

METABOLIC CHANGE DECEMBER 2020 NEWSLETTER



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A HOMESPUN CHRISTMAS

DECORATIONS

- a. **Ornaments.** For *Lovely Etc.*'s 27 Standout Handmade Christmas Ornaments, click [here](#).
- b. **Lights.** For *Greenily's* Quick Guide to Energy Efficient Christmas Lights, click [here](#).
- c. **Tree.** For *Zero Waste Memoir's* How to Celebrate the Season with an Eco-Friendly Christmas Tree, click [here](#).
- d. **Gift Wrapping.** For *Splendid Moon's* Zero Waste Gift Wrapping Ideas, click [here](#).
- e. **Wreaths.** For *Lolly Jane's* 5 diy wreaths to make this season, click [here](#).

GIFTS FROM THE KITCHEN

- a. **Breads, Muffins, & Buns.** For *Taste of Home's* 40 Cozy Holiday Breads to Bake and Share All Season, click [here](#).
- b. **Homemade Fudge or Candy.** For *Chocolate, Chocolate, and More's* 50 Christmas Candy Recipes, click [here](#).

- c. **Jams, Jellies, & Sauces.** For *DIY & Crafts' 20 Easy Jam and Jelly Recipes That Make Excellent Holiday Gifts*, click [here](#).
- d. **Salts & Spices.** For *Melissa K Norris's Homemade Spice Mixes and Herb Blends & Free Printable Tags*, click [here](#).
- e. **Flavored Popcorn.** For *Confessions of an Overworked Mom's Healthy Homemade Popcorn Seasoning Recipes & Printable*, click [here](#).
- f. **Christmas Cookies or Cake.** For *DIY & Crafts' 70 Christmas Cookie Recipes to Bring a Taste of Joy to Your Holiday Season*, click [here](#).
- g. **Candied Fruit or Nuts.** For *Taste of Home's Slow Cooker Candied Nuts*, click [here](#).

GIFTS FOR THE HOME

- a. **Gifts in a Jar.** For *DIY Projects' 60 Gifts In A Jar That Are Oh So Cute And Easy to DIY*, click [here](#).
- b. **Blankets.** For *Martha Stewart's Make Your Own Cozy Throws with Our Best Blanket and Quilt Patterns*, click [here](#).
- c. **Potpourri or Simmer Scents.** For *Country Hill Cottage's 6 Christmas Potpourri in a Jar Recipes*, click [here](#).
- d. **DIY Gift Baskets.** For *Country Living's 25 DIY Christmas Gift Basket Ideas You'll Love Making This Year*, click [here](#).
- e. **Photo Canvases or Digital Albums.** For *Prudent Penny Pincher's 70 Thoughtful DIY Photo Christmas Gifts*, click [here](#).
- f. **Homemade Soaps, Scrubs, or Bath Bombs.** For *Color Your Health's 10 Simple Yet Impressive Christmas Melt and Pour Soap Recipes*, click [here](#).
- g. **DIY candles.** For *The Frugal Girl's Easy Homemade Soy Candles*, click [here](#).

OLD_FASHIONED SNICKERDOODLES

1 C butter, softened	2 eggs
1 1/2 C sugar	1 tsp. vanilla
1 tsp. baking soda	3 C all-purpose flour
1 tsp. cream of tartar	1/4 C sugar
1/4 tsp. salt	2 tsp. cinnamon

Beat butter on medium to high for 30 seconds. Add 1 ½ C sugar, baking soda, cream of tartar, and salt and mix in thoroughly. Beat in eggs and vanilla. Beat in as much of the flour as possible with the mixer, then stir in any remaining flour with a wooden spoon. Cover and chill for 1 hour. Preheat oven to 375 degrees. In a small bowl, mix ¼ C sugar and cinnamon. Shape dough into balls (1 ¼"). Roll balls in cinnamon-sugar mixture to coat. Place 2" apart on ungreased cookie sheet. Bake for 10 to 12 minutes or until bottoms are lightly browned. Cool on a wire rack. *Adapted from Better Homes and Gardens.