

## Have a Heart-Healthy Christmas

'Tis the season to eat delicious foods, drink and be merry, and, of course, enjoy a plethora of yummy desserts. The holiday season is a time known for putting on a few extra pounds with the expectation of working them off after the New Year. It doesn't have to be this way. As a fitness guru and exercise enthusiast, the holidays can be a time to lead by example with your clients and family members by creating and sharing heart-healthy recipes that warm the spirits and nourish the body.

Healthy doesn't mean there is no taste. Try a new kind of holiday cheer by spreading the good news of how to stay fit and still eat tasty recipes. For staying fit during this time of year, check out our [blog](#) of 5 amazing places to travel with great scenery and fun outdoor activities for the fit adventurous type.

Spices are in during the holiday season, and with the right spices you can add a little healing to your meals. Three great spices that warm the body during the cold and help aid healing are cinnamon, nutmeg and cloves. Cinnamon is known to help fight colds, aid digestion, and increase circulation. A few dashes of nutmeg to your favorite recipes will help aid digestion, while also helping to mediate the effects of heavy food and late night eating. Cloves, much like cinnamon, help to reduce mucus and phlegm in the sinuses, while encouraging mental clarity.

Now you're ready to prepare a few delicious recipes, so enjoy the three below that are worth sharing with family, friends and clients. Show up to that holiday party with a healthy alternative that everyone will love & enjoy!

### 3 Heart Healthy Recipes Worth Sharing this Holiday Season

**Crispy Brussel Sprouts:** These are a simple, yet delicious appetizer to make with few ingredients. Mix your brussel sprouts in coconut oil, add Himalayan sea salt and pepper. Pour brussel sprouts onto baking sheet and bake in the oven at 400F for 10 minutes or until crispy. For even better flavor add parsnips for a blend of sweetness to the dish.

**Roasted Root Vegetables:** Root vegetables are one of the best appetizer or side dishes you can bring as a healthy alternative for the holidays. A dish that will warm the hearts and add color to any plate. Mix yams, beets, carrots, parsnips, sweet potatoes and rutabagas – for extra color blue potatoes are also a great add on. In a bowl mix them with apple cider vinegar, brown sugar, Himalayan salt and a dash of olive oil. Spread on a pan and bake in the oven for 40 minutes at 450F.

**Celery Root & Parsnip Mash:** Swap out mashed potatoes for this savory dish and reduce your meal by 100 calories or more. Add 2 parsnips and one celery root to boiling water, cook until tender, then let sit for 2 minutes. Add half the cubes to a blender, mix with almond milk and greek

yogurt – blend well. Pour into a bowl and repeat with the other half of parsnips and celery root. Mix together. Season with Himalayan salt and pepper, and they're ready to serve!

**Enjoy these amazing recipes this holiday season, find time to exercise, and keep your season bright and healthy. Brought to you by CPH and Associates, the leader in [personal training insurance](#).**

**Author:**

CPH & Associates