

HEALTHY HOLIDAY 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

- 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

- 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.
- 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

- 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.
- Slide three slices of banana onto the skewer, followed by the apple and grape.
- 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

- Cut mini bagels in half.
- Spread mini bagels halves with the nutritious dip.
- 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

- On a plate or small platter, arrange snap peas to form the tree's branches and use pretzels for the tree trunk.
- 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

- Create decorative stripes on the sides of the cucumbers using a vegetable peeler or a citrus zester.
- 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.
- Spoon about ½ tsp of the nutritious dip into the wells of the cucumber cups, mounding it slightly.
- Sprinkle all the chopped chives.



Apple Cinnamon Wreaths

Ingredients

- Apples
- Cinnamon



Instructions

- Core apples and slice into thin circles.
- Preheat oven to 350°F and place apples evenly on a cookie sheet covered by parchment paper.
- 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

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