



## 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\*\***