

LIMONEIRA[®]

SINCE 1893

Healthy New Year Habits with Limoneira Citrus

Limoneira Spokesperson Megan Roosevelt's Guest Matt Johnson (Fox 11/Good Day LA) Shares Healthy Eating Tips for the New Year

(Santa Paula, CA) – The new year is just around the corner, and it's no secret what that means – it's resolution time. This month, Limoneira spokesperson and Healthy Grocery Girl's Megan Roosevelt has joined forces with Fox11/Good Day LA's Matt Johnson to put together a selection of healthy eating tips that will make following those New Year resolutions easier than ever.

For a helpful demonstration, you can watch Megan create the recipes below [here](#) on the Limoneira YouTube channel. Don't forget to subscribe – videos with more wonderful recipes, tips and tricks not detailed in this release will be added to the channel each Friday throughout the month.

Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on [Limoneira's website](#).

Take a look at this month's healthy eating tips below.

Number one: Stay hydrated!

It's no secret that hydration is the first step to a healthier self – but it can be so boring! Citrus-enhanced water is beyond simple to make (simply drop slices of the Limoneira citrus of choice into water before serving) and is a refreshing way to elevate that glass of water into spa-day territory.

Bonus: Lemons are a great source of vitamin C, an antioxidant that helps boost the immune system. The taste encourages increased water consumption – and the perks could potentially help keep away those later winter colds and flus.

Number two: Choose healthier salad dressing!

Salads are an easy way to introduce greens into one's diet, and where there are salads, there is salad dressing. It's easy to reach for a store-made bottle of salad dressing, but the ingredients hiding in those bottles could very well be sabotaging any attempts at healthy eating before they start. Megan Roosevelt has an answer – add flavor to that salad with simple ingredients from the comforts of one's own kitchen.

Bonus: No interest in salad? Never fear. This tasty dressing also doubles as a universally tasty veggie dip.

Recipe: Lemon Tahini Salad Dressing

Ingredients:

- 1/3 cup olive oil
- 1 Limoneira classic lemon, juiced
- 2 tbsp tahini
- ¼ tsp sea salt
- Optional: 1-2 pitted dates

Directions: Add all ingredients in to a small jar or blender and blend until smooth. Add one or two pitted dates for a touch of sweetness. Store in the refrigerator and enjoy within 1 - 2 weeks.

Number three: Homemade snacks are key.

Everybody loves snacks, but prepackaged treats rarely exemplify great nutrition. A crucial part of maintaining a healthier self is about saying no to self-deprivation – and thanks to this and other yummy snack recipes on the Limoneira YouTube channel, a new eating system doesn't mean snacking is a thing of the past.

Bonus: Chia seeds serve as a natural energy boost, and these bites have 'em (and then some).

Recipe: Lemon Chia Energy Bites

Ingredients:

- 1 cup oats
- 1 cup dried Turkish figs
- 1 Limoneira classic lemon, juiced
- 3 tbsp Chia seeds
- 1 pinch sea salt

Directions: Add all ingredients to a food processor and blend. Form into balls and place in container for storage – or serve! These tasty, nutrient-packed treats are perfect for packing in lunches, a simple afternoon snack, as a little energy pick-me-up – the sky is the limit.

Each month, Megan will be featuring another wonderful facet of citrus living. Subscribe to [Limoneira's Youtube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.