



Healthy Holiday Treats



Soup in a Jar

(choose: noodles, red lentils, chicken bouillon, bay leaf, green split peas, parsley flakes)



Applesauce Muffins

1/4 cup oil
1/2 cup molasses
1 cup applesauce
1 1/2 cups whole wheat flour
1/2 cup raisins (optional)
1/2 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. cinnamon
1/8 tsp. cloves
(Makes 12 muffins)



Citrus Fruits Ornaments

(decorate oranges, limes, lemons with cloves)



Homemade Apple Sauce

(boil apples & cinnamon & mash)



Vegetable Reindeer

(bay leaf, potato, celery, & carrots)



Broccoli Christmas Trees

(decorate broccoli with dried cranberries, etc)

****Serve 100% apple cider instead of hot chocolate****