Healthy and Fun Christmas Recipes

RECIPES TAKEN FROM: *Familyfun.go.com*

We know that isn't always easy to ensure that we only get one snack from the "Choose Least Often" category, especially around the holidays. Here are some ideas and alternatives for the traditional choices involved with Christmas that will provide you and your family with the necessary vitamins, minerals and nutrients as well as a whole lot of fun!
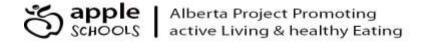
1. Delicious Decorations

Ingredients:

- Low fat cream cheese
- Water crackers or any whole wheat round crackers
- Colourful veggies such as peas, peppers, and carrots
- Broccoli stems

Instructions:

1. Spread the low fat cream cheese on the crackers, top with colourful veggies such as peas, diced peppers, carrot slices, and finish with a broccoli stem.

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2. Frosty the Bagel

Ingredients:

- mini whole wheat bagel
- Low fat cream cheese
- Baby carrots, celery , broccoli, and sliced red peppers
- Raisins

Ingredients:

1. Spread half a mini whole wheat bagel with low fat cream cheese, then add a baby carrot nose, raisins for eyes, and a sliced red pepper mouth.
2. For the earmuffs, simply 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 tooth pick to hold it place.

3. Snowman on a Stick

Ingredients:

- Bananas
- Grapes
- Carrots
- Apples
- Bamboo skewers
- Mini chocolate chips or raisins
- Pretzel sticks

Instructions:

1. For each snowman, you will need three thick slices of banana, a grape, a sliver of carrot, 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 the fruit onto the skewer, then use the carrot slivers for noses, mini chocolate chips or raisins for eyes and buttons, and pretzel sticks for arms.

If you would like more suggestions or have other Healthy and Fun Christmas Recipes that you would like to share please feel free to contact Mrs. Wakefield at yolanda.wakefield@fmpsd.ab.ca.