

Gifting Health

BY ALEX WILSON | MONDAY, DECEMBER 21ST 2015

Healthy gift ideas for loved ones this holiday season.

Do you have a friend, family member, hostess or favorite person that you want to treat this holiday season? Finding a gift that is personal, thoughtful and healthy may seem to present some challenges, but that is where your friendly Hy-Vee dietitians can help. Heather Ware stopped by Good Morning Heartland to tell us more. WATCH VIDEO ABOVE or [CLICK HERE](#) to see more.

When giving a gift this year, try the dietitian pick of the month for December, LaCroix sparkling water. LaCroix sparkling water can easily be a part of any beverage-themed gift basket or a great addition to any hostess gift. LaCroix is a healthier option to include in holiday cocktails and mocktails this season because it is a zero-calorie beverage, with no added sugar or artificial ingredients. This holiday season, try these great "Gifts of Health" ideas from your Hy-Vee dietitian.

Gifts of Health

Fresh, homemade spiced pecans, chai tea and cinnamon sticks wrapped up in a festive mug topped off with a store tour with your favorite Hy-Vee dietitian. Put a health spin on a classic holiday gift with the addition of a store tour with one of our Hy-Vee dietitians. Our dietitians can provide store tours on a variety of health topics including healthy eating, diabetes, heart health or food allergies.

LaCroix gift basket featuring Holiday Faux Martini. Include in the gift basket two cans of peach-pear LaCroix sparkling water, a small bottle of orange juice, agave nectar, fresh rosemary sprig and a set of martini glasses. For added holiday cheer, include mini bottles of tequila. See the recipe below.

Safe and healthy travels with LaCroix Rudolph Mocktail and Iced Gingersnap Trail Mix. A little travel is often required during the holiday season to visit family and friends. Send safe travel wishes with a gift basket that promotes hydration and happy snacking while on the road. See the recipes below.

LaCroix Mimosa Mocktail with clementine

The gift of health continues with added vitamin C from clementine's to add garnish to LaCroix's Mimosa Mocktail (see recipe below). Include in a gift basket 4-6 clementines, 1 grapefruit and 2-4 cans of grapefruit LaCroix Sparkling water. You can even include the champagne glasses to top off the perfect gift for any host.

Pair a "nutrition check-up" with a Hy-Vee dietitian. The gift of a "nutrition check-up" will show someone special that you care about his or her health. Meeting with a Hy-Vee dietitian can aid in improving or maintaining a healthy lifestyle.

Read how to make all LaCroix cocktails and more here: <http://ktvo.com/features/good-morning-heartland/gifting-health>