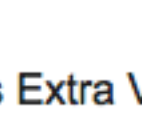




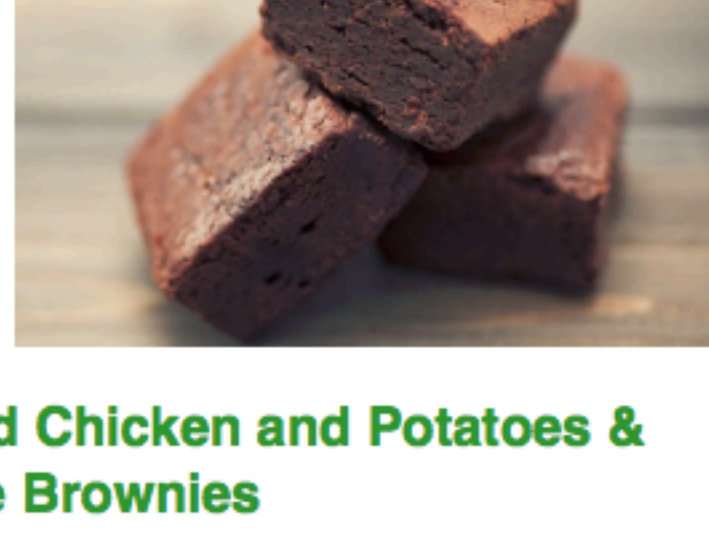
## Healthy Holiday Tips



Happy Holidays! As the Holiday Season is upon us, we want to share some cooking tips to help you cook, bake and sip your way (healthily) through to the New Year. These tips are easy to do and can make a big difference on your family's health this holiday season.

- Use heart-healthy oils such as Extra Virgin Olive Oil or Canola Oil over butter.
- Use whole-grain bread, rice, and pasta. They are higher in fiber and protein and will fill up the family with better calories than their enriched white counterparts.
- Roast or grill your family's vegetables instead of frying. Coat with a heart healthy oil and toss with garlic, salt and pepper for flavor. A little parmesan cheese goes a long way.
- Compare labels of your favorite holiday ingredients and choose those with fewer ingredients, lower sodium, and names you can pronounce!
- Whip up some yummy mint chocolate pudding (see recipe below) for an easy yet memorable dessert!

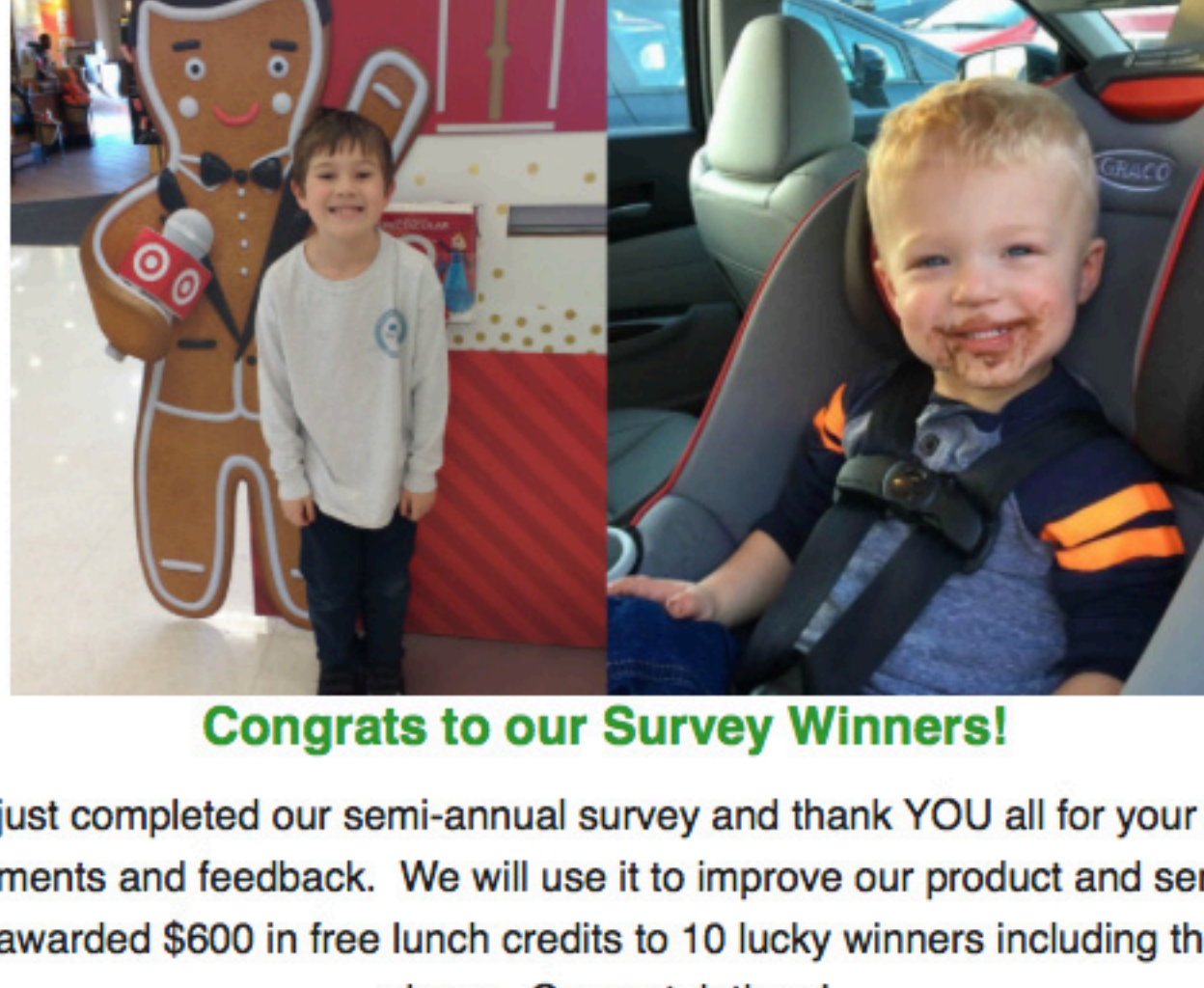
From our kitchen to yours, we wish you a joyous holiday season. We at WT Café thank you for your continued support of our vision to make fresh, nutritious, and exciting foods available to every child, everywhere. We look forward to making your life easier in 2017 with tasty meals for your family!



## December Specials: Roasted Chicken and Potatoes & House-made Brownies

We season chicken drumsticks and potato wedges with our signature spice blend and roast them to perfection to create a comfort food combination that is also a kid favorite. Our delicious house-made brownies are made with simple and nutritious ingredients like 100% Whole Wheat flour and antioxidant-rich dark chocolate. Baked fresh daily in our local kitchens, just for your child!

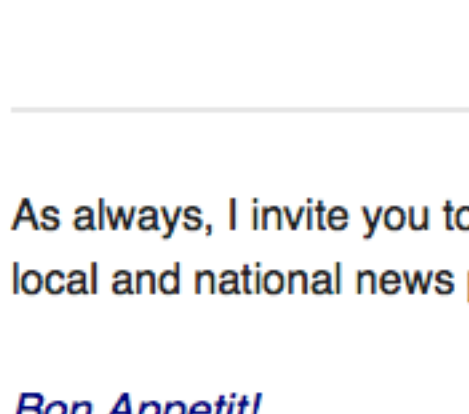
[Order Now](#)



## Congrats to our Survey Winners!

We just completed our semi-annual survey and thank YOU all for your great comments and feedback. We will use it to improve our product and service. We awarded \$600 in free lunch credits to 10 lucky winners including the two above. Congratulations!

## Let Us Take Care of Dinner.



## WT Café Family Meals

Did you know that WT Café can provide healthy, from-scratch dinners for the whole family? That's right! WT Café prepares family-friendly recipes in our local kitchens and delivers meals to your location on designated days. Visit [wtcafe.com/familymeals](http://wtcafe.com/familymeals) to see how you and your family can enjoy a no fuss, home-cooked meal.

As always, I invite you to join the conversation on [Facebook](#). Also, get hot topic local and national news plus tips to help your family eat and feel better.

*Bon Appetit!*

Debbie Blacher - WT Café, Founder and CEO

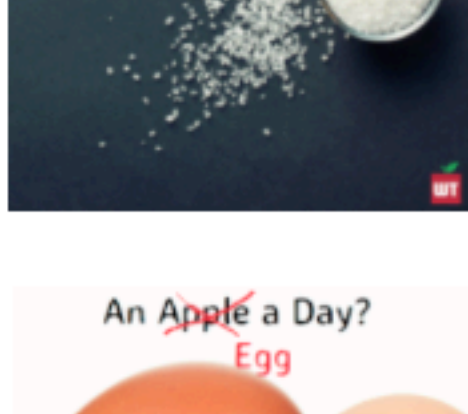
## Healthy Headlines



### Fatty foods may raise kids risk of developing cognitive problems

Fatty foods eaten during childhood may cause more than just obesity. New study links fatty food consumption to mental and cognitive problems later in life.

[Read More](#)



### Broccoli enzyme can slow aging

Eating your greens can make you feel and look younger? Researchers have zeroed in on an enzyme found in natural foods like broccoli and cucumbers that can slow some of the chronic conditions that come with age

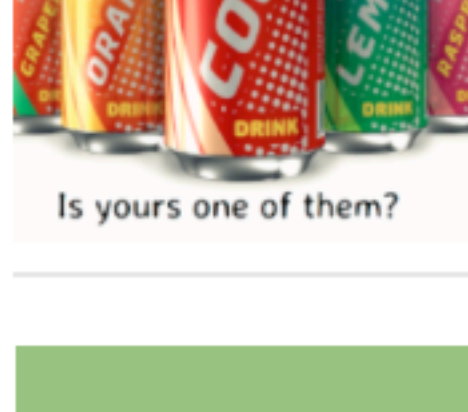
[Read More](#)



### Does your child consume too much salt?

Kids today consume far too much salt which is damaging their growing bodies. Processed foods from restaurants and the grocery store are the #1 culprit, according to this study.

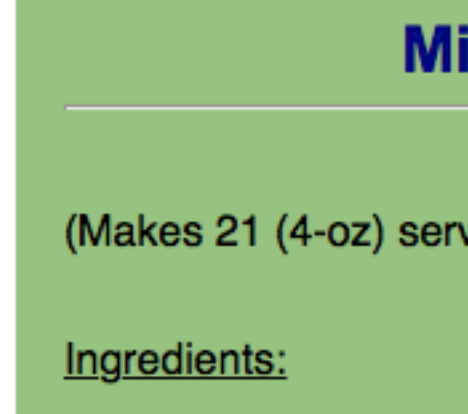
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### An egg a day?

Are Eggs Good For Health? Eating An Egg A Day Linked To 12 Percent Drop In Stroke Risk

[Read More](#)



### 4 Cities passed a Soda Tax

Congratulations to these cities for making the health of their community a priority by passing a soda tax!

[Read More](#)

## Holiday Recipe: Mint Chocolate Pudding

(Makes 21 (4-oz) servings)

### Ingredients:

- 6 oz sugar
- 4.5 oz unsweetened cocoa
- 4.5 oz cornstarch
- 3/4 teaspoon salt
- 2 qt whole milk
- 24 oz semi-sweet chocolate chips
- 1.5 tsp pure mint extract

### Instructions:

1. Sift sugar, cocoa, cornstarch, and salt through a fine sieve set into a large pot.
2. Turn burner on to medium heat and slowly whisk in milk, whisking to remove all lumps.
3. Cook, whisking gently (do not create large bubbles), until dry ingredients are completely incorporated, about 5 minutes.
4. Add semi-sweet chocolate chips and whisk until melted.
5. Bring temperature to medium-high, whisking constantly, until pudding just starts to boil.
6. Continue to simmer 2 to 4 minutes, or until mixture thickens.
7. Remove from heat and quickly stir in mint extract.
8. Pour into a hotel pan and immediately place plastic wrap directly on top of the surface of the pudding. Refrigerate overnight.

The following day portion pudding into serving cups and keep cold according to state and federal regulations.

