

# CHRISTMAS CUCUMBER CUPS

## Ingredients

Cumbers

Red Bell Pepper

Green Bell Pepper

Filling of your choosing (low fat ranch dressing,  
plain yogurt, or low fat sour cream and onion dip)



## Directions

Slice cucumbers into 1 inch chunks.\*

With a small teaspoon, scoop a hole in the top to create a cup.

Fill cucumber cup with dressing, dip or yogurt.

Sprinkle green and red peppers around the outside edge to  
transform the cucumber cup into a festive holiday wreath.

Make this recipe you own by experimenting with a variety of  
fillings, and different vegetables on top!

[superhealthykids.com/christmas-cuke-cups](http://superhealthykids.com/christmas-cuke-cups)

\*Ask a parent/guardian for assistance with cutting.

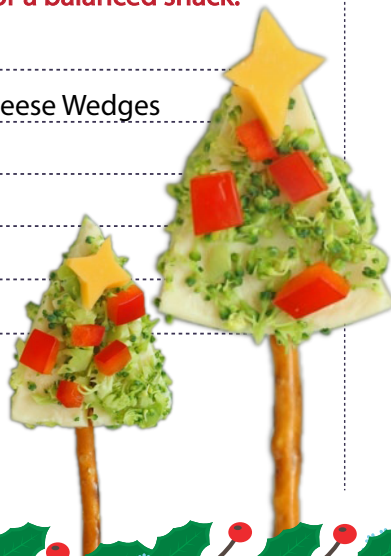


# CHEESY CHRISTMAS TREES

## Ingredients

These cheese wedge trees are super easy to make and topped with veggies for a balanced snack.

- ☐ Fresh Broccoli
- ☐ Spreadable/Semisoft Cheese Wedges
- ☐ Pretzel Sticks
- ☐ Red Bell Pepper
- ☐ Yellow Bell Pepper
- ☐ Sliced Cheddar Cheese



## Directions

Rinse your broccoli and chop into very small pieces.\*

Put a pretzel stick through the center of the cheese wedge.

Sprinkle broccoli pieces onto cheese wedge and press lightly so they stick to the cheese and stay in place.

Dice a red bell pepper into very small pieces. These are your tree ornaments.

You can use a yellow bell pepper or cheddar cheese for the star on top.

Get creative! Substitute different fruits or veggies to make your own unique tree.

[superhealthykids.com/cheesy-christmas-tree-snack](http://superhealthykids.com/cheesy-christmas-tree-snack)

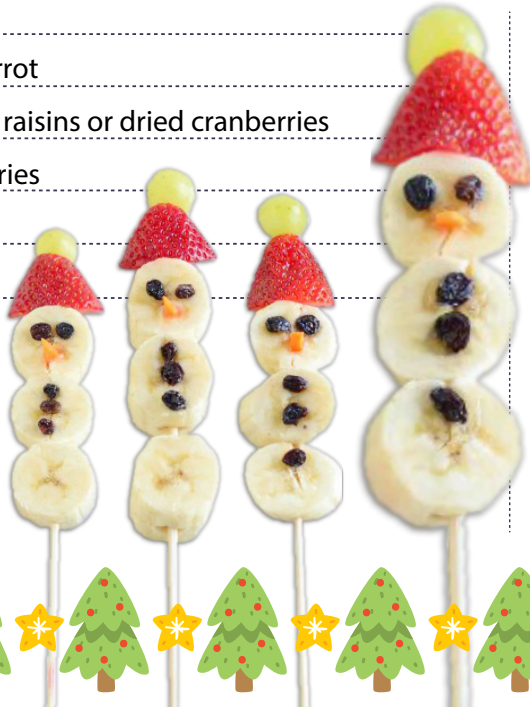
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# BANANA SNOWMEN

## Ingredients

- ☐ 2 bananas
- ☐ 1/4 of a carrot
- ☐ Handful of raisins or dried cranberries
- ☐ 3 strawberries
- ☐ 6 grapes
- ☐ 6 skewers



## Directions

Cut the bananas into thick slices (approx. 9 rounds per banana).\*

Peel a carrot and cut small triangular slivers for a nose.

Trim the stem from strawberries and cut in half. You should get two hats out of each strawberry.

Cut the grapes in half.

To assemble, thread three slices of banana on to each skewer followed by a strawberry hat and grape half.

Gently press the raisins into the banana slices to create eyes and the buttons on the body then add the carrot nose.

Serve immediately before bananas turn brown.

[onehandedcooks.com.au/recipe/christmas-banana-snowmen](http://onehandedcooks.com.au/recipe/christmas-banana-snowmen)

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