

White Chocolate Peppermint Oreo Bark



WHAT YOU'LL NEED:

- 20 oz. white chocolate candiquick or white chocolate morsels
- 16 Oreos, roughly chopped
- 1/3 cup crushed peppermint candy canes
- 13X9 baking tray
- Parchment paper

INSTRUCTIONS:

1. Line a 13x9 baking tray with parchment paper, making sure that extra paper hangs over the sides for easy lifting once chocolate is hardened. Set aside.
2. Assemble Oreo cookies and crushed candy canes so that toppings are ready to use.
3. In a medium bowl, break 8 ounces of white chocolate into pieces and microwave until fully melted and smooth. Be sure to stop and stir every 30 seconds so that chocolate doesn't burn.
4. Once chocolate is melted, spread onto prepared tray using a spatula or knife. White chocolate should cover entire pan in a thin layer.
5. Top white chocolate with crushed Oreo cookies.
6. Place pan in refrigerator for 10 minutes to harden.
7. As chocolate mixture is hardening, melt remaining 12 ounces of white chocolate in the microwave until smooth.
8. Remove pan from refrigerator and spread remaining white chocolate over the top in an even layer, coating the entire pan.
9. Sprinkle crushed candy canes over top of chocolate.
10. Place into the refrigerator for 15 minutes to harden completely.
11. Once ready, lift parchment paper by overhang and set on counter. Chocolate will lift right out of paper.
12. Break into pieces by hand or using a knife.
13. Bark will keep in an air tight container for up to one month if left on the counter, or will keep in the refrigerator for several months.



Holiday Health Tips for Seniors

Keep Moving. You want to burn all the extra energy (calories) you are consuming, make sure to keep moving! That might mean taking a walk after a big dinner, taking stairs instead of elevators, and finding active things to do with family and friends.

Prevent Infection. Be sure to get appropriate vaccines in a timely manner (for influenza, pneumonia, etc.) and practice above and beyond hygiene like washing hands frequently, disinfecting commonly-used surfaces and taking hand sanitizer and tissues with you on the go.

Avoid Excess & Hydrate. Practice moderation, keep up with water intake while imbibing, and avoid high-calorie beers and drinks mixed with sugar-laden additives.

Plan for Exercise. Whether you're visiting one of your children at their home or staying in a hotel, plan ahead to keep up with some form of physical activity (at least 30 minutes a day for 5 days a week) by scheduling daily walks, packing resistance bands to use at your destination, or taking advantage of the indoor hotel pool.

Prevent Falls. Make sure you are guarding yourself against falls by utilizing mobility aids recommended by your doctor, asking for assistance when walking over ice or snow, and employing helpful transfer tools when getting in and out of the car.

Stick with Your Sleep Schedule. As much as possible, stick with your routine bed and wake times and aim to get 7 to 9 hours of quality sleep a night.

Make Healthy Cooking Choices. Over-consumption of salty, sugary, fried, processed and fatty foods can exacerbate existing health conditions, amplify joint inflammation, and lead to unwanted weight gain. Make healthy cooking choices by substituting saturated fats for unsaturated fats, replacing salt with flavorful spices in savory dishes, and using sugar-free sweeteners like Stevia in your baked goods.

HOLIDAY WORD SCRAMBLE

Unscramble the Holiday words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

KLSFOWNAE

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LONE

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HDRULPO

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YADCN NCEA



PAEEC

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CRGNHI

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FSTORY

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What falls at the North Pole but never gets hurt?



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