

## December Healthy Living



Click [HERE](#) to see the Healthy Living Challenge video on goal setting for this month! Each month is a new chance to get healthy and win a gift card to help you make healthy choices all year long. Here's how it works, each month I will give you a new Healthy Living Challenge.

As you complete the challenge, send your SMART New Year's Resolution to:

[eusticehome@gmail.com](mailto:eusticehome@gmail.com) along with your name.

You will be featured in the following month's flier as a *Healthy Living Challenger* (see following page) **and** you'll be entered in the monthly drawing for a \$10 gift card to a business that has healthy choices! The December winner will be announced at the January club meeting. The more monthly challenges you complete through the year, the more chances you have to win and to keep making healthy choices every day!

**Entries are due by January 8th**



### December Healthy Living Recipe

Looking for a fun Winter Break Breakfast?

You can also try using apples, nuts, blueberries, pumpkin, oats, banana, sweet potato, carrots or maybe even dark chocolate instead!

#### Vegan Gluten-Free Cranberry Orange Muffins

- 1 ½ Tbsp orange zest (1 medium orange yields ~1 ½ Tbsp zest)
  - 2 Tbsp flaxseed meal (ground flax seeds)
  - 1/3 cup orange juice
  - 2/3 cup maple syrup
  - 2 Tbsp avocado oil (or other neutral oil)
  - 2 Tbsp [plain unsweetened dairy-free milk](#) (we used almond)
  - 1 tsp vanilla extract
  - 1 cup [almond flour](#)
  - 1 cup [oat flour\\*](#) (certified gluten-free as needed)
  - 3/4 cup [potato starch](#) (NOT potato flour)
  - 1 tsp baking powder
  - 1 tsp baking soda
  - 1/4 tsp sea salt
  - 1 ½ cup fresh or frozen whole cranberries
1. Preheat your oven to 350 degrees F (176 C) and line a standard-size muffin tray with 12 paper muffin cups (adjust if altering the default number of servings). Set aside.
  2. In a medium mixing bowl combine the orange zest and flaxseed meal and whisk together. Next add the orange juice, maple syrup, avocado oil, dairy-free milk, and vanilla. Whisk well, until there is no separation between the oil and other wet ingredients. Add the almond flour, oat flour, potato starch, baking powder, baking soda, and salt. Whisk thoroughly to fully combine and break up any flour clumps. Lastly, fold in the cranberries, making sure to distribute them evenly throughout the batter.
  3. Divide the batter evenly between the muffin tins and bake for 30-35 minutes. When cooked, the tops will be golden and spring back when touched. Let the muffins cool in the pan for at least 10 minutes before removing and letting cool for at least 15 more on a cooling rack. Then they can be enjoyed warm or at room temperature!
  4. Store in an airtight container at room temperature for 1-2 days, in the refrigerator for up to 3-4 days, or in the freezer for up to 1 month.

# November's Healthy Living Challengers!

For Thanksgiving weekend we jumped on the trampoline, played basketball and went to the park.

Thank you,

Hunter and Tucker

