

METABOLIC CHANGE DECEMBER 2021 NEWSLETTER



A GREENER CHRISTMAS

1. Buy and decorate a native tree. Plant it for the New Year.
2. Browse for gifts at local eco stores or shop them online.
3. Make and/or collect heirloom Christmas decorations.
4. Make a Christmas donation to your favorite eco-friendly charity.
5. Celebrate at home. Sip hot chocolate and enjoy Christmas concerts, parades, parties and lights while sitting by your Christmas tree.

EASY SPICED CIDER

2 quarts unsweetened apple cider
1/4 cup packed brown sugar
1 tsp whole cloves
1/8 tsp ground ginger
1 orange, washed, unpeeled and cut into wedges
2 cinnamon sticks

Add apple cider, brown sugar, and ginger to slow cooker. Stir well. Tie up cinnamon sticks and whole cloves into small square of cheesecloth; add bag to slow cooker. Add orange wedges, cover and simmer on low for 3 hours. Remove cheesecloth bag and orange wedges before serving.*

*Adapted from *The Frugal Girls*: <https://thefrugalgirls.com/2009/10/spiced-apple-cider-recipe.html>

5 MINUTE REINDEER FEED

3 cups Honey Nut Chex™ cereal
3 cups Chocolate Chex™ cereal
1 1/2 cups peanut butter-filled pretzels
1 cup salted roasted peanuts
1 cup red and green M&M'S™ candies

Toss together in large serving bowl.*

*Adapted from Chex.com: <https://www.chex.com/recipes/reindeer-feed-chex-party-mix>