

Healthy Living Challenges - December

Meeting Officer: Greyson Braden

As a reminder, this year, we are looking at two aspects: eating healthy and moving our bodies.

Both the recipes and the physical challenges below are optional, but we would love to see as many people as possible participate. When you complete either activity, please take a picture of yourself with the item and email it to 4h. The names of those members that participate will be entered into a drawing that will be conducted at the next club meeting. If you do both activities, your name will be entered twice. I ask that you send your photos no later than one week before the meeting so that I have enough time to look them over and write your names out for the drawing.

December Meeting Challenges - Photos due Monday, January 19th

Theme: **New Year**

Physical Challenge: **Snowball fight (outside in snow or inside with paper)**

Recipes: **Strawberry Frozen Yogurt, Yogurt Parfait with Homemade Granola**

Recipe Option 1 - Beginning Baker



[Easy and Delicious Strawberry Frozen Yogurt Recipe](#)

Yogurt Ingredients

1 pound fresh strawberries

½ lemon, juiced

2 (7 ounce) containers Greek yogurt (such as Fage®)

¾ cup white sugar

Yogurt Directions

- 1) Blend strawberries and lemon juice together in a blender until smooth; refrigerate until cold, about 1 hour.

- 2) Stir yogurt and sugar into strawberry mixture until well blended and smooth; pour mixture into the ice cream machine's container.
- 3) Freeze according to the manufacturer's directions for a soft-serve consistency.

Recipe Option 2 - Culinary Creator (Advanced)



[Yogurt Parfait Recipe](#)



[Honey Nut Granola Recipe](#)

Parfait Ingredients

2 cups vanilla yogurt
1 cup granola
8 blackberries

Parfait Directions

Layer 1 cup yogurt, 1/2 cup granola, and 4 blackberries in a large glass; repeat layers.

Granola Ingredients

4 cups rolled oats
1 cup sliced almonds
1 cup chopped pecans
1 cup raw sunflower seeds
1/3 cup canola oil
1/2 cup honey

1 tablespoon ground cinnamon

1 teaspoon vanilla extract

Granola Directions

- 1) Preheat the oven to 300 degrees F (150 degrees C).
- 2) Stir oats, almonds, pecans, and sunflower seeds together in a large bowl. Mix oil, honey, cinnamon, and vanilla together in a smaller bowl; pour over dry ingredients and mix well.
- 3) Spread mixture onto two ungreased baking sheets.
- 4) Bake in the preheated oven until golden, about 20 minutes, stirring halfway through.
- 5) Remove from the oven and let cool completely before storing.