

1 spry LIVING

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Exclusive

**BROOKE
SHIELDS**
HOW I TACKLED
MY BIGGEST FEARS



Your Most
Joyful
Season Yet

Hassle-free holidays • Guiltless treats • Be-happy hints



Seasonal Treats Get
a Skinny Makeover
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Must-Have Wellness
Gifts for Your Wish List
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NEW YEAR'S PREP
Inspiration for Real
Change in 2015
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Best Anti-Aging Buys
for Lush Lips
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Baked Potato Soup
Without All the Fat
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RIDERS
BY
Lee



introducing
HEAVENLY *Touch*
DENIM

 *Smart Cart*

Festive Flavors

Slim treats to keep your season merry and light.

A Not-So-Naughty Nog

Few seasonal treats are more indulgent than eggnog, which can pack as much as 400 calories per cup. While *Bolthouse Farms' Holiday Nog* isn't quite as creamy, we loved the nutmeg-heavy flavor and silky texture. And you can't beat 160 calories and 3g fat per cup.



Better Than Bark

Fair warning: *Snack Factory's Dark Chocolate and Peppermint Pretzel Crisps* may be habit-forming. But if you can limit your portion to just

4, the sweet-salty-minty crunch is a delicious after-dinner nosh, with just 120 calories, and 3g saturated fat.

Yuletide Fuel

Toss a *thinkThin Cinnamon Bun White Chocolate*



bar in your purse before you head out holiday shopping. The cake-like texture and spice flavor could almost pass for a coffee-shop pastry at about half the calories, plus the 10g protein will sustain you.

Berry Good Breakfast

Studded with real cranberries, *Thomas Cranberry English Muffins* are tasty enough that they don't need butter. Though they have only 2g fiber, at 150 calories and 1g fat, they're a great sub for sugary quick breads.



All products available at major grocery stores and big-box retailers.