

7 SUGAR BUSTERS FOR THE HOLIDAYS!

The holidays are notorious for sweet treats everywhere, right?

Check out these 7 ways that you can simply bust sugar this holiday season!

1. **Pass on fancy coffee drinks** and add your own flavor with a touch of whole milk, a shot of real vanilla, a sprinkle of cocoa powder and/or cinnamon.
2. **Sweeten foods yourself** like plain yogurt, oatmeal and granola. Add a drizzle of honey, agave nectar or pure maple syrup.
3. **Puree dates, prunes, dried apricots** into brownies, cookies and nut balls.
4. **Cut the sugar in alcoholic beverages** with sparkling water wine spritzers; add a splash of liquor to club soda with a twist of lemon or lime.
5. **Use unsweetened cocoa powder** and your own sweetener and milk in hot chocolate.
6. **Choose dark chocolate** over milk chocolate as it's less sugar and higher in antioxidants.
7. **Downsize, don't deprive.** Enjoy mini size sweet treats to satisfy your sweet tooth.