

Holly Jolly Giving

Nothing says the Christmas season more than giving. According to an article posted by Berkley College, giving can help increase the strength of your community. This research points out that it increases health in people who are ill and elderly. However, shopping is not always the easiest task and can be very stressful.

Hy-Vee can provide you with all the supplies you need to give that special gift for a friend, co-worker or family member. Try our holly jolly jar gift ideas and be the favorite this season.

In a mason jar...

- *Add a variety of herbal tea bags*
- *Add the recipient's favorite coffee bean*
- *Add all the dry ingredients for a tasty pancake mix*
- *Add seasonal popcorn with dried fruit for a festive trail mix*
- *Add the recipient's favorite make-up, lip balm and lipstick*
- *Add dry ingredients for favorite oatmeal recipes*

Decorate the top of your jar with a festive Christmas fabric and tie a ribbon around the top of the jar that includes a tag to state whom the gift is to and from. Remember to include instructions for completing the recipe. You can even add a fun Christmas bow to give extra appeal to your holly jolly jar gift.

Iced Gingersnap Trail Mix

Makes 20 servings (½ cup each)

All you need

- 4 cups Angie's Iced Gingerbread Holidrizzle kettle corn
- 1 cup Annie's gluten-free gingersnap Bunny cookies
- 1 cup vanilla yogurt raisins
- 1 cup Hy-Vee dried cranberries

All you do:

1. In a large bowl, mix together all ingredients.
2. Portion out ½ cup trail mix per person.

Nutrition facts per serving: 130 calories; 4 g total fat; 2 g saturated fat; 0 g trans fat; 0 mg cholesterol; 23

Dietitian pick of the month

ALMOND OR COCONUT FLOUR

Boost Your Holiday Baking

The holiday season is upon us and for many that may mean entertaining family and friends. Will you be baking your family's favorite treats this season? Here are some great reasons to try coconut and almond flours, while boosting the nutrition in your baked goods.

Almond and coconut flours make a great addition to baked goods and are perfect for your friends and family who follow a gluten-free diet. Almond flour can be invaluable for anyone following a low-carb diet and is a good source of protein, fiber, vitamin E and magnesium. Almond flour is made from skinless almonds that are finely ground. Almond meal can give baked goods a moist texture and buttery flavor.

Coconut flour is made from coconut solids that are ground into a powder. Like almond flour, coconut flour is also lower in carbohydrates and high in fiber - a whopping 13 grams of dietary fiber in $\frac{3}{4}$ cup! Coconut flour provides sweetness and a rich texture to baked items. Due to its high-fiber and low-carbohydrate content, coconut flour is a good substitute for regular flours for those who are living with diabetes. High-fiber foods may play a role in controlling blood glucose levels. Besides its use in baked goods, almond meal can be used in place of regular flour as a coating for chicken and fish. Homemade meatballs can be made using almond flour in place of breadcrumbs.

This holiday season, start a new tradition and try almond or coconut flour in your baking.

Cinnamon Sugar Cookies with Coconut Flour

Makes 3 dozen cookies

All you need:

4 large eggs

$\frac{3}{4}$ cup and 2 tablespoons sugar, divided

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{2}$ cup unsalted butter, softened

$\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup sifted coconut flour

2 teaspoons cinnamon

All you do:

1. Preheat oven to 375 degrees.

2. Combine eggs, $\frac{3}{4}$ cup sugar, vanilla, butter and salt; mix well.

3. Stir in coconut flour and let sit for 5 minutes to thicken.

4. Combine cinnamon and 2 tablespoons sugar.

5. Form dough into 1-inch balls; roll in cinnamon/sugar mixture.

6. Place on cookie sheet 1 inch apart; flatten.

7. Bake for approximately 8-9 minutes.

8. Remove from sheets to wire racks to cool.

Top Food Trends for 2015

A new year will soon be upon us, and, as always, some new food trends will emerge. Kale and quinoa, the “it” foods of 2014, will remain popular, and several new items are also attracting chefs’ attention. These top food trends for 2015 indicate that people’s palates are continuing to evolve, and we are craving new adventurous foods and flavors that still meet our demands for balanced nutrition. Start watching for:

1. **More smoked items.** The demand for smoked foods has risen as chefs have begun to apply smoke to a variety of proteins, as well as alternatives like vegetables, butters, spices, beers and cocktails.
2. **More fermented foods.** The popularity of preserving foods by fermentation will continue to rise. You will begin to notice foods like yogurt, tempeh, sauerkraut, kimchi, kombucha and kefir on menus, as well as in people’s kitchens, with the growing awareness of digestive health. These foods contain live cultures (or are preserved in liquid) to convert sugars and starches into bacteria-boosting agents.
3. **Local grains.** While locally grown fruits and vegetables remain in high demand, the “next level of local” will be locally sourced grains. Expect more farmers to grow small-scale grain varieties and sell them to local bakers, chefs, brewers and consumers.
4. **Ugly, misshapen fruits and vegetables.** Consumers are becoming more aware that imperfect-looking produce still tastes great. Produce with an appearance that previously would have been relegated to compost will instead be marketed and sold.
5. **Coconut sugar.** The new “it” sweetener, this sugar (from the sap in the flowers of coconut plants) has the same amount of calories as regular sugar. Coconut sugar is minimally processed, is claimed to be more sustainable, and is perceived to be healthier than table sugar. For example, compared with table and brown sugars, coconut sugar also contains nutrients like zinc and iron, as well as antioxidants. Coconut sugar also contains good amounts of inulin, a type of dietary fiber that acts as a prebiotic that feeds the good bacteria in your gut.
6. **Matcha.** Expect more products with Japanese Matcha, a powdered, bright green tea that is packed with insoluble fiber and antioxidants. Matcha contains less caffeine than traditional green tea, but it still provides an energy boost. As opposed to most teas, Matcha is sold as a fine powder that contains the entire tea leaf and thereby maximizes release of the tea’s nutrients; teas that are steeped in hot water have many of their nutrients left behind in the tea bag.
7. **Nutrition apps.** We are no longer relying on just the nutritional information on packaging to know what is in our food. Smartphone apps, such as Fooducate, can give additional and more accurate information, and people are increasingly using these apps to make food selections. In addition, innovative devices like Prep Pad pair with an iPad app to calculate the exact nutrition content of your planned meals, including carbohydrates, fats, protein and calories, by scanning the bar code of food packages.

The information is not intended as medical advice. Please consult a medical professional for individual advice.

Head into the Holidays with a Sparkle in Your Eye...and in Your Glass!

If the panic and dread of holiday stress is already beginning to creep into your thoughts, the following strategies may help keep the stress out, so you can keep that holiday sparkle in your eyes!

Part of the stress associated with the holidays can be remedied by keeping yourself in good health with healthy foods and habits. Try these tips:

- * Don't fall into the trap of "saving calories" by not eating a meal, so you can enjoy more holiday foods later in the day. Studies show this strategy just doesn't work.
- * Do eat smaller portions, but balanced meals for breakfast, lunch and dinner. Include low-fat protein (fish, nuts, legumes, chicken, eggs), nourishing whole grains, leafy greens, sweet peppers and other brightly colored vegetables as well as fruits. These foods contain stress-fighting nutrients such as B-vitamins, Vitamin C, calcium and magnesium.
- * Get enough sleep. According to the National Sleep Foundation, most adults require between seven to nine hours of sleep to meet their basal needs for good health. Individual needs may vary based upon sleep quality, general health, activity level and sleep deficit recovery. Consuming alcohol may make a person feel tired initially, but studies indicate alcohol may not be ideal for restful sleep. Go easy on the alcohol at holiday gatherings, or for best results go for non-alcoholic choices.
- * Limit caffeine. It can increase heart rate and anxiety, but also may reduce absorption of stress-fighting nutrients like iron and magnesium.

A growing trend is serving fun and delicious "mocktails" at social events. Made from sparkling fruit juices and other flavoring ingredients that may or may not imitate a traditional cocktail, mocktails even offer a health advantage by providing great taste without the calories from alcohol, added sugars and sodium. Try these sparkling combinations at holiday gatherings this year:

Mocks"Cow" Mulç

Serves 2 (6-ounce) beverages

All you need:

8 oz ginger beer

4 oz Izzè Sparkling Grapefruit juice beverage

Fresh lime, sliced ½-inch thick and cut into wedges

Lime wedge for garnish, if desired

Ginger sugar* for garnish, if desired

All you do:

1. In a cocktail shaker combine ginger beer and sparkling grapefruit beverages.
2. Squeeze 1 or 2 wedges of lime (to taste) into the shaker. Gently mix contents to blend.
3. Pour into an 8-ounce holiday tumbler. Garnish the rim with ginger sugar and a nectarine or peach wedge and mint leaf. Serve immediately.

To make ginger sugar: Combine 2 tablespoons sugar with 1 tablespoon ground ginger. Apply ginger sugar to rim of tumbler by moistening rim with a lime wedge, then dusting sugar mix over rim so it sticks.

Nutrient Facts: Per serving: 70 calories, 10 g carbohydrates (0 g dietary fiber, 6 g sugars) 1 g protein, 0 g fat, 5 mg sodium

Upcoming Hy-Vee Events

Taste of Hy-Vee, December 5th & 6th, Free

This event will be held store-wide offering various samples of Holiday favorites. Event is Friday December 5th 3-7pm and Saturday December 6th 11am-4pm. come enjoy some samples and get some great recipes.

Holiday Dinner and Wine tasting, Tuesday December 16th from 6-8pm. \$30

This event will be held in the Hy-vee club room from 6-8pm serving a holiday dinner and wine tasting. Cost is \$30/person. Please call or stop by customer service to sign up.

Kids in the Kitchen, Thursday, December 18th from 4-5pm. \$5

We will be celebrating the holiday season by making healthy and fun treats. This will be held from 4-5pm in the Hy-Vee Clubroom and is \$5. Please call or stop by customer service to sign up.

Prime Rib Dinner, Thursday, December 18th from 4-7pm.

A Prime rib dinner will be served from the Hy-Vee kitchen in the dining area from 4-7pm.