



**2023** study found that participants who were physically active outdoors in the winter showed decreased body fat; increased skeletal muscle; and improved motor performance, flexibility, and grip strength. Cold weather may improve endurance, helping you work out longer and harder. Plus, your body burns more calories as it works to keep your core temperature stable. Exercising outdoors also boosts sunlight exposure, which can help reduce the effects of seasonal affective disorder. So, bundle up and make the most of the cold!

**~90%** of our day is spent indoors during winters, where the air can be more polluted than outdoor air. And that can take a toll on your lungs. This winter, detox your indoor air and level up your lung health so you can breathe easier and deeper. Switch to natural household cleaners, crack open a window for ventilation, use a humidifier, and bring in some air-purifying plants. Small changes can make a big difference in your winter lung health.

**3** strategies to reset your life include journaling, limiting social media, and practicing mindfulness. Social media is great for connection, but too much drains you—so begin by putting your phone away at night. Start a journal to create a safe space for honest inner dialogue. You can also practice mindfulness to ground yourself in the present and not get stuck worrying about the future or replaying the past. Make these habits part of your routine to make your days feel lighter and more intentional.

**12** active probiotic strains are found in kefir. A fermented milk drink, kefir supports gut health by both introducing helpful bacteria and keeping harmful bacteria in check. If your intestinal microbiome is unbalanced, it may ultimately lead to metabolic disorders, gastrointestinal infection, and inflammation. Probiotic-rich kefir can help alleviate diarrhea, treat yeast infections, prevent gum disease, reduce symptoms of lactose intolerance, relieve itchy eczema, lower blood pressure, improve your mood, aid digestive disorders, and lower cholesterol.

**1** billion people globally have a vitamin D deficiency. Vitamin D deficiency is associated with autoimmune disorders including multiple sclerosis, rheumatoid arthritis, type 1 diabetes, inflammatory bowel disease, thyroid disease, and psoriasis, among others. Most studies have shown that vitamin D supplementation can have preventative and even curative effects. While supplementation varies by age, a regular intake of 2,000 to 4,000 IU vitamin D per day can reduce the risk of the development and relapse of autoimmune disease.

SWEET  
NEW  
YEAR!

12

MAKES  
SERVINGS

## DREAMY COCONUT MACAROON

2 cups (500 mL) unsweetened shredded coconut  
1/2 cup (125 mL) almond flour  
1/2 cup (125 mL) vegan protein powder (vanilla or unflavoured)  
1/4 tsp (1 mL) sea salt  
1/3 cup (80 mL) maple syrup  
1/4 cup (60 mL) coconut cream  
2 Tbsp (30 mL) coconut oil, melted  
1 tsp (5 mL) vanilla extract

Preheat oven to 325 F (165 C) and line baking sheet with parchment paper.

In large bowl, mix shredded coconut, almond flour, protein powder, and sea salt.

In separate bowl, whisk together maple syrup, coconut cream, melted coconut oil, and vanilla extract.

Combine wet and dry ingredients, mixing until everything is evenly coated and mixture is sticky.

Scoop 1 1/2 Tbsp (22 mL) of mixture into your hands, press firmly, and form into balls or mounds. Place on baking sheet. Bake for 18 to 20 minutes, or until tops are golden and edges are crispy. Remove from oven and let cool on baking sheet for 10 minutes before transferring to wire rack to cool completely.



COOK ALONG WITH THIS  
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## CRANBERRY-COULIS PANNA COTTA

2 cups (500 mL) full-fat coconut milk  
1/4 cup (60 mL) + 2 Tbsp (30 mL) maple syrup, divided  
1 tsp (5 mL) vanilla bean paste  
1 tsp (5 mL) agar-agar powder  
1 cup (250 mL) fresh or frozen cranberries  
1/4 cup (60 mL) water  
1 tsp (5 mL) lemon juice  
Fresh mint leaves, for garnish (optional)

In saucepan, heat coconut milk, 1/4 cup (60 mL) maple syrup, and vanilla bean paste over medium heat. Slowly whisk in agar-agar until completely dissolved, and then simmer for 5 minutes, stirring frequently. Pour mixture into 4 ramekins or small cups. Chill in refrigerator for at least 3 hours, until set.

To make coulis, in saucepan, combine cranberries, 2 Tbsp (30 mL) maple syrup, water, and lemon juice over medium heat. Cook until cranberries burst and mixture thickens, about 10 minutes. Blend cranberry mixture until smooth, then strain through sieve to remove seeds.

Serve panna cotta with cranberry coulis drizzled overtop and fresh mint leaves for garnish.

4  
MAKES  
SERVINGS



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## SPICED BAKED APPLE TARTS

MAKES  
6  
SERVINGS

1 1/2 cups (350 mL) whole wheat pastry flour  
1/2 cup (125 mL) almond flour  
1/4 cup (60 mL) + 2 Tbsp (30 mL) coconut sugar, divided  
2 tsp (10 mL) cinnamon, divided  
1/2 tsp (2 mL) nutmeg  
1/2 cup (125 mL) vegan butter, cold and cubed  
1/4 cup (60 mL) cold water  
2 medium apples, peeled, cored, and diced  
1/4 tsp (1 mL) allspice  
1 Tbsp (15 mL) lemon juice

Preheat oven to 350 F (180 C).

In bowl, mix pastry flour, almond flour, 1/4 cup (60 mL) coconut sugar, 1 tsp (5 mL) cinnamon, and nutmeg. Cut in vegan butter until crumbly. Add cold water and mix until dough forms. Do not overmix. Chill dough for 30 minutes, then roll out on floured surface. Cut into 12 rectangles.

For filling, in saucepan on medium-high heat, cook apples, 2 Tbsp (30 mL) coconut sugar, 1 tsp (5 mL) cinnamon, allspice, and lemon juice until soft and slightly caramelized. Remove from heat.

Once slightly cooled, place filling on each of 6 rectangles, top with the remaining 6 rectangles, and seal edges with a fork.

Bake in preheated oven for 20 to 25 minutes, or until golden brown. Let cool before serving.



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