

A New Year, A New and Healthier You

The holidays are over and you have finally finished off the last of the Christmas cookies and candy. However, there may be a lasting result of those goodies and it is around your waistline! It is not unusual to gain an extra 1 – 2 pounds during the period from Halloween through the New Year's holiday. It is important to get back on a healthier diet and lifestyle as quickly as possible in January. It is easier to get motivated to implement change in your life at the first of the year because of so much buzz in the media about the new year being a great time to become healthier and more active.

Texas A&M AgriLife Extension Service is ready to help you with your desire and commitment to making 2017 the year you implement new and healthy habits in your lifestyle. The Dinner Tonight and Step Up & Scale Down Programs are designed to help you in both of these areas. We have created a menu for seven nights of tasty, healthy, and easy to prepare dinners. Featuring recipes, kitchen tricks, and nutrition information that will help take the stress out of planning healthy meals. These menus are available to you by subscribing to our Healthy You 2017. How simple is that? All you have to do is go to <http://ow.ly/fzbx3071F8U> and sign up to receive the weekly updates.

In addition to this helpful tool, the Rains County Family & Consumer Sciences Facebook Page will be starting a new series called “Cooking Fruits and Vegetables A-Z. This year-long series will discuss the various ways to cook fruits and vegetables, along with nutritious and delicious recipes. In order to get these updates, please like the page on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). You will also find the latest information on upcoming Family & Consumer Sciences Programs in Rains County on this page.

You may also contact the Texas A&M AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org.

To start off your journey to a healthier you, please try this recipe from Dinner Tonight.

Chocolate Camo Pudding

Ingredients

- 1 1/2 ripe avocados
- 2 ripe bananas
- 3 Tbsp. cocoa powder, unsweetened
- 4 Tbsp. maple syrup
- ¼ cup almond milk
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract

Instructions

1. Wash your hands and clean your cooking area.
2. In a food processor or blender mix all ingredients until the consistency is smooth and velvety.
3. Refrigerate overnight for best flavor, or for at least 2 hours.
4. Serve topped with fresh bananas and berries.

Recipe Notes

Nutrition facts per serving: 240 calories, 12g total fat, 1.5g saturated fat, 0g trans fat, 20mg sodium, 36g total carbohydrate, 8g dietary fiber, 20g sugars, 3g protein, and 20% vitamin C. Percent Daily Values are based on a 2,000-calorie diet