

7 Ways to Crush Holiday Cravings with Healthier Alternatives

Next time you're craving something sweet or salty, try one of these healthier alternatives.

When you're craving something sweet like candy, pastries, or chocolate, try replacing it with:



Dark Chocolate: Dark chocolate (+70%) contains antioxidants and minerals and is usually lower in sugar.

Homemade Nice Cream: Blend your favourite fruits with cottage cheese til it looks like a thick shake. Then freeze the mixture for 2-3 hours for a healthy protein ice cream that will satisfy any sweet tooth.

Applesauce Or Fresh Fruit: Applesauce is sweet due to the fruit sugar from the apples and will provide you with nutrients like fibre, vitamin C, and antioxidants. Same with fresh fruits. Plus, they're low in calories and will keep you fuller for longer.



When you're craving something salty like potato chips, try replacing it with:

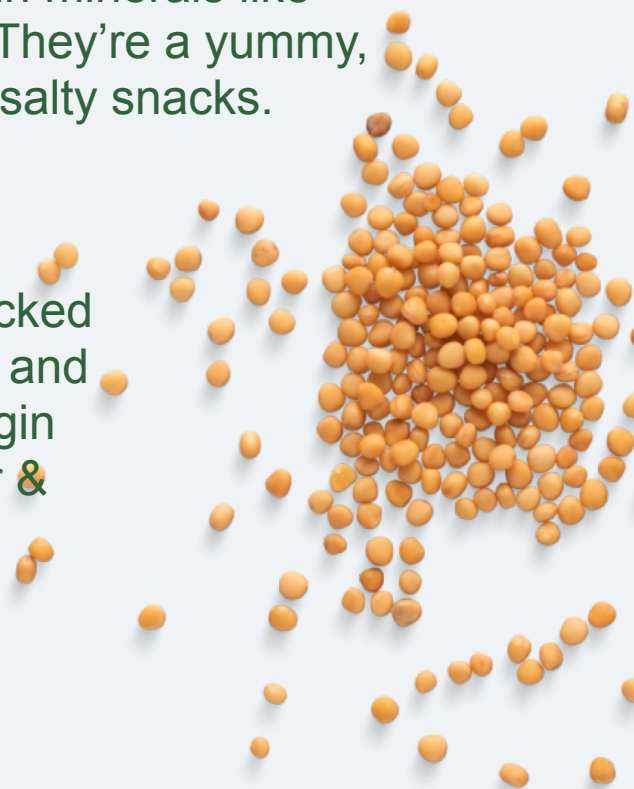


Popcorn: Air-popped popcorn is much lower in calories. Add minimal butter, salt or other toppings.

Hummus: Hummus is the perfect dip. Dip carrot, pepper or celery sticks or sliced cucumbers in hummus.

Edamame And Nuts: Nuts and edamame beans, are packed with proteins and healthy fats. Some are also rich in minerals like selenium and magnesium. They're a yummy, healthier alternative to salty snacks.

Roasted Chickpeas: Chickpeas come packed with nutrients like protein, fibre, vitamins, and minerals. Roast them in a little extra virgin olive oil and sprinkle with garlic powder & paprika – delicious!



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