



Anti-Inflammatory Diet: Healthy Holiday Recipes

Recipes curated by **Debbie Petitpain, MS, RDN, LDN**, a spokesperson for the **Academy of Nutrition and Dietetics**.

Pumpkin Pie Breakfast Smoothie

Servings: 2

Ingredients:

- 1 frozen banana
- 1 cup canned pumpkin
- 1 tsp pumpkin pie spice
- ½ cup vanilla Greek yogurt
- 1 cup soy or fat-free milk

(DIY Pumpkin Pie Spice: Combine 3 Tbsp ground cinnamon, 2 tsp ground ginger, 2 tsp ground nutmeg, 1 ½ tsp ground allspice and 1 ½ tsp ground cloves and store in an airtight container.)

Directions: Simply blend ingredients until creamy to make a healthy, protein rich breakfast for two.





Orange-Cranberry Slow Cooker Compote

Servings: 15

Ingredients:

- 8 fluid ounces Florida Orange Juice
- 24 ounces fresh cranberries, rinsed and stems removed
- 3 tablespoons honey
- 1 teaspoon finely chopped fresh ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 3 tablespoons cornstarch

This simple recipe offers a double dose of anti-inflammatory protection. Cranberries contribute phytonutrients, which may lower the risk of inflammation. Florida Orange Juice (FLOJ) provides the hesperidin another potential chronic inflammation fighter, and which may also act as an antioxidant. Enjoy this lightly sweetened compote as a topping for oatmeal and yogurt parfaits or served alongside cooked meats.

This sponsored recipe is brought to you by the [Florida Department of Citrus](#) as part of *Food & Nutrition's* Recipe Roundup program.

Directions: Combine all ingredients except for cornstarch in a slow cooker. Turn on low heat and cook for 4 hours. Using a large metal spoon, remove about ¼ cup of the cranberry-orange liquid from the slow cooker and place in a small bowl. Whisk in cornstarch until dissolved. Add cornstarch mixture to the slow cooker and stir until thickened, about 2-3 minutes. Turn off slow cooker and allow compote to cool. Store in an airtight container for up to 2 weeks.

NUTRITION PER SERVING (1/4 cup): CALORIES 48; TOTAL FAT 0g; SAT. FAT 0g; CHOL. 0mg; SODIUM 2mg; CARB. 12g; FIBER 2g; SUGARS 7g; PROTEIN 0g; POTASSIUM 68mg; PHOSPHORUS 13mg



Baked Apples with Cinnamon-Oat Topping

Servings: 4

Recipe brought to you by eatright.org.

Ingredients:

2 medium sweet red apples (such as Gala or Braeburn).
3 tablespoons finely chopped pecans (or substitute walnuts)
2 tablespoons uncooked quick-cooking oats
2 tablespoons packed dark brown sugar
1 tablespoon chopped dried cranberries
1 tablespoon cold butter, finely chopped
¼ teaspoon ground cinnamon
⅛ teaspoon salt
½ cup 100-percent apple juice

Directions:

Preheat oven to 350°F (176°C).

1. Cut each apple in half horizontally. Use a melon baller or spoon to remove the core from each half, creating a rounded hole. Leave the skin on the apples for an extra dose of fiber.
2. Combine nuts, oats, brown sugar, cranberries, butter, cinnamon and salt. Use your fingers or a fork to mix until mixture resembles coarse meal. Fill each apple half with about 2 tablespoons of oat mixture.
3. Place apples in an 8-inch baking dish; pour apple juice around apples in dish. Cover dish with aluminum foil.
4. Bake 30 minutes. Remove foil and bake an additional 10 to 15 minutes or until apples are tender and topping is golden brown.

Baking time will vary depending on the variety, size and ripeness of the apples. Apples are finished when easily pierced with a toothpick. Serve with small scoop of vanilla ice or yogurt if desired.

NUTRITION PER SERVING (1/2 STUFF APPLE): CALORIES 151; TOTAL FAT 7g; SAT FAT 2g; CHOL. 8mg; SODIUM 100mg; CABR 24g; FIBER 3g; PROTEIN 1