

Holiday Food Cravings



WHEN AND HOW TO INDULGE

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HOLIDAYS ARE THE HARDEST TIME TO STICK WITH SENSIBLE EATING HABITS. YOU ARE INVITED TO PARTIES AND CELEBRATIONS WHERE YOU GET TEMPTED WITH RICH TRADITIONAL TREATS, SWEETS AND GOODIES. BUT YOU DON'T NEED TO WORRY AS LONG AS YOU MENTALLY ACCEPT AND UNDERSTAND THE IMPORTANCE OF HEALTHY EATING HABITS. IT IS OK TO INDULGE DURING THE HOLIDAY SEASON, BUT DON'T FEEL GUILTY AFTERWARDS. FEEL EVERY BITE WITH JOY AND LOVE AND YOU WILL EXPERIENCE A WELL-BEING OF BODY, MIND AND SPIRIT. AND THAT IS WHAT COUNTS.

PLAN AHEAD:

This will give you confidence and security

- Drink warm water with freshly squeezed lemon first thing in the morning to alkalize your body. Let this become your every day routine.
- Have some ginger tea before the party; it will help digest food better, and prevent bloating and flatulence.

- Take digestive enzymes with you just in case you mix different foods and make poor food choices.
- Eat some protein before you go to the party; you will not be so hungry, seeking unhealthy treats.
- Bring your own special munchies and treats if possible; at least you know that they are without preservatives, additives and ingredients that you are allergic to.





continued on page 58

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continued from page 57



AT THE PARTY:

Enjoy yourself

- Enjoy holiday party foods, but be selective.
- Try not to mix a lot of different foods; your tummy will thank you.
- For every glass of wine drink two glasses of water...you will prevent dehydration and a hangover.

THE DAY AFTER:

Replenish and detoxify

- Probiotics are essential for intestinal health, especially if you suffer from

stomach aches, cramps, and bloating. They will replenish good bacteria and facilitate elimination.

- Detox your body with fresh home-made juices made of dandelion, beets, apples and carrots. They are easy to digest, will detox your liver, and flush out alcohol. And if you think that your body requires more food, then try only easy digestible foods such as quinoa, brown rice etc.

Below are my deliciously tasty treats. They are easy to prepare and you can enjoy them all year around. They contain no bleached white flour or unhealthy fats.

NORI VEGETABLE ROLLS

- 2 nori sheets
- 4 radishes, red, thinly sliced
- 4 cherry tomatoes, sliced
- 1 red pepper, sliced
- 3 tbsp. parsley pate
- 3 sun dried tomatoes, chopped
- ½ cup sunflower sprouts
- Bragg to taste
- Extra virgin olive oil, accordingly

Soften Nori sheets with olive oil. Spread over parsley pate and add all ingredients. Roll them up.

PAPAYA, MANGO AND FRESH FIG SALAD

- ½ large papaya, peeled and cubed
- 1 mango, peeled and chopped
- 4 fresh figs, chopped
- ½ tsp. lemon juice
- 1 tsp. cinnamon

Combine all ingredients together and sprinkle with cinnamon.

RASPBERRY TRUFFLES

- 1 cup almonds un-soaked
- ½ cup raisins, soaked
- 1 tbsp raw cacao
- Coconut flakes
- ½ cup fresh raspberries or to a desired consistency

Blend the almonds, raisins and raspberries in a food processor to a smooth consistency. Mix in the raw cacao. Shape the mixture into small balls and roll them in coconut flakes.

ENJOY and HAPPY HOLIDAYS to you and your family.

Remember, you don't go to the party to only eat, but to visit your family and friends. It is a celebration of life and friendship, and a time of giving and joyful reunions.