



Healthy Holiday Snack Ideas

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The holiday season is an exciting, yet busy time of the year. It is difficult to maintain a healthy lifestyle throughout the holiday season, but not impossible. This year try some of these ideas to give holiday events at your school a healthy flare that students will surely enjoy.

Holiday Fruit Wreath

Ingredients: green fruit (sliced kiwi, green grapes, honeydew melon) and red fruit (strawberries, raspberries, fresh cherries, red grapes, pomegranate, red grapefruit). Arrange green fruit in the shape of a wreath and then "decorate" with red fruit. Place a container of low fat yogurt for dipping in the centre.

Rudolph's Roll-ups



Blend together $\frac{1}{2}$ cup reduced fat cream cheese (softened) and $\frac{1}{2}$ cup reduced fat ranch dressing. Spread onto 4-5 large size whole grain tortillas. Top with a mixture of grated light cheese and finely chopped broccoli, peppers (any colors) and green onion. Roll up the tortillas tightly. Cover with plastic wrap and refrigerate overnight. Slice into 2.5 cm (1") portions and serve.

Comet's Oven Baked Flat Bread Chips with Dip

Examples of flat breads: whole grain pita pockets or tortillas, or tomato or spinach tortillas (for red and green colours). Cut flat bread into wedges and bake in the oven until lightly browned and crisp. (Bake at 400°F for about 5-7 minutes. Check them after 5 minutes, and keep an eye on them, as they brown quickly near the end of the time.)

Serve with low fat dips such as: hummus, yogurt dip, guacamole, fat-free sour cream, or salsa.

Prancer's Yogurt Dip

Combine $\frac{3}{4}$ cup plain yogurt, $\frac{1}{2}$ tsp dried dill weed and $\frac{1}{2}$ tsp onion powder.

Refrigerate until needed. Serve as a dip with vegetables or flat bread wedges.

Elves Easy Hummus Dip



Drain a 19 oz. can of chickpeas and place them in a blender or food processor. Add 3 tbsp lemon juice, 2 tbsp canola oil, 1 tsp ground cumin, and 2 garlic cloves chopped or crushed (you can substitute 1 tsp minced garlic in oil or $\frac{1}{4}$ tsp garlic powder for the 2 garlic cloves). Blend or process until smooth. Add a small bit of water, if needed. Add salt and pepper to taste. Keep refrigerated.

Christmas Fruit or Veggie Kabobs or Platters

Make kabobs using various red, green and yellow fruits/vegetables and a few small cheese cubes. Serve platters with yogurt or low fat dip.

Fruit Kabob ideas: red apples, green grapes, strawberries, fresh cherry halves, melon cubes or balls (honeydew, cantaloupe, watermelon), kiwi slices, banana, clementine sections, peach slices, or pineapple.

Vegetable Kabob ideas: sliced radishes, broccoli flowerets, celery, red, green and yellow peppers, cherry tomatoes or sliced cucumber. Add cheese cubes to skewers and serve with low fat dip if desired.



Christmas Fruit Pizza

Crust: 1 ready-to-bake graham cracker based pie crust (or make your own).

Filling: ½ cup reduced fat cream cheese (softened), 1 tbsp sugar, ¼ tsp vanilla extract, 1 tbsp milk.

Toppings: a selection of berries and sliced fruit (blueberries, strawberries, bananas, kiwi, seedless grapes sliced in half, mandarin orange sections, pineapple, etc.)

Directions: Whisk together the cream cheese, sugar, and vanilla extract, adding just enough milk to make it spreadable. After the baked crust has cooled, spread on the cream cheese mixture. Arrange the fruit on the pizza.



Santa Smoothies

Ingredients: 2 cups frozen berries (any kind), 1 cup low fat milk, ¾ cup low fat yogurt (any kind), 1 banana.

Directions: Mix together in a blender and serve. Makes approximately four 1 cup servings. Add 1-2 tsp honey for taste if needed; also add some orange or pineapple juice, or a few ice cubes blended in, for a thinner texture.

Party idea: place ingredients, recipe (for a single serving) and blender on a table and let students create their own smoothies.

Mrs. Claus's Beverage Ideas

Try serving healthy drinks, such as:

Cranberry Cooler - cranberry juice mixed with carbonated water. Serve over ice and garnish with wedge of lemon or lime.

Orangatang - 1 part cranberry juice, 1 part orange juice. Shake over ice and garnish with wedge of orange.

Orange-grapefruit Freshie - 2 parts orange juice, 1 part grapefruit juice. Shake and serve over ice and garnish with wedges of orange, lemon or lime.



Other Snack Ideas

- Yogurt-dipped clementine segments
- Dried fruit (dried apples, pitted dates, pitted prunes, dried apricots, dried figs)
- Light popcorn
- Low fat whole grain crackers and cheese
- Pretzels
- Hot Chocolate, made with milk
- Milk puddings, made with milk
- Breadsticks and hummus dip