

feed your body,
your mind

SIMPLE SOLUTIONS TO HEALTHY LIVING!

Healthy Holiday Snacks

Christmas Vegetable Tree

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| 5 carrots, peeled | 2 cups cauliflower, cut into small florets |
| 1 red pepper | 1 head green leaf lettuce |
| 1 cup grape tomatoes | 2 cups broccoli, cut into small florets |
| toothpicks | 18" styrofoam cone or several smaller cones |

- Using a peeler, cut peeled carrot into long strips by running the peeler along the side of the carrot. Repeat several times. When you have cut to the middle of the carrot, turn the carrot over and cut strips from the other side. Roll each carrot strip into a curl, then secure it with a toothpick. Chill curls in ice water.
- Place red pepper on its side and use a small, sharp knife to make a cut about 1-inch around the stem, being careful not to cut through the stem. Grasp under the rim with your fingers and turn to loosen. Pull the stem away from the pepper to remove core. Remove the white ribs from the pepper. Using scissors cut the pepper into festive shapes.
- Loosely cover a Styrofoam cone with lettuce leaves, using toothpicks to secure them.
- Insert additional toothpicks into the cone. Decorate the tree by spearing broccoli and cauliflower florets, grape tomatoes, and red pepper on toothpicks. Place carrot curls on the tree with the toothpicks and hold them together.
- Serve the Christmas Vegetable Tree with extra vegetables and a low-fat dip.

Holiday Peppermint Shake

Place 2 scoops of low-fat frozen vanilla yogurt and ½ cup Meijer fat-free milk in blender with a few drops of red food coloring and a few drops of peppermint flavoring. Blend until thick and smooth. Pour into holiday glass, sprinkle with red and green sugar and add a candy cane “stir stick”.



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