

Holiday 2023 | 13th edition

Live Deliciously[®]

Celebrate the holidays
"together" with family and
friends with our Healthy
Holidays Guide!

pure
flavor[®]

Get into the holiday
groove with unique
Spotify playlists for
holiday baking and
New Year's Eve
celebrations!
p.6

Create culinary
masterpieces from
appetizers to desserts
and everything in
between!
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Get some great tips to
stay on track for your
health goals through
the busy season
p.18

**TOGETHER FOR
THE HOLIDAYS**

INFLUENCER
AND CHEF
RECIPES

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HAPPY HOLIDAYS

from the Pure Flavor® team!



ARE YOU PASSIONATE ABOUT KEEPING ACTIVE AND WHAT YOU PUT IN YOUR BODY?

As a nutritionist or personal trainer, you could become a Pure Flavor® brand partner and work with a brand that strives to Live Deliciously®. We have lofty goals of bringing North Americans along on our journey to promote healthy & active lifestyles.

As a brand partner, your lively content can be a part of our social media, eNewsletters, media publications, and, of course, the Live Deliciously® magazine - Pure Flavor® products were seen in brand partner content 175+ million times in the last year alone!

✉ Send an email to: community@pure-flavor.com

CONNECTED



PURE-FLAVOR.COM



Tiki

TOMATOES™



Tropically Sweet & Juicy

Named for its tropical sweetness, Tiki Tomatoes™ delivers on this promise. A rich snacking experience, these bite-sized tomatoes glow brightly with their cosmic-like exterior while delivering a crunchy bite with balanced flavor.

DISCOVER TIKI TOMATOES™ →

NAVIGATE AROUND THE HOLIDAY TABLE ON A PLANT-BASED DIET

HOPE MONACO  @localplanteater



If you're plant-based, gluten-free, or have any sort of allergy, or you simply just want to eat different items than what your family offers, this is for you.

As the holidays approach, it's time to start thinking about making those family plans, you know how they go - who will be hosting, what the menu will be, and who needs to bring what. As exciting as the Holidays can be, there can be a lot of tension around this time. To keep it light and airy around the holidays, especially when it comes to being on a different diet than your family, here are 4 ways you can navigate around the table.

VEGAN CHEESY TOMATO PASTRIES



30 min



20



medium



4

ways you can navigate around the table.



Be The Host

If you can, offer to be the host! When you are the host, you have a bit more control over what the menu will be, and who needs to bring what. Being the host allows you to either cook an allergy-friendly/diet-preferred dish for your family or to make a few varieties of dishes that allow options for everyone. Sometimes we can feel guilty for not eating the food someone has prepared for us or passing up on someone's proud and well-known dish. When you are the host, you aren't expected to try everything from everyone, as you are when you are a guest. If your family has already written in stone the menu and hosting plans, offer to help the host to bring a few dishes that you too can enjoy. Most may already know about your diet and have an idea in mind for you. Keep that clear communication open, talk to the host and see how you can work out a plan. Those who love you won't mind!

Make Family Favorites With A Twist

Not everyone will have an open mind to trying out some new dishes, and that's okay. But, if you really want to please the crowd, try taking those family traditional dishes, and making them with your own twist! For example, you can make a very versatile option like these Vegan Cheesy Tomato Pastries. You can make a large batch of the base, and have a few filling options for everyone to choose from, such as a sweet or savory option. Which consists of using Pure Flavor® Long English Cucumber chopped into slices, paired with Pure Flavor® Cloud 9® Bite-Sized Tomatoes, green onions, basil, and some sea salt. They're using kitchen staples that everyone loves, paired with a cashew cream cheese that you can convince your family that it is made with real cheese! Especially when you make a dish with bite-sized options, there are no excuses to just try a bite, right?

Don't Arrive Hungry

We all have been guilty of it. We know we will be eating lots of food at the family gatherings, so we will not eat until then, so we have "saved room" when in reality that's not how it works. You'll end up getting fuller faster if you show up extremely hungry, and your mood may not be as cheery to see everyone. If you don't know how many plant-based/allergy-friendly options will be at your gathering, ensure you eat a high protein and fiber-filled meal before to help keep you satisfied. You can even pack a little container full of Pure Flavor® Long English Cucumber chopped into slices, paired with Pure Flavor® Cloud 9® Bite-Sized Tomatoes. Better yet, make up a large platter and bring it with you to snack on and share with loved ones throughout the evening.

Don't Feel Bad For Saying No Thank You

While the food at a family gathering plays a big role, at the end of the day we all are to remember it's about the family and company that gathers around. The special savory and sweet traditional dishes are just the extra cherry on top. Try not to put such an emphasis on the food or worry about what you're eating. We can miss out on the most important and magical parts of the day when we are so consumed with pleasing everyone.



[GET RECIPE →](#)

~ Hope

The holidays are meant to be surrounded by the ones we love, and again the food is just an extra delicious, and fun addition.

HOLIDAY BAKING 101

Though baking can feel daunting, we've put together some delicious recipes that we're sure will be a hit for your next holiday party or cookie exchange! To get started, pick the recipes that look delicious to you, get your ingredients organized, and put on a holiday playlist to get you in the spirit of the season. Then, let the baking begin!



Get ready to create some sweet treats this holiday season using fresh greenhouse grown berries & melons!



30 min



12



easy

SWEET & SAVORY STRAWBERRY TARTLETS

[SEE RECIPE →](#)

Sweet Blooms® Strawberries add the perfect sweetness to these Sweet and Savory Strawberry Tartlets a harmonious blend of flavor in every bite!



[SEE RECIPE →](#)

STRAWBERRY TANGHULU

Glazed to perfection, these sweet and crunchy Strawberry Tanghulu treats are a fusion of tart and sugary goodness!



25 min



6



easy

STRAWBERRY CHEESECAKES

How do you make cheesecake better? Add a chocolate-dipped strawberry to the top of course!



35 min



12



easy



[SEE RECIPE →](#)



[SEE RECIPE →](#)



45 min



12



easy

STRAWBERRY SWEET ROLLS

The fresh strawberry filling inside the rolls is perfectly complemented by the pistachios and subtle lemon icing.

SPICED MELON BUNDT CAKE

Enjoy this dairy-free Spiced Melon Bundt Cake - a traditional European holiday dessert made with fresh Oronai™ Sweet Charentais Melon!



55 min



8



easy



[SEE RECIPE →](#)



[SEE RECIPE →](#)

MELON & RICOTTA SHEET PASTRY



35 min



6



easy

LAUREN BRITTAIN

@healthyhomebakes

This Melon & Ricotta Sheet Pastry is topped with honey-whipped ricotta, sweet Alonna™ Canary Melon & cooked to golden perfection.

CANARY MELON ALMOND GALETTE

JENNIFER ROLFINGSMEIER

@butterandblisslou

This Canary Melon Almond Galette pairs the sweet Alonna™ Canary Melon with almonds and seasonal spices for a perfectly balanced fruit tart dessert.



50 min



8



medium

[SEE RECIPE →](#)





NO-BAKE MELON CHEESECAKE BARS

Please the entire family with these quick and easy no-bake Melon Cheesecake bars featuring Oronai™ Sweet Charentais Melon.



6 hr 25



12



easy



SEE RECIPE →



FRESH FRUIT TARTS

Enjoy these easy-to-make tarts topped with Oronai™ Sweet Charentais Melon & Sweet Blooms® Strawberries!



115 min



24



medium

SEE RECIPE →

DISCOVER MORE HOLIDAY RECIPES →



Holiday Bake-a-Thon Playlist



Merry Christmas

Ed Sheeran,
Elton John



Winter Wonderland

Dylan Scott



The Christmas Song

David Foster



The Most Wonderful Time of the Year

Mark Tremonti



Jingle Bells

Taylor Hicks



White Christmas

Maddie & Tae



Last Christmas

Alanis Morissette



It's Beginning to Look a Lot Like Christmas

Meghan Trainor



Santa Baby

Ariana Grande,
Liz Gillies



Last Christmas

Wham!



I'll be home for Christmas

Camila Cabello



Make You Mine This Season

Tegan and Sara



Let it Snow

Runaway June



Carol of the Bells

Lindsey Stirling



Jingle Bell Rock

Kelly Clarkson



Deck The Halls

The Singalings



Under The Christmas Lights

Gwen Stefani



Little Saint Nick

Lady A



Baby It's Cold Outside

Idina Menzel



Take Me Home for Christmas

Dan + Shay

[DOWNLOAD HERE →](#)



oronai™

SWEET CHARENTAIS MELONS

AFRESH
TASTE OF
PARADISE™



Tastefully Tropical™

Prized for its sweet, succulent taste, the intensely fragrant Oronai™ Charentais Melon is personal in size with an orange flesh as vibrant as the summer sun.

PURE-FLAVOR.COM/ORONAI



Live Deliciously®



Healthy SNACKS FOR SANTA



Leave the big guy in red something fresh and delicious this year and create a Healthy Snack Board full of greenhouse grown fruits & vegetables!



Uno Bites™ Nano Cucumbers

Uno Bites™ Nano Cucumbers may be small, but they are packed with fresh, crisp flavor that makes a big impression! Did you know what's simply amazing for staying hydrated? Cucumbers! They're actually over 95% water and loaded with essential vitamins and nutrients like Iron, Potassium, and Vitamin K. We're pretty sure the elves would love these!



Cloud 9® Bite-Sized Fruity Tomatoes

The burst of fruity sweetness in every award-winning Cloud 9® Bite-Sized Fruity Tomato is the treat that will have Santa smiling! As bright as Rudolph's nose, these sustainably grown snacking tomatoes are a healthy treat that offers superb flavor and quality that is second to none.



Sweet Blooms® Strawberries

Delicately sweet no matter the time of year, Sweet Blooms® Strawberries are sustainably grown in glass greenhouses to ensure consistency in berry quality & flavor. Bite-sized, juicy, and hand-picked in small batches, these sweet treats will surely top Santa's nice list!



Aurora Bites Mini Sweet Peppers

Crisp and crunchy, Aurora Bites Mini Sweet Peppers are the super sweet snacking pepper kids crave, and parents love. Santa is sure to feel the same! These bright, flavorful, and crunchy treats are both nutritious and delicious! Higher in Vitamin C than an orange, Aurora Bites Mini Sweet Peppers will surely keep Santa fueled all night long!



Nothing against cookies but Santa will be happy to see a selection of fresh fruits & veggies at your house this year! Super-sweet Cloud 9® Bite-Sized Fruity Tomatoes & Sweet Blooms® Strawberries, extra crunchy Aurora Bites Mini Sweet Peppers, and hydrating Uno Bites™ Nano Cucumbers are the perfect mix of colors and flavors to set out on Christmas Eve.

EXPLORE HEALTHY SNACKING →





GOING BEYOND THE MAIN!

Each family has their favorite traditional items that they tend to serve as part of holiday gatherings and each year it is usually the appetizers or side dishes that may change.



35 min



6



easy



[SEE THE RECIPE](#) →

BAKED GOAT CHEESE & SANGRIA® BRUSCHETTA DIP

HANAN GHADBAN @ohmygoodiescc

Enjoy a warm and tangy Baked Goat Cheese & Sangria® Bruschetta Dip with sweet Pure Flavor® Sangria® Medley Tomatoes and drizzled with a balsamic glaze.

MEXICAN CUCUMBER CEVICHE

EVELYN ARGUELLES @livewellwitheve



2 hr



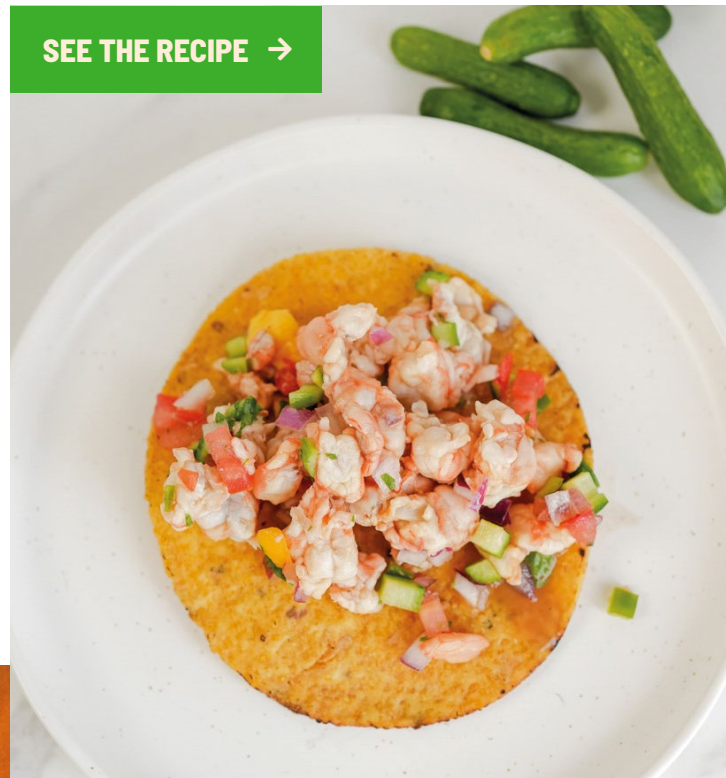
12



easy

An authentic Mexican Ceviche recipe made with crunchy Uno Bites™ Nano Cucumbers, Roma Tomatoes, and fresh shrimp!

[SEE THE RECIPE](#) →



When it comes to a holiday potluck, guests are often tasked with bringing an appetizer or a side that will accompany the host's main dish. Looking for something that will please all palates? We've got you covered with a selection of starters and side dishes that will leave everyone satisfied and asking you for the recipe!

SANGRIA® WREATH PIZZA

LAURA ASHLEY JOHNSON  @dinnerin321



45 min



12



medium

Classic pizza flavors in a festive wreath made with beautiful Sangria® Medley tomatoes - a guaranteed crowd-pleaser!



[SEE THE RECIPE →](#)



[SEE THE RECIPE →](#)

SANGRIA® TOMATO & ZUCCHINI CONFIT TOAST



45 min



6



easy

YASMIN BENHAN
 @theyasproject_

Enjoy dynamic flavors with oven-roasted Sangria® Medley Tomatoes & Zucchini confit on a lemony ricotta toast. This recipe is both easy & indulgent.

ORIANA® ROASTED CHICKPEA SALAD

HOPE MONACO  @thelocalplanteater

Take your salad game to the next level with this high-protein, plant-based Oriana® & Roasted Chickpea Salad! It's crispy, crunchy, and delicious!



25 min



4



easy



[SEE THE RECIPE →](#)

MELON & FENNEL SALAD

DALYA RUBIN @itsrainingflour



15 min



2



easy

This Melon Fennel Salad is fresh and vibrant with crispy garlic and capers. It is packed with delicious flavors and textures!



[SEE THE RECIPE →](#)



TOMATO QUINOA SALAD



15 min



4



easy

A medley of flavors in this Tomato Quinoa salad. From the nutty grains to citrusy Tiki Tomatoes™, this dish will certainly satisfy!

[SEE THE RECIPE →](#)

HAM & MELON PASTRY TARTS



35 min



9



easy

These Ham & Melon Pastry Tarts are absolutely delicious! They're savory, flavorful, and easy to pull together for entertaining.

[SEE THE RECIPE →](#)



CREATING HEALTHY APPETIZER OPTIONS THIS HOLIDAY SEASON

Stay on track this holiday with this quick and creamy Mediterranean Whipped Ricotta Dip with an added healthy twist—protein-packed cottage cheese. Perfect for snacking, appetizers, or parties! Whip it up in minutes and bring it along to your next holiday gathering to help you make healthy choices.



CHELSEA LEBLANC, RDN  [chelsealeblancrdn](https://www.instagram.com/chelsealeblancrdn)



The holiday season is right around the corner, and you know what that means – a calendar full of parties and festivities! One of my favorite tips for enjoying these events with our health goals in mind is to offer to bring a nourishing dish! Not only does that mean that you have something to choose from that will help you stay on track for your health goals but contributes something delicious to the party spread. That's where this beautiful dip comes into play. Not only is it delicious, but it's also lightened up with a few healthy twists.

Whipped cottage cheese is the secret ingredient that takes this dip to the next level. Its natural creaminess not only lightens up the dip but also adds a substantial boost of protein.

To top it off, this Mediterranean Whipped Ricotta Dip is elevated to a whole new level with the addition of Pure Flavor® RedRoyals® Sweet Cherry Tomatoes On-the-Vine.

These tomatoes are not just a burst of sweet and tangy flavor; they also come with a host of nutritional benefits. Packed with vitamins, minerals, and antioxidants, they make this dip not only a tasty treat but a nutritious one too. These stunning tomatoes are a great source of Vitamin C, which helps boost your immune system— a definite perk during the cold and flu season and while busy schedules keep you on the run.



Stay on Track During the Holidays

Maintaining your health goals during the holidays doesn't mean you have to compromise on taste! Here are a few tips on how to enjoy holiday parties without straying too far from your health goals:



MEDITERRANEAN WHIPPED RICOTTA DIP



26 min



4



easy

- **Plan Ahead:** Before heading to a holiday gathering, have a small, balanced meal or snack to help curb your appetite. This can help prevent you from overeating when you arrive.

- **Portion Control:** Choose smaller portions of your favorite dishes. This way, you can sample a variety without enjoying too much.

- **Hydrate:** Drink plenty of water throughout the event to help control your appetite and stay hydrated. Add one glass of water for every cocktail that you may enjoy.

- **Choose Wisely:** Opt for healthier options when available, such as vegetables and lean proteins, and make sure to snack on these first.

- **Mindful Eating:** Savor each bite and engage in conversations to slow down your eating pace. This can help prevent overeating.

- **Share Desserts:** Share desserts with a friend or family member to satisfy your sweet tooth just not over-indulge.

- **Bring a Dish:** With the best Mediterranean Whipped Ricotta Dip in your recipe box, you can offer to bring a healthier dish to the holiday table, ensuring there's at least one option that aligns with your nutritional goals.

How to Serve

This easy whipped ricotta dip is the perfect appetizer! Simply roast the tomatoes, olives, and garlic while you whip together the ricotta, cottage cheese, lemon juice & za'atar. Spread the whipped ricotta on a shallow dish and top with the warm roasted cherry tomatoes and olives. Drizzle with extra virgin olive oil and serve with crackers, veggies, and/ or toasted baguette slices. If you have extra, it can also be used as a spread for sandwiches, topping for toast, or even as the base for roasted veggies and chickpeas.

Since the schedule this time of year is often busy, make the whipped ricotta and the roasted tomatoes in advance of when you need to serve. Store each component separately and refrigerate in an airtight container for up to 2 days. When ready to serve, reheat the tomatoes in the microwave, then spoon over the chilled whipped ricotta.

What You'll Need to Make Mediterranean Whipped Ricotta Dip

- Pure Flavor® RedRoyals® Sweet Cherry Tomatoes On-the-Vine
- Green olives
- Garlic
- Thyme
- Extra-virgin olive oil
- Whole milk ricotta cheese
- Low-fat cottage cheese
- Lemon juice
- Za'atar seasoning (optional)

GET RECIPE →



TASTE OF THE TROPICS!

Discover the tropical flavors of the NEW Tiki Tomatoes™ and Oronai™ Sweet Charentais Melon

Discover Tiki™

Embrace the island vibes this holiday season with our tropically sweet and juicy, Tiki Tomatoes™. Brighten up your snacking experience with these bite-sized tomatoes that deliver a crunchy bite that unleashes a generous burst of enticing and delectable juice, revolutionizing your go-to snacking tomato!

- Flavorful
- Bite-Sized
- Best In Class
- Tropically Sweet

Nutrition Facts	
Serving size 1 cup (100g/3.5 oz)	
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 310mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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TORTILLA BREAKFAST QUICHE



30 min



easy



WHIPPED RICOTTA TOMATO CROSTINI



20 min



easy

fiki

TOMATOES™

**GOES
WELL
WITH**

Herbs, Spices and Flavors:

Red Chili Flakes | Dill | Mint | Garlic

Foods: Brie Cheese | Cucumbers | Limes | Avocado

CRISPY SHEET PAN GNOCCHI



30 min



easy



TASTE
OF THE
TROPICS!

orōndai™

SWEET CHARENTAIS MELONS

**GOES
WELL
WITH**

Herbs, Spices and Flavors:

Thyme | Rosemary | Honey | Mint

Foods: Shrimp | Feta Cheese | Salmon | Grape Tomatoes

WRAPPED MELON WEDGES



20 min



easy





Nutrition Facts

Serving size 1 cup (100g/3.5oz)

Amount per serving
Calories 25

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber <1g 3%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 420mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Discover Oronai™

Oronai™ Sweet Charentais Melons, hailing from the Charente region of France, are a beloved heirloom variety. Greenhouse grown, they are personal in size, and round, and feature a finely netted, fragrant skin. Inside, Oronai™'s vibrant orange, succulent flesh offers a delectable combination of sweetness and floral notes. These gourmet melons are a prized delicacy for their exceptional flavor.

- Flavorful
- Grown To Perfection
- Best In Class
- Supremely Sweet



CALIFORNIA MELON SALAD



15 min



easy



MELON MOUSSE



30 min



medium



5 LUCKY FOODS TO WELCOME THE NEW YEAR!

This New Year's Eve, we're focusing on different food traditions from around the world that resemble peace, good luck, and prosperity! Being together with family and celebrating traditions are important to us at Pure Flavor® so we've featured five different foods that do just that!

Highlighted by our line-up of certified organic greenhouse grown vegetables, these small bites are perfect to create a lucky New Year's Eve menu!



BLACK-EYED PEAS

Black-Eyed Peas are often part of the most well-known foods from the South! Traditionally, Black-Eyed Peas symbolize luck and prosperity – this stems from the Civil War days when people felt lucky to have black-eyed peas to eat and help them survive through the winter. Families have embraced the tradition of serving Black-Eyed Peas on New Year’s Day for centuries as a way to foster abundance for the coming year! To celebrate this tradition, we created a Black-Eyed Pea Dip featuring Organic Juno® Bites Red Grape Tomatoes!

SEE RECIPE →



BLACK-EYED PEA DIP

This easy-to-assemble Black-Eyed Pea Dip is a healthy gluten-free appetizer or side dish with Southern flair!



40 min



12



easy

Eating Tamales on New Year’s Day is traditional in Mexico. The deeply golden yellow of the corn in the masa symbolizes golden wealth for the future. Tamales also represent prosperity and family unity making them a perfect (and delicious) treat for ringing in the New Year. Try these simplified Tamale Bites with Organic Roma Tomatoes – they are full of flavor and easy to make ahead.

TAMALE BITES

These zesty Tamale Bites featuring our Organic Roma Tomatoes will be sure to be a hit at this year’s New Year’s Party!



45 min



12



easy



SEE RECIPE →

TAMALES

DUMPLINGS

Dumplings symbolize fortune and a prosperous future because of their wholesome shape and the prospect of a delicious treasure inside! These are often eaten as part of the Lunar New Year Feast. Who wouldn't want this staple at their holiday party?



VEGETABLE DUMPLINGS



45 min



12



medium

[SEE RECIPE →](#)

Filled with the perfect balance of sweet and savory, these Vegetable Dumplings made with our Organic Sweet Bell Peppers are perfect for a holiday dinner or as a party appetizer!



Did you know that in some customs, eating lentils at midnight brings good luck? According to some, legumes symbolize longevity because they are long-lasting and for others, lentils are a symbol of prosperity because they resemble ancient gold coins!

That's why we decided to make this Good Luck Lentil Dip using Organic Juno® Bites Red Grape Tomatoes! Party all night with the help of our premium vegetables!

LENTILS

[SEE RECIPE →](#)



[SEE RECIPE →](#)



SOBA NOODLE CUCUMBER CUPS

These Soba Noodle Cucumber Cups made with Organic Long English Cucumbers are a simple appetizer that is both easy to make & easy to eat! Fresh & flavorful, they are sure to be a party favorite.



15 min



4



easy

SOBA NOODLES



Top 5 Party Planning Tips



1. Start Early

Pick a day, time, and location and send out the invites at least two weeks before for a casual gathering and four weeks for a formal event! You'll want to gather ideas for the theme, menu, and décor way in advance, so things aren't left to the last second!

2. Choose a Theme

Although the holidays are a theme, choosing a theme can help get everyone invited excited and into a party mood! It can also inspire your décor, food, and dress code!

3. Create a Checklist

Write everything down - from "send out invites" to "set up self-serve bar"! Not only is it a great way to know for sure that everything is done - but it's also really satisfying to check off those to-dos!

4. Plan Ahead

Whether it's decorating or preparing foods that can sit overnight in the fridge, getting things done in advance can cause tons of peace of mind and keep you ahead of schedule!

5. Create a Playlist

With so many songs to choose from, it can be overwhelming to create the ultimate playlist - so, we've done this one for you! Go ahead and check it off your list! Having a party playlist can be a great way to get (and keep) your guests in a celebratory mood!

GOOD LUCK LENTIL DIP

Bring a pop of juicy flavor in every bite with this Good Luck Lentil Dip!



15 min



4



easy

Break away from any bad luck by welcoming in the New Year with this recipe including soba noodles that represent a wish for longevity! The Japanese tradition "toshikishi soba" translates to "year crossing" soba - where it is customary to have a bowl of soba noodles on New Year's Eve, often at a time close to midnight.



#flavorUP Your New Year's Eve

- **Dance The Night** - Dua Lipa
- **Champagne** - Lindsay Ell
- **New Year's Day** - Taylor Swift
- **Firework** - Katy Perry
- **Raise Your Glass** - P!nk
- **Kiss me at midnight** - *NSYNC
- **Brand New Day** - JVKE
- **1999** - Prince
- **New Year's Day** - Bon Jovi
- **Auld Lang Syne (The New Year's Anthem)** - Mariah Carey
- **New Year's Day** - Pentatonix
- **Midnight Sky** - Miley Cyrus
- **Shut up and Dance** - WALK THE MOON
- **Don't Start Now** - Dua Lipa
- **I Gotta Feeling** - Black Eyed Peas
- **Don't Stop Believin'** - Journey
- **Don't Stop The Music** - Rihanna
- **Happy** - Pharrell Williams
- **Just Dance** - Lady GaGa
- **What Are You Doing New Year's Eve?** - Kacey Musgraves

[DOWNLOAD ON SPOTIFY →](#)

STAY ACTIVE THIS HOLIDAY SEASON!



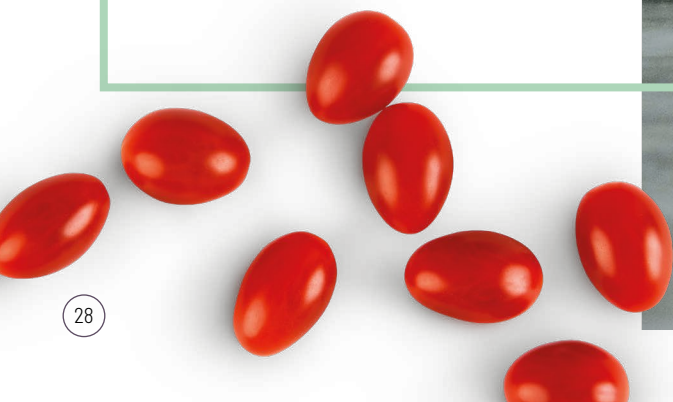
PAULINA GOMEZ

📷 @paulinagoka

The holiday season is a time of joy, connection, and if we're honest, indulgence. It's that time of the year when decadent feasts, sugary treats, and festive drinks tempt us at every corner. While it's essential to savor these special moments with family and friends, it's equally important to maintain a healthy lifestyle.



Staying healthy during the holidays doesn't have to be a daunting task. With the right strategies and mindset, you can enjoy the season while keeping your health, nutrition, and wellness on track.



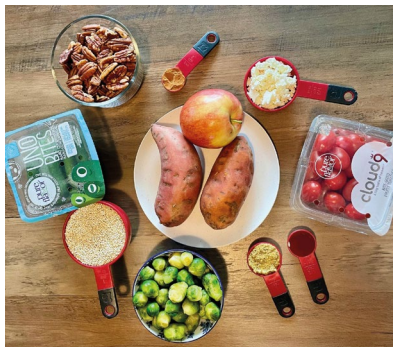
Here are my favorite 5 strategies to stay active and healthy in the upcoming season:

1. Prioritize Your Health Goals

Start by re-evaluating your health and fitness goals. What do you want to achieve during the holiday season? Be specific, whether it's maintaining your weight, prioritizing healthy eating, improving your fitness level, or simply avoiding excessive indulgence. Having clear objectives will help you stay focused and make sure you stay on track!

2. Plan Your Workouts

The holiday season is a busy time, but don't let that be an excuse to skip your workouts. Plan your exercise routine and treat it like an appointment. Partner it with some healthy snacking to get your daily veggie intake! Block out time in your calendar for physical activity and stick to it as closely as possible. This could be a morning run, an evening yoga class, or a brisk family walk after dinner.



3. Prepare Healthy Options

If you're hosting or contributing to holiday meals, consider preparing healthier dishes. Experiment with recipes that use fewer fats and sugars or include more vegetables. This makes it possible to enjoy the celebration knowing that there are nutritious options available. Looking for inspiration? You can try one of my favorite post-workout meals for this season, the "Quinoa Fuel Bowl" is packed with nutritious food that will nourish your body with delicious and natural flavors. You need some seasonal ingredients as well as Pure Flavor® veggies that add a fresh and crunchy texture and flavor to your dish. Super-sweet Cloud 9® Bite-Sized Tomatoes and hydrating Uno Bites™ Nano Cucumbers are great additions to your meals and snacks that pack both a punch of nutrition and flavor.

4. Embrace Short, High-Intensity Workouts

If you're struggling to find the time to work out, consider incorporating high-intensity interval training (HIIT) into your routine. HIIT workouts are effective and efficient, as they can be completed in as little as 15-20 minutes. They help boost your metabolism, burn calories, and can be done without any equipment. If you are traveling to visit family or friends, having quick workouts that don't require weights or machines means that you can often fit in some movement in your hotel room if needed!

5. Seek Support and Accountability

Consider sharing your health and fitness goals with a friend or family member. Having a support system can help you stay accountable and motivated. You can even find online communities or local fitness groups to connect with like-minded individuals during the holiday season.

~ Paulina

Remember that the holidays are a time to enjoy, so don't be too hard on yourself. If you slip up, it's okay! The most important thing is to get back on track. There's a way to tie in your health in the tiniest of ways every day! By following these five strategies, you can find a balance between indulgence and maintaining your health and fitness goals, ensuring that you start the new year feeling healthy, energized, and proud of your accomplishments. The holiday season doesn't have to be a time of setbacks. With the right mindset and preparation, it can be a time of progress and self-care.

QUINOA FUEL BOWL

Packed with natural, fresh ingredients, this post-workout feel-good bowl not only fuels your body but also lifts your spirit.



35 min



2



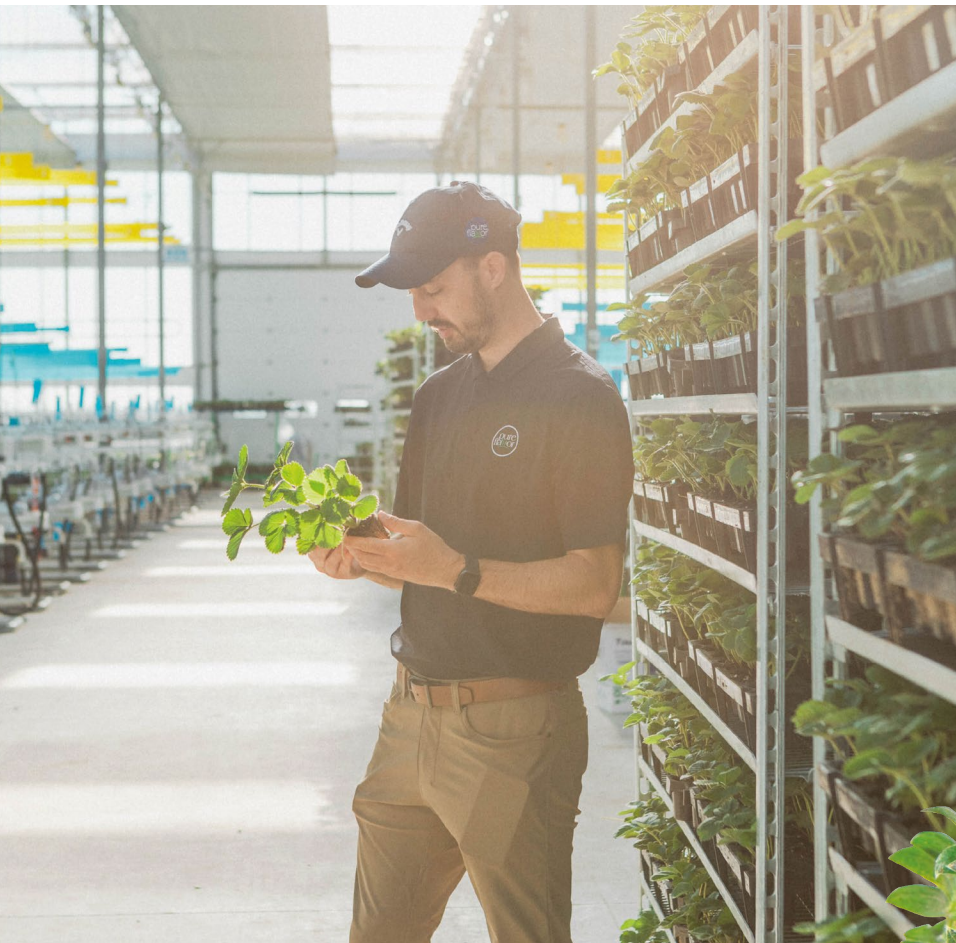
easy

GET RECIPE →



SAVORING WINTER DELIGHTS:

GROWING SWEET BLOOMS[®] STRAWBERRIES YEAR-ROUND



For some areas, the winter season often brings with it a shortage of quality, fresh, and flavorful fruit and vegetables. However, with a little innovation, some careful planning, the right technology, team, and calculated approach, you can enjoy the exquisite taste of Pure Flavor[®]'s Sweet Blooms[®] Strawberries even during the coldest months of the year.





Take a step inside our greenhouse during the winter season and learn how we grow Sweet Blooms® Strawberries year-round with these interesting facts:

1. When is Strawberry Season?

Strawberry season varies by region and climate, but for most areas, it generally occurs in early spring (April) and into later summer (August). At Pure Flavor® we've been able to take the seasonality out of growing fresh strawberries due to our unique growing capabilities that allow us to grow year-round.

2. How is Pure Flavor® able to grow strawberries year-round?

To grow Sweet Blooms® Strawberries year-round, even during the winter months, it takes careful planning and the right growing conditions. To do so, we use state-of-the-art greenhouse technology and methods that ensure the berry plants are happy, healthy, and of course warm.

Lighting: Proper lighting is crucial for successfully growing strawberries in a greenhouse, especially during the months when there isn't enough natural light. For proper lighting, we always monitor light placement, light duration, light intensity, light efficiency, and more.

Irrigation: Water is another essential element for growing greenhouse strawberries. Strawberries have specific water requirements, and ensuring they receive the right amount of moisture is crucial for their health, taste, and production.

Plant Nutrition: Properly managing the amount of nutrients that are fed to strawberry plants is another crucial factor. Plants must have a calculated amount of nutrients to promote healthy growth and maximization of production, ensuring a bountiful harvest.

Integrated Pest Management (IPM): Managing pests (bugs) in a greenhouse is essential for successful strawberry plant health. Greenhouse plants are susceptible to various insect pests, and it's important to implement pest control measures with good bugs to protect the crop. Orius are the primary good bugs that help with keeping the bad bugs (Aphids) away from plants.

Meet the Pure Flavor® Sweet Blooms® Strawberries:

Pure Flavor® Sweet Blooms® Strawberries are a special variety of delicately sweet strawberries that can be enjoyed no matter the time of the year. The best part about Sweet Blooms® Strawberries is that they are sustainably grown in glass greenhouses to ensure consistency in berry quality, flavor, and availability.

Bite-sized, juicy, and hand-picked in small batches, they're Berriously Delicious® even during the winter months.





3. What are the health benefits of eating strawberries?

Strawberries are low in calories and packed with essential nutrients, such as Vitamin C, fiber, antioxidants, and folate. Some potential health benefits of eating strawberries include improved heart health, weight management, and better digestion and are also known for their skin-boosting properties.



4. What goes well with Sweet Blooms® Strawberries?

From snacks to salads, parfaits, and family-focused meals and desserts, Pure Flavor® Sweet Blooms® Strawberries are versatile and pair well with a wide range of other ingredients in both sweet and savory dishes. Here are some combinations that go particularly well with Sweet Blooms® Strawberries:



HERBS & SPICES

Oregano
Rosemary
Basil
Cardamom
Cinnamon



MEATS & CHEESES

Pork
Chicken
Goat Cheese
Ricotta Cheese
Cream Cheese



FRUITS & VEGGIES

Cucumbers
Avocado
Lemons
Blueberries
Spinach



PASTA, RICE & GRAIN

Oats
Pumpkin Seeds
Rice
Vienna Bread
Baguette

5. What are some popular recipes that use Sweet Blooms® Strawberries?

Here are some of our favorite Sweet Blooms® Strawberries recipes that are perfect for sharing with friends and family during the holiday season:

STRAWBERRY BRUSCHETTA



STRAWBERRY BBQ CHICKEN

[SEE RECIPE →](#)



[SEE RECIPE →](#)



BALSAMIC STRAWBERRY CHICKEN



The Sweetest Snack



Sweet Blooms

No matter the season, greenhouse grown Sweet Blooms® Strawberries are the sweet snack on everyone's holiday list!





GREENHOUSE
GROWN

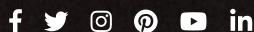


EXPLORE THE FRESH FROM WITHIN™

Taste the pure, refreshing flavor of summertime year-round! When making your organic choice, select products from growers you trust. Pure Flavor® Certified Organic greenhouse grown vegetables meet the strict USDA guidelines, ensuring that what you buy is genuinely organic.

pure
flavor®

PURE-FLAVOR.COM/ORGANICS



Live Deliciously®



Live Deliciously[®]