HAPPY

DIWALI

FESTIVAL OF LIGHTS

Hoping your Diwali brings health, wealth and happiness.

Here are some tips on how to honour Diwali in gatherings at home or a place or worship.

1 Check to see if regional restrictions on personal gatherings apply to your area.

Visit fraserhealth.ca/covidsense for details.

2 It's best if you and your guests age 12+ are fully vaccinated* with two doses.

*It takes two weeks after your second dose to be considered fully vaccinated.*

3 Do not host or attend gatherings if you are sick. Instead, get tested right away and self-isolate until you have your results.

4 Use your layers of protection:

wash your hands ✓
wear a mask ✓
keep a safe distance as much as possible ✓

Even if everyone is vaccinated, these measures are still important.
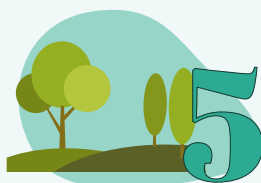
5 Consider celebrating outside. If celebrating inside, open the windows and doors, if possible.

6 Talk with guests ahead of time. Ensure everyone understands the expectations around COVID-19 safety.

7 Choose to wear a mask if visiting a place of worship. Greet others by waving, bowing or nodding and respect each other's space.

See the next page to find a healthy and delicious Diwali recipe.
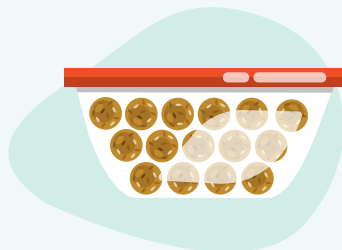
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Protein Pinni Recipe

Try this easy-to-make Protein Pinni recipe – no baking required. This recipes makes 24 Pinnis.

BAKING TOOLS:

- ⭕ A large mixing bowl
- ⭕ A large baking sheet
- ⭕ A wooden spoon or plastic spatula

INGREDIENTS:

- ⭕ 1 cup of rolled oats
- ⭕ 1/4 cup of ground flax seeds
- ⭕ 1/4 cup of hemp seeds
- ⭕ 1 teaspoon of chia seeds

- ⭕ 1/3 cup of honey
- ⭕ 1/2 cup of peanut butter or nut free butter
- ⭕ 1 teaspoon of vanilla extract
- ⭕ 2/3 cup of coconut flakes

PROTEIN PINNI RECIPE:

1 In a large bowl, mix together all dry ingredients including rolled oats, ground flax seeds, hemp seeds, chia seeds and coconut flakes.

2 Add the remainder of the ingredients including honey, peanut butter and vanilla extract. Mix together.

3 Once mixed together, place bowl in the fridge for 30 minutes for the mix to set.

4 Roll the mixture into one inch balls and place on baking pan.

5 Store the Protein Pinni in an air tight container in the fridge and enjoy!

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