

Family Meals: Quick, Easy & Very Low Cost

BONUS
Your Complete
Holiday Menu
+ Make-ahead
Guide P. 36

Clean Eating

Improving your life one meal at a time.

NOVEMBER/DECEMBER 2009

Your Healthy Holiday Feast

**Lowest
Calorie
Menu
Ever!**

**Make
These
Festive
Edible
Gifts** P. 52

56 GREAT FALL RECIPES

**SLOW-COOKER MEALS,
HEARTY BREAKFASTS**



**Pomegranate-Glazed
Stuffed Roast Turkey** P. 38

cleaneatingmag.com
NOV / DEC 2009 \$5.99 US



Please display until 12/01/09

BITS 'N' BITES



Rise-and-shine ideas ▲

While you can turn to "Perfect Breakfasts Made Easy" on page 46 for a week's worth of fresh breakfast recipes, Eden Foods has also introduced five fire-roasted and rolled organic whole-grain flakes to outfit your clean-eating arsenal with even more options. Cooking up in just three minutes, these brown rice, oat, kamut, rye and spelt flakes can be your hot cereal or morning porridge, added to soups and salads, or used in your favorite granola, muesli and clean-baking recipes. **\$3.47 for 16-oz pkg, edenfoods.com**

Your Foodie File

Eat like a food editor! Find out what clean must-haves are lined up in our editors' offices right now.

BY SANDY CORDEIRO



◀ Easy as pie

The sweet combination of real pumpkin and spices (such as cinnamon, nutmeg and ginger) in Kashi's TLC Fruit & Grain bars in Pumpkin Pie will satisfy even the most devout holiday pie eater. And, with Kashi's Seven Whole Grains & Sesame Flour in the mix, these bars are as nutritious as they are delicious – offering four grams each of fiber and protein. **\$3.89, kashi.com for retail locations**

Like grandma used to make ▶

Thanks to Nana's Cookie Company, you can enjoy all-natural, wholesome and delicious cookies, cookie bites and cookie bars free from refined sugars, trans fat, cholesterol, hydrogenated oils, preservatives and genetically modified ingredients. And those who suffer from food allergies and intolerances aren't left out in the cold: Each product is also dairy and egg free, and many flavors skip on the wheat and gluten as well. **\$25 per dozen, nanascokecompany.com**

Chocolate lovers' tea

Savor the rich taste of a box of chocolate truffles without the lingering guilt over unnecessary calories and fat with Mighty Leaf Tea's Chocolate Mint Truffle tea. A blend of chocolate cacao nibs, mint and rooibos leaves, this caffeine-free, antioxidant-rich brew makes a perfect after-dinner treat when entertaining this holiday season. The mint and chocolate aroma wafting through your home will ensure that guests don't notice the absence of fattening cakes at your festive table. **\$9 for 4 oz loose leaf and \$10 for 15 cello-wrapped pouches, mightyleaf.com** ▼



▲ **Food fact:** Native to South Africa, rooibos comes from the *Aspalathus linearis* plant (traditional teas derive from *Camellia* plants). The leaves are used to make an herbal tea (also known as red tea) with a distinctive red hue and sweet, nutty taste.

