

# ONE BITE

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*Vegan Magazine*

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20 FESTIVE RECIPES  
for **THANKSGIVING**  
& **CHRISTMAS**

STAYING HEALTHY  
OVER THE HOLIDAYS  
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS  
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS  
for your New Year Party

NOT ONE, BUT TWO  
»» **READER GIVEAWAYS!** ««



# How to Stay Healthy Over the Holidays

By Jennifer Schmidt







Let's face it, it's easy enough to eat vegan over the holidays since we've come such a long way in prepared goods and learning how to recreate our family holiday favorites without animal products. However, if you've been working really hard to convert to a whole food plant-based diet for health reasons, this can be a very challenging time.

It is so very doable though! It simply requires a bit of forethought and preparation to ensure you're well equipped for any celebrations coming your way. What's your motivation? You're going to start the New Year off well ahead of that ball dropping! While we're used to letting it all go over the holiday season, you're going to stay strong, while still being very well fed and satisfied with holiday treats. There will be no need to set new dietary resolutions for 2020, as you will have kept on with your habits of eating foods that fuel, protect, and heal every cell of your body.



As with most things, preparation is key. Start saving whole food plant-based recipes you see, such as the ones we're providing in this issue, that you can use throughout the holiday season. It helps to keep a list going of things you'd like to make so when you need an idea quickly, you'll know where to go to get it. Also, try to get your pantry stocked with some of the items you think you'll use often. For example, go through your spices and replenish anything that is low, make sure your whole grain flours and baking ingredients are stocked up, and anything else you think you might use frequently.

Plan some appetizers that you could make when you anticipate company coming so that you aren't reaching for high fat, processed snacks like chips. Brainstorm and save some dip recipes like hummus, baked spinach and artichoke dip, and white bean dips. Plan to serve them with baked chips you can make from corn tortillas, toasted bread rounds from whole grain breads, and seasonal vegetables. There are also many great cooked whole food appetizers that can be made with clean ingredients, like stuffed mushrooms or buffalo cauliflower. The possibilities are endless as long as you do your research ahead of time.



If you're invited out to the home of friends or family, plan to bring a dish with you that you can share. You can't always count on there being things at a party that you can eat, so bringing a dish will ensure there is something there for you. It's so fun to bring these dishes to share at parties as they're always great conversation starters. People are often surprised at how delicious plant-based foods can be if the concept is new to them. It's a great way to talk about how you eat and why. You may find your friends and family more open and interested about this topic while they're actually sampling delicious plant-based foods.

You don't even have to miss out at dessert time or cookie parties. There are plenty of whole food plant-based desserts and cookie recipes using clean ingredients. If you have a favorite traditional family recipe, think about how it can be modified to fit your new whole food plant-based lifestyle.



Apple sauce can be substituted for oil, using a 1:1 ratio, in many baking recipes. Any plant milk can be substituted for cow's milk. Recipes that call for eggs can be made plant-based using egg replacer or a simple mixture of flax seeds and water.

1 egg = 1 T ground flax + 3 T water

Stir to combine and let sit in refrigerator for 15 mins.

There will be temptation all around. The important things to remember are:

1. If you have a moment where you veer off track, don't beat yourself up. Just get back to eating right with your next meal. Chances are, depending what it is you eat, you won't like how your body feels afterward. Sometimes, this is all the motivation required to stay the course. When your body is accustomed to consuming a clean whole food plant-based diet, you can notice a big difference in bloating, sluggishness, acne, digestive upset, and energy levels when you eat something else. Simply get back to eating right and this resolves.
2. Have fun with your whole food plant-based holiday season! Try new recipes, experiment with new baking methods, enjoy the flavors of the season, and share the delicious food and your success story with others. If they're inspired to look further into this lifestyle, it just might be the best gift you could ever give.



**Jen Schmidt** —

Jen is the Health & Wellbeing Editor for One Bite Vegan Magazine. She began leaning into a plant-based diet about eight years ago, mostly for health reasons. Through the process of learning about a plant-based lifestyle, she naturally became exposed to the truths about our food system and its effects on our health, the environment, and the animals. She is a wife, a mother, a Registered Nurse, and is passionate about sharing what she's learned (and continues to learn) about being vegan.