

PRx Monthly Hello!

hello

STAY HEALTHY THIS WINTER

I don't know about you, but as the daylight hours get shorter, my motivation slowly starts to dwindle as well. I spend longer at my desk, I start to get out of my healthy eating habits and I just want to wrap up in a blanket on my couch at the end of the day - which is about 6pm. haha.

I hope this month's ideas keep you feeling healthy this winter.

Wishing you all happy holidays! - Kate

Remember to **reach out to your healthcare provider** for more vouchers or with questions about your PRx.

VEGGIE CHIPS

Warm up the house and make a healthy snack that satisfies crunch by making your own vegetable chips from carrots, beetroot, sweet potatoes or zucchini.

1. Preheat the oven to 200C/400F.
2. Slice all the veggies into uniformly thin slices with a knife or mandoline. In a bowl, toss them with the oil, salt, and pepper until evenly coated.
3. Spread out on a baking pan lined with parchment paper, minimizing overlap. Bake for 10 minutes at 400F. Flip. Bake for another 5-10 minutes until crispy and slightly brown but not burnt. Watch carefully and even remove some early if they are browning before the others.
4. Remove from the oven and allow to cool for a few minutes before eating.

Leftovers can be stored at room temperature in an air tight container for up to two weeks.

For **cinnamon-spiced apple chips**, sprinkle sliced apple with a teaspoon of cinnamon and a quarter-teaspoon of nutmeg and bake on the lowest setting for about two hours.

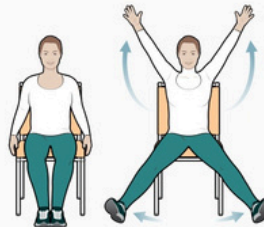
GET READY



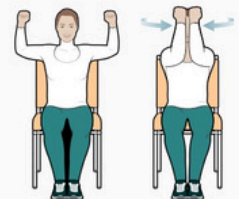
MARCH IN PLACE



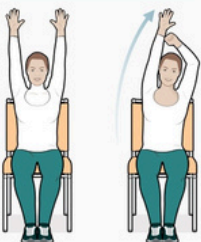
SEATED JUMPING JACK



DO THE PEEKABOO



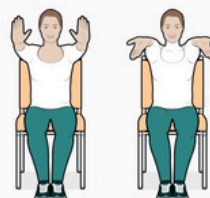
RELEASE SOME TENSION



MOVE YOUR JOINTS



FOCUS ON EXTREMITIES



GET HEAVY



SOUP SEASON

For me, soup is like a warm hug. Making it at home is simple and it generally freezes well.

The best part of making your own soup is you can make it exactly how YOU like it - or is it the delicious smell that permeates your house? Here's an easy to change Veggie Soup Recipe, adapted from inspiredtaste.net

Easy Veggie Soup

Ingredients

- 3 tablespoons olive oil
 - 2 cups chopped onion (1 large)
 - 1 ½ cups chopped carrot (3 to 4 carrots)
 - 1 ½ cups chopped celery (2 to 3 stalks)
 - 2 cups chopped potato, 2 medium
 - 2 tablespoons tomato paste
 - 1 (15-ounce) can diced tomatoes with liquid
 - 6 cups (1420ml) stock or broth
 - 1 cup frozen peas
 - 3 to 4 heaped cups shredded cabbage
 - 1/2 teaspoon apple cider vinegar or fresh lemon juice, optional
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 - 4 teaspoons minced garlic, 4 cloves
 - 3/4 teaspoon ground fennel seed (sub celery seed or parsley)
 - 1/2 teaspoon ground black pepper
 - 1/2 teaspoon salt, plus more to taste
 - 1/8 teaspoon crushed red pepper flakes, optional for heat
 - 2 bay leaves

**see variations below; add or take out whatever veggies you prefer!*



Directions

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onions, carrots, celery, and tomato paste. Cook, stirring often, until the vegetables have softened and the onions are translucent, 8 to 10 minutes.
2. Add the garlic, fennel, black pepper, 1/2 teaspoon of salt, and the red pepper flakes. Cook, while stirring, for one minute.
3. Pour in the canned tomatoes and their juices and the stock/broth.
4. Add the potatoes, cabbage, and bay leaves. Raise the heat to medium-high and bring the soup to a boil. Partially cover the pot with a lid, then reduce the heat to maintain a low simmer.

Variations and Notes

- To add protein, stir in a RINSED can of white beans, chickpeas, lentils, or black beans OR brown 1 pound lean ground meat (15% fat) (turkey, chicken or beef) prior to Step 1, set aside. You may not need oil.
- To add pasta, stir in pasta 10 minutes before the soup has finished cooking.
- To make it creamy, add a splash of cream, milk, or unsweetened dairy-free milk at the end. You can also stir in a little bit of unsweetened yogurt or sour cream.
- Add more veggies! You can add as many vegetables as you like to this soup. Feel free to toss in a handful of other vegetables, such as cauliflower, summer squash, or corn - or throw in a frozen bag of mixed veg!
- If you have extra tomato paste - scoop into 1 tablespoon portions and freeze for later.

DRINK WATER.

Researchers have found that **tension, depression, and confusion scores decrease as water intake increases.** In contrast, they found that low water consumption tends to lead to worse moods, as well as headaches, confusion, and tiredness.