


December 2019



HOLIDAY ACTIVITIES

(NOT INVOLVING FOOD)



Visit Snow Mountain (Stone Mt) and go sledding

Visit local tree farms

Put up Christmas/Holiday lights

Gather pinecones : make a craft

Make homemade Christmas/Holiday ornaments

Walk the neighborhood looking at lights

Snowball fight - if we have snow, otherwise ball up leftover wrapping paper and "Paper ball fight"

SLOW COOKER BANANAS FOSTER

Ingredients

- **1 tbsp coconut oil, melted**
- **3 tbsp honey or agave nectar**
- **Juice from 1/2 lemon or 1 tbsp lemon juice**
- **1/4 tsp cinnamon**
- **5 bananas medium firmness, 1/2 inch slices**
- **1/2 tsp 100% Rum extract**
- **Optional : top w/ Stevia for increased sweetness or Halo top ice cream**

Combine the first 4 ingredients and add to slow cooker. Add banana slices and stir gently w/ agave/honey mixture to coat the bananas. Cover and cook on low 1 1/2–2 hours. Add rum extract and stir to combine.

Enjoy alone or top w/ Halo top ice cream

1/2 cup serving:

WASSAIL (low calorie version of this holiday favorite)

1.5 quarts apple cider

1 quart diet cranberry juice

4 sticks cinnamon

8 cloves

10 allspice berries

1 quarter sized slice of ginger

1 orange, sliced

1/4 cup of cranberries

Place all ingredients in a large pot or crockpot and bring to a low boil. Reduce heat to the lowest setting and cover. Simmer for 2-4 hours. If desired, strain out spices and serve