



Striving for a healthy holiday season

Finish Well 2025

WeightWatchers

WeightWatchers can help you reach your health goals. Benefits-eligible Commonwealth of Virginia employees, spouses, and adult dependents (18+) are eligible for the discounted WeightWatchers membership. Visit [WW.com/commonhealth](https://www.weightwatchers.com/commonhealth) for more info.

Pumpkin-Oat Cookies with Cranberries

Enjoy this holiday cookie recipe that is like a miniature chewy granola bar. Canned pumpkin and mashed banana add moisture and help keep added sugar to a minimum.

See the attachment to get the recipe!



Enjoy time together with friends and family, making laughter and memories the focus instead of food.



Eating Healthy for the Holidays

- **Eat Mindfully.** Enjoy the season without overindulging by paying attention to hunger cues and feeling full. Eat slowly and savor each bite.
- **Don't Skip Meals.** Skipping meals earlier in the day leads to low blood sugar, feeling famished and overeating at dinner through late night.
- **Keep Portions in Check.** Enjoy holiday foods without feeling deprived. Using a smaller plate with less room for food can help with portion control.
- **Take 10 before taking seconds.** After finishing your first helping, take a 10-minute break for your stomach to signal "I'm getting full" to your brain.
- **Fill up on high fiber foods.** Satisfy hunger by enjoying veggies, fruits and small amounts of seeds and nuts along with small portions of your favorite holiday treats.
- **Drink Wisely.** Stay hydrated with water and low-calorie beverages. Try to limit alcohol and highly sugary drinks.



Food Safety and Holiday Leftovers

- Use separate cutting boards, plates, and utensils for raw and cooked foods.
- Cook poultry and meats to an internal temperature of 165°F.
- Refrigerate perishable foods within two hours.





Pumpkin-Oat Cookies with Cranberries

Point Value 0 pts **Total Time** 40 min **Prep** 15 min **Cook** 25 min **Serves** 24 **Difficulty** Easy

Ingredients

Uncooked old fashioned rolled oats, 2 cups

Pumpkin pie spice, 2 tsp

Table salt, ½ tsp

Pumpkin puree, 1 cup

Vanilla extract, 1 ½ tsp

Banana,
2 medium, ripe, mashed

Egg,
1 large egg, lightly beaten

Reduced sugar dried cranberries, ½ cup

Instructions

- Preheat the oven to 350°F with one oven rack in the upper third of the oven and another rack in the lower third. Line 2 sheet pans with parchment paper.
- Heat a medium skillet over medium-high. Add the oats to the pan; cook, shaking the pan frequently, until the oats are lightly browned and toasty-fragrant, 2 to 3 minutes. Pour the oats into a medium bowl; stir in the pumpkin pie spice and salt.
- In another medium bowl, whisk together the pumpkin, vanilla, bananas, and egg. Add the oats mixture and cranberries; stir until well combined.
- Drop the dough onto the prepared pans, about 1 ½ tablespoons per cookie. Bake the cookies at 350°F until lightly browned and set, about 20 minutes, rotating the pans halfway through.

Serving size: 1 cookie

Learn more about WeightWatchers or sign up at [WW.com/commonhealth](https://www.weightwatchers.com/commonhealth)