



STUFF THEIR STOCKINGS...WITH GOOD HEALTH

Everyone loves the gift of delicious food, and your neighborhood Hy-Vee has the perfect items for stuffing stockings. Help Santa out this year by taking your Hy-Vee dietitian's suggestions and stuff their stockings with good taste and good health.

GOOD-FOR-YOU GIFTS:

- Burt's Bees lip balm and lotion
- EOS lip balm
- Ecotools make-up brushes
- KIND nut and fruit bar
- Somersault sunflower seed snacks single-serve pack
- Sawmill Hollow Aronia Plus Superfruit Chews
- Clementine orange
- Toothbrush & toothpaste
- Mini Chocolove dark chocolate bar

FOR THE GOURMET FOODIE:

- Zöet premium Belgian chocolate bar paired with a bottle of merlot wine
- Craft beer with nuts
- Zyliss kitchen tools – herb snippers, cherry pitter, garlic slicer, lettuce knife
- Local honey
- Bulk snack mixes
- Himalayan pink sea salt grinder

TREAT YOUR TEACHER:

- Stash brand teas paired with Madhava flavored agave nectar
- EOS hand cream
- Zum's popular Frankincense and Myrrh-scented soap
- Zum hand sanitizer
- Starbucks or Caribou coffee



CELEBRATE HOT COCOA DAY – DECEMBER 13TH

Enjoy a creamy, chocolaty cup of hot cocoa. Simply heat a mug of Kalona SuperNatural organic whole chocolate milk in the microwave. Kalona organic chocolate milk is produced from 100% Amish and Mennonite family farms in Iowa and Missouri.

WHAT'S NEW & EXCITING



SUN WARRIOR PROTEIN BLENDS

Sun Warrior protein powders are 100%-vegan, easily digestible and free of common allergens, such as soy, dairy and gluten. The Warrior Blend combines three plant-based proteins (pea, cranberry and hemp seed) and medium-chain triglycerides from coconut oil for a unique combination of essential amino acids that provides 20 grams of protein per scoop.



PRETZEL CRISPS

Rethink holiday snacking with Pretzel Crisps dipped in dark chocolate crunch or peanut butter crunch. It's a perfect blend of crunchy, sweet and salty, with fewer calories and less fat. Great holiday gift idea too.



BRETON GLUTEN-FREE CRACKERS

Enjoy a holiday favorite, with new gluten-free Breton crackers. Same great taste and light, crispy texture. Peanut-free and trans-fat free. Flavors include Original with Flax and Herb and Garlic.

Dietitian Pick of the Month CRANBERRIES

5 Reasons to Eat Cranberries...

1. Cranberries have unique health benefits from naturally occurring compounds called proanthocyanidins (PACs), which may help prevent urinary tract infections, stomach ulcers and gum disease.
2. Cranberries contain some of the highest amounts of flavonoids, which may help promote circulation and maintain heart health.
3. New studies have found cranberries may help boost a healthy immune system.
4. One cup fresh, chopped cranberries has 5 grams of fiber and is a good source of vitamin C.
5. Enjoy cranberries in a variety of forms – fresh, dried and juice. A one-cup serving of fruit equals 1 cup fresh, ½ cup dried or ½ cup 100% cranberry juice.



Dietitian Recipe of the Month

CRANBERRY JALAPENO CREAM CHEESE DIP

Serves 16

ALL YOU NEED

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| 1 (12-ounce) bag Ocean Spray fresh cranberries | 1 tsp orange zest |
| 1 to 2 jalapeno peppers, stemmed and seeded | ¼ cup chopped green onion |
| ½ cup Hy-Vee sugar | 1/8 to ¼ tsp ground cumin |
| ¼ cup Walden Farms calorie-free cranberry sauce | Pinch salt |
| 2 tbsp fresh orange juice | 2 (8-ounce each) packages Hy-Vee light cream cheese, softened |
| | Whole-grain crackers |

ALL YOU DO

1. In a food processor, chop cranberries and jalapeno pepper to a fine dice. Add sugar, Walden Farm cranberry sauce, orange juice, orange zest, onion, cumin and salt. Pulse to combine. Pour mixture in bowl, cover and place in refrigerator at least 4 hours or overnight.
2. Spread softened cream cheese onto a large rimmed dish or 9-inch pie plate. Top cream cheese with cranberry-jalapeno mixture. Cover and place in refrigerator 2 hours. Serve with crackers. Serves 16

Nutrition facts per serving: 110 calories, 6 g fat, 4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 105 mg sodium, 10 g carbohydrate, 1 g fiber, 8 g sugar, 2 g protein.
Vitamin A 0%, Vitamin C 8%, Calcium 2%, Iron 0%