

Healthy Celebrations - Christmas

Try these healthy snacks for Christmas parties or in a lunch for a holiday healthy treat!

Delicious Decorations

Ingredients:

- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy options)
- 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, top with colourful veggies such as peas, diced peppers, carrot slices, and finish with a broccoli stem.

Adapted from familyfun.go.com

Frosty the Bagel

Ingredients:

- Mini whole wheat bagel
- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy 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.

Adapted from www.familyfun.go.com

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/ wedge of apple.
Tip: poke a hole in the apple piece with a bamboo skewer first to make assembly easier.
2. Slide the 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.

Adapted from www.familyfun.go.com

Mini Bagel Wreaths

Ingredients:

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



Instructions:

1. Cut mini bagels in half.
2. Spread mini bagel 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.

Adapted from www.familyfun.go.com

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'.

Adapted From www.superhealthykids.com



Holiday Cucumber Cups

Ingredients:

- Medium cucumbers
- Nutritious dip (see the "Healthy Dips and Sauces" page for healthy 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 1 cm deep, in each slice.
3. Spoon about 1/2 tbsp of the nutritious dip into the wells of half of the cucumber cups, mounding it slightly. Repeat the process with the remaining cups.
4. Sprinkle all with chopped chives.

Adapted from www.familyfun.go.com



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.



Adapted from www.delightedmomma.com

Vegetable Gift Basket

Ingredients:

- Nutritious dip (see the “Healthy Dips and Sauces” page for healthy 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.



Adapted from www.sohowsittaste.com

For more ideas on healthy options, please see your School Health Facilitator.