



BalanceHealthSM Newsletter

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Healthy Holiday Makeovers

We are all aware of the decadence that surrounds the holiday season! But did you know that the month of December actually celebrates some of our favorite indulgences? December 19 is Oatmeal Muffin Day and December 25 is Pumpkin Pie Day.

On the surface these appear to be sweet holiday treats with little nutritional value, but with a few tweaks they can actually become part of a healthy diet if enjoyed in moderation.

Use the following tricks to turn these holiday indulgences into something that can be enjoyed guilt free!

Oatmeal Muffins

Although muffins tend to be high in calories, adding oatmeal gives them a nutritional boost. Oats are a whole grain and have many health benefits. Oatmeal is rich in soluble fiber and can therefore help lower cholesterol. Its high fiber content also makes it a heart healthy option, helping to reduce the risk of high blood pressure. Oatmeal also contains a special type of antioxidant called avenanthramide, which can help fight off free radicals and help prevent the arteries from hardening. Fiber filled oatmeal also helps stabilize blood sugar, preventing cravings later on. Finally, oatmeal contains a certain type of fiber called beta-glucan fiber, which helps rev up the immune system.

Applesauce Cinnamon Oat Muffins

Celebrate Oatmeal Muffin Day with these delicious low calorie muffins that have the added health benefits of both applesauce and cinnamon, courtesy of Taste of Home!

Ingredients:

1-1/2 cups quick-cooking oats
1-1/4 cups all-purpose flour
1/2 cup packed brown sugar
1 teaspoon Baking Powder
3/4 teaspoon ground cinnamon

1/2 teaspoon salt
1 cup unsweetened applesauce
1/2 cup fat-free milk
3 tablespoons canola oil
1 egg white

For more information or advice about healthy holiday eating contact your Wellness Coordinator by calling:

1.800.327.2255

eni's **BalanceHealth** program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





Directions:

In a large bowl, combine the first seven ingredients. In another bowl, combine the applesauce, milk, oil and egg white. Stir into dry ingredients just until moistened. Fill muffin cups coated with cooking spray three-fourths full. Combine topping ingredients; sprinkle over batter. Bake at 400° for 16-18 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing to a wire rack.

Nutritional Facts:

One muffin equals 222 calories and 6 grams of fat

Pumpkin Pie

Pumpkin pie is the perfect holiday desert and it can actually be healthy since the base is nutrient rich pumpkin! A single cup of cooked, mashed pumpkin has over 200% of your recommended daily intake of Vitamin A, which aids vision. Pumpkin can also help with weight loss or maintenance as it is relatively low in calories, but high in fiber, so it keeps you feeling full longer. Pumpkin is also a good source of beta-carotene, which may play a role in cancer prevention according to the National Cancer Institute. Beta-Carotene also helps skin stay smooth and wards off wrinkles. Pumpkin is also rich in potassium, which helps restore the body's balance of electrolytes after a heavy workout and keeps muscles functioning at their best. Finally, pumpkins are a solid source of Vitamin C!

Light Pumpkin Pie

Make this lighter version of traditional pumpkin pie, courtesy of Extension, which reduces much of the calories and fat, yet still tastes delicious!

Ingredients:

cup ginger snap cookies	1/2 cup sugar
1/2 cup egg whites (about 4)	2 teaspoons pumpkin pie spice
16 ounce can pumpkin	12 ounce can evaporated skim milk

Directions:

Preheat the oven to 350 degrees.
Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator. Allow to cool and slice.

Nutrition Facts:

One slice of pie equals 180 calories and 2.5 grams of fat

Remember that eni's Wellness Coaches are available to assist our members with developing a healthy eating plan throughout the year. Wishing you a delicious and healthy holiday season!

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