

# HEALTHY BITES

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## Tips to LiveLighter® through Christmas

It's Christmas - a time to eat, drink and be merry! While you might be looking forward to munching on some delicious food over the festive season, chances are you're not so thrilled by the prospect of the post-meal food coma. We've put together our top six tips to help you get the balance right.

### 1. Fruity desserts

Including fruit in your dessert will not only add colour and flavour, it will also make your sweet treats more nutritious. Fruit is high in fibre, keeping you fuller for longer.

### 2. Take a break from drinking

The energy from alcohol can add up quickly. Just two 375mL cans of full-strength beer contain a whopping 1160kJ, that's the same as a piece of fried chicken. If you choose to drink, take note of how much you are drinking and space out your alcohol by having a glass of water between each drink.

### 3. Festive water

Keep jugs of water with ice on the table to prompt everyone to drink more water - fancy them up by making fruit ice cubes or add strawberry and mint to sparkling water to be extra festive!

### 5. Choose more veg

To avoid overeating, fill half your plate with vegetables or add a side of salad. Eat your salad and vegetables first as these are high in nutrients and low in energy.

### 6. Mind over munch

It's Christmas day, it's okay to have a few treats, but be mindful of the amount you are eating. Eat what you actually want, not everything in sight. You'll feel better for it.

Don't forget, a day of festive eating is okay, but don't let the Christmas overindulgence last for the whole month.



# APRICOT CUSTARD FLAN

**Prep:** 10 min

**Cook:** 30 min

**Serves:** 6



## Ingredients

- ▲ 2 apples
- ▲ ½ tsp ground nutmeg, optional
- ▲ olive or canola oil spray
- ▲ ¼ cup plain flour
- ▲ 1 ½ tbs caster sugar
- ▲ 2 eggs
- ▲ 1 cup reduced-fat milk
- ▲ ½ tsp vanilla extract
- ▲ 825 g canned apricots in natural juice, drained
- ▲ 1 tsp ground cinnamon

## Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray a 22cm diameter shallow ovenproof dish with oil.
3. Combine flour, sugar, eggs, milk and vanilla in a bowl and mix well.
4. Place apricots with cut side down into dish, then pour egg mixture on top and sprinkle with cinnamon.
5. Bake for 30 minutes or until custard is set.
6. Stand for 5 minutes before serving

**HINT:** You can put the ingredients for the custard batter into a blender jug or food processor bowl and process for 30 seconds.

## VARIATIONS:

- ▲ Use 600g of any kind of fresh seasonal fruit or canned fruit (drained of natural juice) including peaches, plums, pears, apples, pitted cherries or frozen berries.
- ▲ Alternatively bake individual servings in four small 1-cup capacity ovenproof dishes for 25 minutes.



### Pineapple sparkler (serves 2)

For the ultimate summer refresher, blend 2 pieces of glace ginger,  $\frac{2}{3}$  cup canned pineapple pieces and 1 tsp lemon juice in a blender or jug that can be used with a stick blender. Divide between two glasses and top with  $\frac{3}{4}$  cup of soda water per glass.