

HEALTHY HOLIDAY CELEBRATIONS

IDEAS FOR SPRING CELEBRATIONS

FLOWER POWER

Ingredients

- Carrots
- Celery stalks
- Nutritious dip (see Healthy Dip section below)

Instructions

1. Select and prepare a dip from the Healthy Dip section below.
2. Pour dip into a small white or clear bowl.
3. Arrange carrot sticks around the bowl to create the flower petals.
4. Place a celery stalk at the bottom for the flower's stem.



CARROT BAGS

Ingredients

- Clear plastic baggies (sandwich size)
- Goldfish crackers (preferably cheddar and made from whole grain)

Instructions

1. Fill a baggie with goldfish crackers
2. Tie it with a green twist tie in the shape of a carrot.
3. You can also substitute crackers for baby carrots.



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SPRING FRUIT BASKET

Ingredients

- Wide variety of fresh fruits
- A large basket
- Green leafy lettuce

Instructions

1. Cover the large basket with a layer of green leafy lettuce.
2. Dice fruit into smaller-sized bites and decorate the basket with all the colourful pieces.



BUNNY BREAD BOWL

Ingredients

- Long, whole wheat baguette
- A large, circular bread loaf for the bread bowl
- A small, circular bread loaf for the bunny's head
- Raisins & celery strips
- Nutritious dip (see Healthy Dip section below)

Instructions

1. Cut the long whole wheat baguette in half, to be used as the ears.
2. Hollow out a hole in the large circular bread loaf to create the bunny's tummy. Should be large enough to hold about one cup of dip.
3. Pour nutritious dip into the bunny's tummy.
4. Arrange raisins and celery strips on the small circular bread loaf to create eyes, nose, whiskers
5. Arrange the components on a large platter, decorate the bunny's surroundings with colorful veggies.

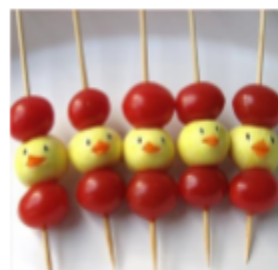


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SPRING CHICK SKEWERS

Ingredients

- Cherry tomatoes
- Soft, low-fat mozzarella balls
- Peppercorns, poppy seeds, or raisins
- Carrot bits
- Bamboo skewers



Instructions

1. Pierce a cherry tomato on the skewer, followed by a mozzarella ball, and another cherry tomato.
2. Decorate the mozzarella ball with poppy seeds, peppercorns, or raisins for eyes tiny carrot bits for beaks.
3. Repeat this process for as many skewers needed.

YUMMY BUNNY

Ingredients

- Bananas
- Hard-boiled eggs
- Low-fat, dry curd cottage cheese
- Carrots
- Raisins



Instructions

1. On a large plate, place about 1/3 cup of cottage cheese onto the bottom half of the plate to create the outline on the bunny's face.
2. Hard boil an egg, let it cool, peel it, and slice it in half. Use for the bunny's eyes, topping them with raisins.
3. Peel and cut a large banana in half. Use as the bunny's ears and attach them to the upper section of the cottage cheese.
4. Peel carrot strips for whiskers and use a larger piece of carrot for the nose.

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SURPRISE EGGS

Ingredients

- 12 colorful plastic eggs that easily open
- An egg carton to hold the eggs
- Your choice of healthy snacks
- (i.e. grapes, strawberries, cheese, whole wheat crackers, almonds, and cherry tomatoes)



Instructions

1. Fill the colorful eggs with your healthy snack ideas.
2. Close the eggs and place them in a carton, so there will be a surprise with every egg!

Note: you might also want to try placing fun physical activity descriptions inside the eggs to mix things up and get active!

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.

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DILL DIP

Ingredients

- 1 cup sour cream, light or fat free
- 6 tbsp low fat mayonnaise
- 4 tbsp fresh dill, minced (or use 2 tsp dried dill weed)
- 2 tbsp fresh parsley, minced
- 2 tbsp green onion, minced
- 2 tbsp chili suace (or use ½ tsp dried chili flakes)
- 1 tsp dijon mustard
- 2 cloved 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.



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 if necessary, to desired consistency.
3. Add salt and pepper to taste.



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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.