

HEALTHY CELEBRATIONS



Christmas

Delicious Decorations

Ingredients

- Nutritious dip (see the *Healthy Dips and Sauces* page for options)
- Water crackers or any whole wheate round crackers
- Colourful vegetables such as peas, peppers, and carrots
- Broccoli stems

Instructions

1. Spread the nutritious dip on the crackers, top with colourful veggies like peas, dices peppers, carrot slices, and finish with a broccoli stem.



Frosty the Bagel

Ingredients

- Mini whole wheat bagel
- Nutritious dip (see the *Healthy Dips and Sauces* page for options)
- Baby carrots, celery, broccoli, and sliced red peppers
- Raisins, craisins, or dried cherries

Instructions

1. Spread half a mini whole wheat bagel with a nutritious dip, then add a baby carrot nose, dried fruit for eyes, and a sliced red pepper mouth.
2. For the earmuffs: curve a thinly sliced piece of celery along the top of the bagel and hold in place with a broccoli floret at each end. You may wish to use a toothpick to help secure it in the spot.



Snowman on a Stick

Ingredients

- Bananas
- Grapes
- Carrots
- Apples
- Bamboo skewers
- Raisins or craisins
- Pretzel sticks

Instructions

1. For each snowman, you will need three thick slices of banana, a grape, a sliver of carrot, some raisins, and a triangular piece of apple. Tip: poke a hole in the apple piece with a bamboo skewer first to make assembly easier.
2. Slide three slices of banana onto the skewer, followed by the apple and grape.
3. Use the carrot slivers for the noses, raisins for eyes and buttons, and pretzel sticks for arms.



Mini Bagel Wreaths

Ingredients

- Whole wheat mini bagels
- Nutritious dip (see the *Healthy Dips and Sauces* page for options)
- Red, green, and yellow bell peppers

Instructions

1. Cut mini bagels in half.
2. Spread mini bagels halves with the nutritious dip.
3. Finely dice the red, yellow, and green bell peppers and sprinkle them onto the bagel to create a holiday wreath.



Vegetable Tree

Ingredients

- Snap Peas
- Cheese (cheddar, mozzarella, Havarti, etc.)
- Pretzel Sticks



Instructions

1. On a plate or small platter, arrange snap peas to form the tree's branches and use pretzels for the tree trunk.
2. Slice a piece of cheese in the shape of a star and place it on the top of the tree.

Holiday Cucumber Cups

Ingredients

- Medium cucumbers
- Nutritious dip (see the *Healthy Dips and Sauces* page for options)
- Chopped chives for garnish

Instructions

1. Create decorative stripes on the sides of the cucumbers using a vegetable peeler or a citrus zester.
2. Cut the cucumbers crosswise into 2.5 cm-thick rounds. Using a teaspoon or melon baller, scoop out the seeds to form a well, about 1cm deep, in each slice.
3. Spoon about ½ tbsp of the nutritious dip into the wells of the cucumber cups, mounding it slightly.
4. Sprinkle all the chopped chives.



Apple Cinnamon Wreaths

Ingredients

- Apples
- Cinnamon

Instructions

1. Core apples and slice into thin circles.
2. Preheat oven to 350°F and place apples evenly on a cookie sheet covered by parchment paper.
3. Sprinkle cinnamon on the apple circles and place cookie sheet into the oven for 40 minutes. At 20 minutes flip the apple circles, add a little more cinnamon and place back into the oven for remaining 20 minutes.



Vegetable Gift Basket

Ingredients

- Nutritious dip (see the *Healthy Dips and Sauces* page for options)
- Whole wheat bread baguette
- Carrots
- Celery
- Cucumber

Instructions

1. Cut baguette on an angle and hollow out, or compress the center to create a cavern.
2. Spoon approximately 2 tbsp of the nutritious dip into the cavern, and top with sliced vegetables.

