

# FOOD BYTES

**December  
2022**

Hi there!

## Stay Hydrated During Winter Months

During summer, you tend to drink more water to account for the heat. But it's still important to stay hydrated in the winter. Being dehydrated can cause muscle cramping, headaches, and fatigue. Here's some tips to remain hydrated in the winter:

- **Choose warm drinks and soup**
  - In addition to water, consider adding warm drinks to your day such as a nice cup of warm tea with lemon. You can also get hydration from broth-based soups but look for low sodium options.
- **Eat your fruits and vegetables**
  - Fruits and vegetables have a high-water content, so they can help keep us hydrated. Some winter options to consider include pears, kale, clementines, and Brussel sprouts.
- **Be conscious of your intake**
  - You may not walk around with a water bottle in winter as much, but you should! Consider setting goals on how much water you plan to drink per hour to meet your daily needs or setting an hourly timer to remind you.



Pears are not only a delicious fruit, but they are also high in fiber and a good source of Vitamin C. Pears are at their peak flavor in fall and winter.

December  
is  
National  
Pear Month

## Recipe Baked Pears



## KITCHEN TIP

Pears are not ripened on the tree. Once picked, the pear continues to ripen from the inside out at room temperature. Apply gentle pressure to the neck of the pear. If it is slightly soft the pear is ripe. Bartlett pears will also change from a green to yellow color when ripe.

Makes 4 Serving

### Ingredients:

- 2 ripe pears
- 2 tsp pure maple syrup
- 1 tsp cinnamon

### Topping Ideas:

Chopped Nuts, Toasted Pumpkin Seeds, Granola, Dried Fruit, or Granola

### Instructions:

1. Pre-heat oven to 350 degrees F
2. Slice the pears in half & gently scoop out the seeds with a small cookie scoop or spoon.
3. Place the pears cut side up on a baking pan or an oven-proof dish and top each halve pear with 1/2 tsp maple syrup and 1/4 tsp sprinkle cinnamon.
4. Bake until soft and tender, about 25-30 minutes.
5. Serve warm with your choice of toppings