

NWHC NEWSLETTER

Your guide to bringing health and happiness back to the kitchen table.

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WHAT'S NEW

5 Tips to Curbing Your Sweet Tooth - 1
Recipe: Healthy No-Bake Cookies- 2
Meal Prepping Tip: Grains- 2

5 TIPS TO CURBING YOUR SWEET TOOTH

I can't remember a time when I didn't crave something sweet on a daily basis. As a kid I would come home from gymnastics or soccer practice and instantly dive into a bowl of cookie dough ice cream. As an adult, I have the same craving after a meal. With most Americans consuming over 19 teaspoons of sugar a day (the recommended amount is 6 teaspoons a day), I have the feeling that I'm not alone. Here are some tips on how to satisfy our sweet cravings in a healthy way.

- 1. Eat fruit-** Fruit is loaded with fiber, vitamins and minerals, and supports a healthy digestive tract. Choose a favorite fruit, cut it up and leave it in the fridge to reach for when your sweet craving hits. It is so much better than reaching for a sleeve of Oreos.
- 2. Incorporate sweet veggies into your routine-** Carrots, squash, beets, and a variety of other vegetables have a ton of benefits while also giving you that yummy sweet taste. Incorporate them into your meals and they may keep you from dreaming of a processed sugar bomb.
- 3. Drink seltzer water with natural flavoring-** Soda and juice are two of the largest contributors to American's excessive sugar intake. Opt for seltzer water or regular water and add cucumber slices or muddled berries and lemon instead.
- 4. Bake your own sweet treats and use natural sweeteners-** There are a plethora of amazing recipes for baked sweets that use real, healthy ingredients. Look for recipes that use bananas, honey, or 100% pure maple syrup as the sweetener, or try the recipe in this newsletter!
- 5. Cut out artificial sweeteners-** People often think that drinking a diet soda is better for their health. It has actually been proven time and time again to be the exact opposite. When we consume artificial sweeteners, our body is smart enough to recognize it as an imposter, leaving us feeling unsatisfied and looking for and consuming more. If you are going to indulge in something sweet, go for the real thing.

RECIPE- HEALTHY NO-BAKE COOKIES

RECIPE FROM ANGELA OF *OH SHE GLOWS*

These cookies are about as easy as they come. They have healthy, whole ingredients and are bursting with antioxidants. The cacao powder packs them full of calcium and iron, and the chia seeds are a great source of omega 3 fatty acids. These guys will fulfill your sweet craving without the feelings of guilt. The key to these is to enjoy just one or two so that your craving is appeased but you don't over do it. Enjoy!

INGREDIENTS

WET INGREDIENTS:

- 3 tablespoons coconut oil
- 2 tablespoons nut butter*
- 1/4 cup cacao powder or cocoa powder
- 1/4 cup 100% pure maple syrup**
- 1 teaspoon pure vanilla extract

DRY INGREDIENTS

- 1/3 heaping cup of rolled oats
- 1/3 cup unsweetened shredded coconut
- 2 tablespoons chia seeds
- 1/8 teaspoon sea salt

DIRECTIONS

- Prepare a large plate with a sheet of parchment paper or tin foil and set aside.
- Warm oil in medium sized pot over medium heat.
- Add nut butter, cacao powder, and syrup, whisking until all melted together and clumps removed.
- Remove from heat and stir in vanilla.
- Add oats, coconut, chia seeds and salt to the pot and mix well. The texture may be thick and dense, but that's normal.
- Scoop out cookie sized chunks of batter and place on prepared plate until all of the batter is used.
- Place the plate in the freezer for 15-30 minutes to set.
- Cookies can be eaten straight from the freezer or, once they set, moved to the fridge. They can be kept in a container in the fridge for a week or freezer for about a month.

* Nut butter- my favorite for this recipe is sunflower seed butter, but almond or peanut works great too. If you use a nut butter that is oily, mix real well before putting it in the pot.

** I used about 1/6 a cup of syrup and it was sweet enough. Honey can also be used instead of syrup.



Meal Prepping Tip of the Week: Grains

I often hear of people being afraid of carbs. The Paleo and Atkins diets have created an influx of protein obsessed eaters that have lumped all carbs as bad. Anything that we overdo is unhealthy, and there certainly are unhealthy carbs, but whole grains are incredibly beneficial. They actually contain protein, fiber, are rich in B Vitamins, antioxidants, and trace minerals. They keep us satiated and, when chewed well, release a sweetness that may help curb our sweet cravings.

Tip: Cook up two cups of your favorite grain at the beginning of the week. Add it to salads, soups, or have a 1/2 cup topped with olive oil, salt & pepper, parsley and pepita seeds as a side with dinner. You can even use most grains as you would oatmeal for breakfast, adding almond milk, berries, cinnamon and nutmeg to a bowl of quinoa or buckwheat.

Gluten Free Grains- oats, quinoa, buckwheat, millet, rice, amaranth, and teff.

Do you know someone that is invested in their health and wellness and would enjoy this newsletter? Please forward it onto them and let me know about them!