



Chronic Conditions Take a Holiday? – NOT –

By Sarah Philipp, CHN

"Not to be a Scrooge, but auto-immune, fatigue, food intolerances, and insulin resistance don't take a holiday, so do the best you can this holiday to stick to nutrient dense and low sugar foods, and you will thank yourself come 2016!!

Keeping that blood sugar steady by eating healthy fats, clean protein, less processed, nutrient dense foods... and watch the sugar... will keep your mood steady, thyroid happy, and insulin in check this holiday season.

This doesn't mean you can't treat yourself. Just let "damage reduction" be the mantra. Don't go to ANY parties unfed, or without bringing a nutrient dense dish for yourself, if you think one won't be available.

To help with the holiday spirit (and so you don't feel too deprived), here's a cookie recipe that makes a great treat for any gathering... or just because. They are grain free, dairy free, and full of healthy fat and protein. The best part is that no one will suspect they are healthy! Trust me, I've served them dozens of times, and no one has been the wiser.

Come see me at The Ommani Center for more nutrient dense recipes, or to find out how to avoid gaining those "tinsel ten" pounds. Take advantage of my New Client and Existing Client Holiday Specials before they fly south for the winter.

Hope to see you soon, and have a safe holiday full of love.

Best, Sarah

Sarah Philipp, CHN is a practitioner at The Ommani Center and the founder of Abundelicious. She offers nutritional consulting via personal, phone, or Skype appointments. She is currently offering a special holiday discount package through March, 2016. Call today, 262.695.5311, to schedule your appointment.

CACAO NIB COOKIES (vegan and grain free)

2 cups fine ground blanched almond flour (you could even make your own with sprouted almonds, or substitute hazelnut flour if you and almonds don't get along!)

1/4 teaspoon baking soda

1/4 teaspoon sea salt

1/4-1/3 cup raw cacao nibs

1/3 cup coconut oil, melted

1/4 cup honey or coconut nectar

1 tablespoon gluten free vanilla extract

1 tablespoon full fat canned coconut milk

Preheat oven to 300 degrees

1.) In a large bowl, combine dry ingredients except nibs.

2.) In a smaller bowl, combine liquid ingredients.

3.) Add liquid to dry, and fold in nibs (dough will be much less dense than conventional cookie dough).

4.) Line a baking sheet with unbleached parchment paper.

5.) Scoop heaping tablespoon amounts of dough, and form a loosely rolled ball.

6.) Place on sheet about two inches apart, and LIGHTLY press down tops of dough balls.

7.) Place another cookie sheet under the one with the cookies to help prevent burnt bottoms.

8.) Bake for about 11-15 minutes. Careful not to over bake as outsides of cookie will become "tough" and bottoms will burn.

9.) Allow to set and cool for about 5 minutes.