

# Tasty, Healthy Drink for the Holidays

The holidays are coming! Are you ready to celebrate with friends and family with good food and drinks? However, these delicious foods may be high in saturated fats and cholesterol, which are linked to an increased risk of heart disease and stroke.

There is a delicious drink with 3 simple ingredients to help lower cholesterol and you can try it.

**Ingredients: 1 Apple, 15g Dried Hawthorn Berry (Shan Zha), 5g Aged Orange Peel (Chen Pi)**

Preparation:

1. Cut apples into cubes. (with or without peel)
2. Soak dried hawthorn in water for 10 minutes.
3. Soak dried orange peel in water for 10 minutes
4. Put all 3 ingredients in a pot with 700ml water. Bring to boil and simmer for 15-20 minutes.
5. Allow to cool and enjoy!

You could also cut the recipe in half, and put the ingredients in a thermal bottle with hot water. Soak it for at least 30 minutes before enjoying it.

Information provided by y Esther J. Chen, ., our Licensed Acupuncturist.

*\*This article is a general guideline. To find a treatment plan tailored to you, please talk to us or a licensed acupuncturist*