

Mindful



Health

# Newsletter

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**T**hanksgiving is famous for enormous quantities of food and full bellies. But this holiday can also be about friends, family, and enjoying food for its quality not just the quantity.

A few tips to get through the holiday happy, healthy and sane!

1. Eat a little something before going to your dinner so that you don't eat everything in sight.

2. Bring a dish of your own so that you can manage to eat something healthy.

3. It is OK to indulge a little. But if you do, don't beat yourself up about it because that is even more unhealthy for your body.

Here are some recipes to satiate and keep the waist in check.

## PUMPKIN ALMOND BREAD

*Adapted from Cook Right for Your Type*

- Butter or oil for the pan
- One cup white spelt flour
- 3/4 cup ground almonds
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cloves
- 1/8 teaspoon nutmeg
- 1/2 teaspoon ginger
- 3/4 of a cup of xylitol \*natural sugar substitute
- 1/4 cup butter at room temperature
- 2 eggs
- 1 cup pumpkin
- 1/3 cup of rice milk
- 1/2 cup raisins or chopped figs



Preheat oven to 350 degrees. Grease a 9x13 inch glass pan. In a large bowl, mix flour, ground almonds, baking powder, cinnamon, cloves, nutmeg and ginger. In a separate bowl,

beat the xylitol, butter or margarine, and eggs until very light. Add the pumpkin and beat again. Swiftly add dry ingredients alternately with rice milk in two additions. Stir in raisins or figs. Pour into prepared pan and bake about 30 minutes or until a straw comes out clean. Yield: 1 loaf

## SWEET POTATO HASH

- 1 large sweet potato, scrubbed and grated
- 1/4 cup grated onion
- 1 egg
- 2 tablespoons chopped cilantro
- 1/4 cup rice flour
- 1/2 teaspoon salt
- 2 teaspoons olive oil

In a large bowl, mix together all of the ingredients. In a large greased skillet over medium high heat add potato mixture and flatten across the pan. Cover and cook for 10 minutes. With a spatula flip sections over and cook an additional 5 minutes. Serve.



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Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 956-7629 for a free consultation or e-mail her at [Nicole@mindfulhealth.biz](mailto:Nicole@mindfulhealth.biz)

## MIXED GREENS WITH PEARS AND BALSAMIC VINAIGRETTE

*The Washington Post*  
8 servings

- 1/2 cup extra-virgin olive oil
- 1/4 cup walnut oil
- 3 tablespoons balsamic vinegar
- 1 to 2 tablespoons sherry vinegar (may substitute 1 tablespoon sherry and 1 tablespoon red wine vinegar)
- Salt
- Freshly ground black pepper
- 8 cups mesclun greens
- 3 pears, preferably Concorde\*

**MAKE AHEAD:** The vinaigrette can be made 2 to 3 days in advance and refrigerated. Salad greens can be washed on Thanksgiving morning, loosely wrapped in paper towels and refrigerated in resealable plastic bags until ready to use. Concorde pears, unlike other varieties, are very slow to oxidize, or turn brown, so they can be sliced and refrigerated with the salad greens several hours in advance. If using another type of pear, slice and add to the salad just before dressing it.



In a small bowl, add the oils and the vinegars and whisk to combine. Add salt and pepper to taste. If serving immediately, set aside; otherwise, transfer the vinaigrette to an airtight container and refrigerate. Bring to room temperature when ready to serve.

Place the mesclun greens in a large bowl. Halve the pears lengthwise and core. Thinly slice each pear half lengthwise at full length to retain the pear shape. Add to the greens and toss. Shake the vinaigrette and add just enough to moisten the greens and pears (there will be some vinaigrette left over). Toss gently to coat. Serve immediately.

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