

HEALTHY HOLIDAY CELEBRATIONS

HOLIDAY SEASON CELEBRATION IDEAS

DELICIOUS DECORATIONS

Ingredients

- Nutritious dip (see the *Healthy Dips Section*)
- Water crackers or any whole wheat round crackers
- Colourful vegetables such as peas, peppers, and carrots
- Broccoli stems

Instructions

1. Spread the nutritious dip on the crackers,
2. Top with colourful veggies like peas, diced peppers, carrot slices
3. Finish with a broccoli stem.



FROSTY THE BAGEL

Ingredients

- Mini whole wheat bagel
- Nutritious dip (see the *Healthy Dips Section*)
- 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
2. Add a baby carrot nose, dried fruit for eyes, and a sliced red pepper mouth.
3. 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.
4. You may wish to use a toothpick to help secure it in the spot.



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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 WREATH

Ingredients

- Whole wheat mini bagels
- Nutritious dip (see the *Healthy Dips Section*)
- 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
4. Sprinkle them onto the bagel to create a holiday wreath.

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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 branches and use pretzels for the tree trunk.
2. Slice a piece of cheese in the shape of a star
3. place it on the top of the tree.



HOLIDAY CUCUMBER CUPS

Ingredients

- Medium cucumbers
- Nutritious dip (see the *Healthy Dips Section*)
- 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.
3. Using a teaspoon or melon baller, scoop out the seeds to form a well, about 1 cm deep, in each slice.
4. Spoon about ½ tbsp of the nutritious dip into the wells of the cucumber cups, mounding it slightly.
5. Sprinkle all the chopped chives.



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APPLE CINNAMON WREATHS

Ingredients

- Apples
- Cinnamon

Instructions

1. Core apples and slice into thin circles.
2. Preheat oven to 350°F
3. Place apples on a cookie sheet covered by parchment paper.
4. Sprinkle cinnamon on the apple circles
5. Place cookie sheet into the oven for 40 minutes.
6. At 20 minutes flip the apple circles
7. 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 Section*)
- 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.



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HEALTHY DIPS

TZATZIKI

Ingredients

- 3 cucumbers, English works best
- 1 tsp salt
- 2 cups plain yogurt, low fat
- 2-3 garlic cloves
- 1 tbsp vinegar
- ½ tsp lemon
- 2 tbsp olive oil
- ¼ tsp dried mint
- ¼ tsp dried dill



Instructions:

1. Peel cucumbers and scoop out seeds if desired. Grate cucumbers into a medium bowl, sprinkle salt over them, and mix well.
2. Allow to sit for about 30 minute. Squeeze out liquid that collects.
3. Mix cucumbers with remaining ingredients and chill in the refrigerator.

Serving Suggestions:

Serve with pita bread, whole wheat crackers, as a spread on sandwiches, or as a dip for fresh vegetables. It is also great on baked or boiled potatoes, yams, and with roasted vegetables.

CREAMY HUMMUS

Ingredients

- 1 can chickpeas, rinsed and drained
- 2 tbsp Lemon juice
- 2-3 garlic cloves
- ½ tsp cumin
- ½ cup fresh parsley

Instructions:

1. Place all ingredients into a food processor or blender.
2. Blend, adding a little water to desired consistency.
3. Add salt and pepper to taste.



Serving Suggestions:

Serve with baked tortillas, as a spread on sandwiches, as a dip for fresh vegetables, or on toasted pita bread.

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EGG DIP FOR VEGETABLES

Ingredients

- 4 hard-boiled eggs, peeled
- 1/3 cup plain yogurt, low fat
- 2 tbsp light mayonnaise
- 2 tbsp green onion, chopped
- 2 tsp fresh dill, chopped (or use ¼ tsp dried)
- 2 tsp fresh basil, chopped (or use ¼ tsp dried)
- 1 tsp dijon mustard
- cayenne pepper and garlic powder to taste



Instructions:

1. In a food processor or blender, puree eggs.
2. Blend in yogurt, mayonnaise, onion, dill, basil, and mustard.
3. Season with salt, cayenne pepper, and garlic powder.
4. Refrigerate covered. Can be stored up to 3 days.

Serving Suggestions:

Serve with pita bread, whole wheat crackers, as a spread on sandwiches, or as a dip for fresh vegetables

DILL DIP

Ingredients

- 1 cup sour cream, light or fat free
- 6 tbsp low fat mayonnaise
- 4 tbsp fresh dill, minced (or 2 tsp dried dill weed)
- 2 tbsp fresh parsley, minced
- 2 tbsp green onion, minced
- 2 tbsp chili sauce (or ½ tsp dried chili flakes)
- 1 tsp dijon mustard
- 2 cloves garlic finely minced
- ½ tsp Worcestershire sauce



Instructions:

1. Combine all ingredients in a bowl.
2. Season to taste with salt and pepper.
3. Refrigerate until well-chilled.

Serving Suggestions:

Serve with roasted or boiled potatoes, whole wheat crackers like Ryvita, or with fresh vegetables.