



Keeping the Holidays Fun and Healthy

This time of year it's important to enjoy yourself. You don't have to deny yourself the treats that go along with the holidays, simply remember to get sufficient protein and minimize your carbohydrate intake. Serve yourself a little more meat, cheese and vegetables and you'll have less room for sweets after dinner. Eat only part of a muffin and half a slice of pie, this is the best way to treat yourself without overloading your pancreas. You'll avoid gaining weight and enjoy yourself at the same time!

Also, do your best to avoid hydrogenated oils like margarine, crisco, vegetable oils, non-dairy whipped toppings or other artificial foods. If you can't avoid them, be sure to take a little extra herbal detox and EFAs to help your body deal with any additional toxins you might consume. Taking extra EFAs about 20 minutes before eating will also help curb your appetite. You'll fill up faster and feel better, too.

Below is a fantastic low carb desert recipe to share and enjoy! Have a blessed and happy holiday and we'll see you again next year with more great nutritional science!

If you have any questions or comments about this month's newsletter please e-mail the professor at: prof-nutrition@sbcglobal.net

This Month's Low-Carb Recipe: Coconut Cream Pie

Ingredients

2 cups heavy whipping cream
1 can 14 oz coconut "milk"*
1/4 cup sugar
8 large egg yolks.
1 Tbl vanilla extract
2 cups (unsweetened) shredded coconut
pinch of salt
2 ready-made (thin, not deep dish) crusts (butter preferred)

Preparation

1. Cook the 2 pie crusts per directions. Let cool.
2. Scald (heat to boiling) the cream and sugar in a saucepan over medium heat stirring to dissolve the sugar.
3. In a separate bowl beat the egg yolks and a pinch of salt until well blended.

4. While beating the yolks with an electric beater add the cream slowly while mixing (to avoid curdling).
5. Cook over low heat while beating until thickened (about 10 minutes) until it coats the back of a wooden spoon.
6. Remove from heat and add the vanilla.
7. Pour into crust and refrigerate at least 3 hours before serving.

You can top with fresh whipped cream for an extra treat!