit for good. With a splash of coconut milk, this soda turns into a creamy treat.

**2 cups (500 mL) orange juice, no sugar added**

**1 tsp (5 mL) finely grated orange zest**  
**1/2 in (1.25 cm) piece of vanilla bean, split in half**

**Ice**

**4 cups (1 L) sparkling mineral water or soda water, divided**

**1/4 cup (60 mL) coconut milk, divided**  
**Orange slices, for garnish**

Place orange juice, orange zest and vanilla bean in medium saucepan. Bring to a simmer over medium heat and cook, stirring often, for about 20 minutes, or until liquid has reduced to 1/2 cup (125 mL). Remove from heat and strain mixture through fine mesh sieve into small bowl, pressing down on pulp to extract as much liquid as possible. Chill in refrigerator until cold, about 4 hours.

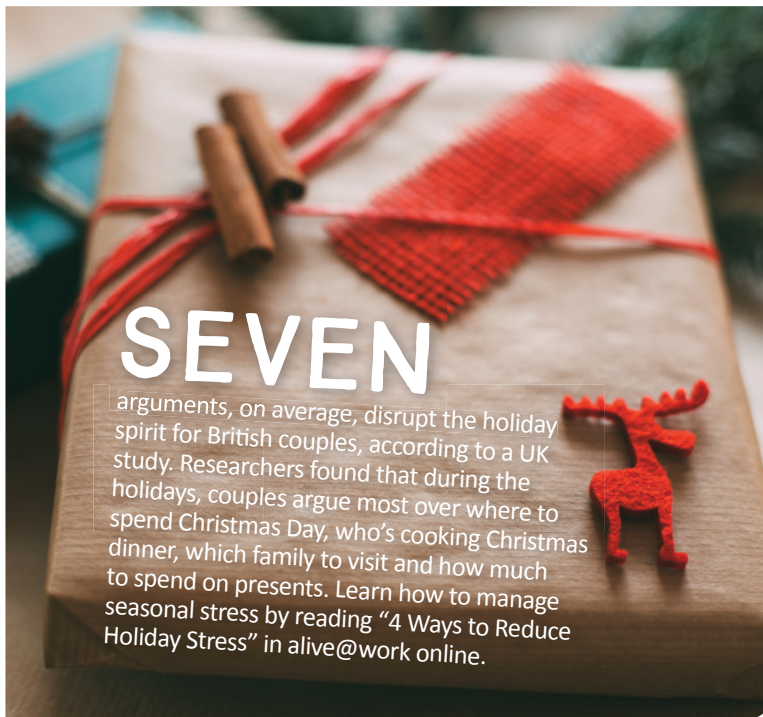
To serve, pour 2 Tbsp (30 mL) orange syrup into tall glass. Add ice and 1 cup (250 mL) soda water or sparkling water. Stir to combine well. Top soda with 1 Tbsp (15 mL) coconut milk and garnish with an orange slice just before enjoying.

**EACH SERVING CONTAINS:** 95 calories; 1 g protein; 4 g total fat (3 g sat. fat, 0 g trans fat); 15 g total carbohydrates (12 g sugars, 0 g fiber); 6 mg sodium



### #1

most recorded holiday song since 1978 is “Silent Night.” Caroling, late nights or exposure to germs may result in a sore throat. You probably have some natural remedies in your kitchen. For sore throat relief, take a spoonful of honey or stir it in hot tea, or gargle with 1/2 tsp (2 mL) of salt mixed in a glass of warm water.



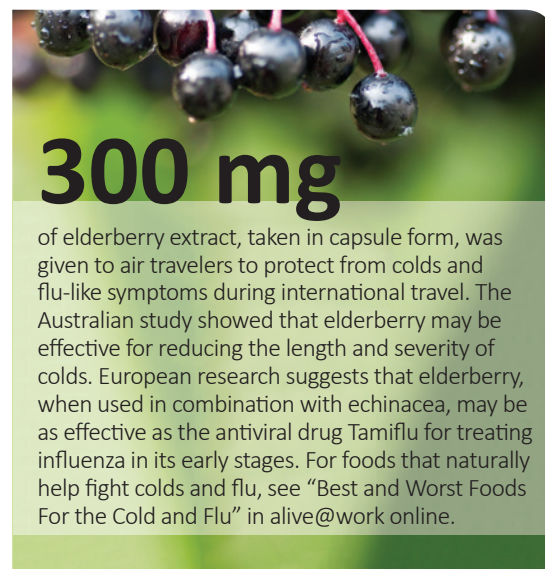
### SEVEN

arguments, on average, disrupt the holiday spirit for British couples, according to a UK study. Researchers found that during the holidays, couples argue most over where to spend Christmas Day, who’s cooking Christmas dinner, which family to visit and how much to spend on presents. Learn how to manage seasonal stress by reading “4 Ways to Reduce Holiday Stress” in alive@work online.



### 2 times

more likely for six- to 10-year-old kids to misbehave at the dinner table when they eat foods like chicken drumsticks or corn on the cob that require biting the food with their front teeth. A small US study found that when children’s food was cut up for them, children behaved much less aggressively while eating—something to keep in mind when you want your little ones to be on their best behavior at holiday gatherings.



### 300 mg

of elderberry extract, taken in capsule form, was given to air travelers to protect from colds and flu-like symptoms during international travel. The Australian study showed that elderberry may be effective for reducing the length and severity of colds. European research suggests that elderberry, when used in combination with echinacea, may be as effective as the antiviral drug Tamiflu for treating influenza in its early stages. For foods that naturally help fight colds and flu, see “Best and Worst Foods For the Cold and Flu” in alive@work online.



### 90%

of children aren’t getting the recommended amount of sleep for their age group, according to Penn State researchers. Using TVs and computers in their bedrooms was one factor that affected kids’ sleep time. Going to bed at a regular time and limiting caffeine can ensure kids get enough sleep. Sleep deprivation can lead to poor grades, sports injuries and obesity.