



Cleveland Clinic
Wellness

Season's Eatings:

Put seasonal food on your table; minus the label.

Fall: Healthy Holiday Favorites

The holiday season is upon us and it's a great time to gather with family and friends to enjoy your favorite dishes! Many traditional recipes this time of year tend to be high in calories, processed sugar, and saturated fat. Why not start a new tradition by preparing a favorite dish with a healthy twist. Skip the heavy cream, added sugar, and enriched flour and substitute with ingredients like almond milk, fresh fruit, and whole grains. Create a tasty, healthier version of your own, which is sure to be a new favorite this holiday season!



This season create a holiday inspired recipe using healthy, natural ingredients that you love that will love you back!

Send a photo and recipe to wellness@ccf.org by December 31st for a chance to win a \$25 Amazon gift card!

