

METABOLIC CHANGE DECEMBER 2019 NEWSLETTER



WAYS TO GIVE

- 1. Operation Christmas Child**
- 2. Adopt a Family or Angel Tree, sponsored by the Salvation Army**
- 3. Visit UNICEF Market for Christmas cards, ornaments, and decorations**
- 4. Buy gifts from companies that give, e.g. Endangered Species Chocolate**
- 5. Donate. Children's Hospitals and pediatric wards, schools, libraries, food banks, and family or animal shelters post wish lists with needed items.**

ECO-FRIENDLY GIFTS

- 1. Family recipes or photos in a digital album**
- 2. Gifts from the kitchen, such as treats, breads, or jams**
- 3. Memberships, such as AAA or warehouse club memberships**
- 4. Events such as classes, or concert, theater, or theme park tickets**
- 5. Wrap gifts in reusable Christmas bags or shopping bags from Etsy**
- 6. Online subscriptions for magazines, movies, games, music, or software**
- 7. DIY themed gift baskets, such as dinner with recipe & ingredients, gardening with tools & seeds, or spa with robe, soaps, and bath bombs**

EGGNOG RAISIN FRENCH TOAST

4 eggs

1 t pure vanilla

1 t pumpkin pie spice

1 T butter or Earth Balance

8 slices cinnamon raisin bread

1 C Califia Farms Holiday Nog

Melt butter in skillet. Whisk eggs, holiday nog, vanilla, and pumpkin pie spice together. Soak bread slices in mixture, one by one, and fry until golden on both sides. Serve with powdered sugar or pure maple syrup.

