

## **Christmas Recipes & Ideas!**

### **Merry Pancakes**

- 1 ½ cups whole wheat flour
- 1 ½ tsp baking powder
- ¼ tsp baking soda
- pinch of salt
- 1 cup plain greek yogurt
- ¾ cup milk
- 1 egg
- 1/2 tsp vanilla extract
- cooking spray

*Topping:*

- 1 cup yogurt (any flavour)
- 1 cup raspberries



(adapted from <http://greekyogurtparadise.com/extra-fluffy-whole-wheat-greek-yogurt-pancakes/>)

Whisk all wet ingredients in a bowl. In a second bowl, combine all dry ingredients. Add the two mixtures. Spray skillet with cooking spray and heat on medium. Pour about ¼ cup batter per pancake. Cook until bubbles appear and then flip. Continue cooking until golden brown. Top with yogurt and berries.

### **Festive French Toast Kabobs**

- 3 eggs
- ¼ tsp ground cinnamon
- ½ cup milk
- ½ tsp vanilla
- 4 slices whole wheat bread
- 3 bananas
- 18 strawberries
- ¾ cup yogurt (any flavour)
- cooking spray
- 12 wooden skewers



(Adapted from: <http://www.eggs.ca/recipes/french-toast-kabobs> )

Whisk eggs and cinnamon. Add milk and vanilla and mix well. Spray skillet with cooking spray and heat on medium. One slice at a time, coat both sides of bread in egg mixture. Allow excess to drip off then place in skillet. Cook both sides until golden brown, flipping once. Place French toast on cutting board and cut into cubes. Cube bananas and strawberries as well. Alternate bread, bananas and strawberries on each skewer. Serve with yogurt for dipping.

## Holly Jolly Smoothie

- 1 cup milk
- 1 cup frozen cranberries
- 1 cup plain yogurt
- 1 tbsp honey
- ½ tsp vanilla extract

Blend all ingredients in a blender and serve.



(adapted from <http://reciperunner.com/cranberry-sauce-smoothie/>)

## Seasonal Suggestions!



Adapted from:

[https://www.pinterest.com/search/pins/?q=healthy%20christmas&rs=remove&term\\_meta\[\]=healthy%7Crecentsearch%7C3&term\\_meta\[\]=christmas%7Crecentsearch%7C3&remove\\_refine=recipes%7Crecentsearch%7C3](https://www.pinterest.com/search/pins/?q=healthy%20christmas&rs=remove&term_meta[]=healthy%7Crecentsearch%7C3&term_meta[]=christmas%7Crecentsearch%7C3&remove_refine=recipes%7Crecentsearch%7C3)

### Nutrition Note – December 2016

#### Healthy Snacking During the Holidays

December is a month of celebrations, enjoy this busy time and we hope these nutrition tips from Kids Eat Smart Foundation NL will help you prepare great meals and snacks for you and your family. 1. Plan ahead; spend an hour or two on the weekend preparing healthy foods for the week ahead. 2. Don't skip breakfast; eating breakfast provides you with the energy you need to get through your day and leads to increased concentration. When you eat a satisfying breakfast, you're also less likely to overeat throughout the day. 3. Have healthy snacks on hand; snacks are key to eating healthy when you're busy. Having one or two healthy snacks a day can curb your hunger and help prevent unhealthy options at the last minute. Take an apple or a banana with you on your way out the door. Keep your refrigerator stocked with cut-up veggies and small plastic containers of hummus or all-natural nut butters for dipping. We hope you and your family have a happy and healthy Holiday Season.