



Simple, science-backed guidance for a healthier workforce









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.

Please see the attachment for the recipe or view it online.



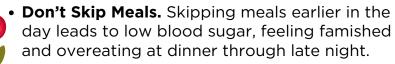
Enjoy time together with friends and family, making laughter and memories the focus instead of food.





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.



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 lowcalorie 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.







<u>Pumpkin-Oat Cookies</u> <u>with Cranberries</u>

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 toastyfragrant, 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

