



Healthy Holiday Appetizers

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Fruits

- ☐ 1 Banana
- ☐ 2 cups Grapes
- ☐ 4 cups Strawberries
- ☐ 8 units Strawberries

Breakfast

- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Chia Seeds
- ☐ 1 tsp Garlic Powder
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1 tsp Onion Powder
- ☐ 2 cups Pistachios
- ☐ 1 cup Pistachios, In Shell

Vegetables

- ☐ 6 ozs Baby Spinach
- ☐ 1 cup Carrots
- ☐ 2 Cucumber
- ☐ 1 Cups Cucumber
- ☐ 1 cup Grated Carrot
- ☐ 1 cup Purple Cabbage
- ☐ 1 unit Shallot

Boxed & Canned

- ☐ 4 ozs Brown Rice Vermicelli Noodles
- ☐ 4 ozs Seed Crackers

Baking

- ☐ 1 tbsp Agave
- ☐ 1 tbsp All Purpose Gluten-Free Flour
- ☐ 1 cup Dried Unsweetened Cranberries
- ☐ 1/4 cup Icing Sugar
- ☐ 8 ozs Marshmallows
- ☐ 1 1/2 cups Oats
- ☐ 1 cup Pitted Dates
- ☐ 1/3 cup White Chocolate Chips

Condiments & Oils

- ☐ 14 ozs Artichoke Hearts
- ☐ 1 1/2 tsps Extra Virgin Olive Oil
- ☐ 8 Rice Paper Wraps
- ☐ 1 tbsp Rice Vinegar
- ☐ 1/2 tsp Sesame Oil
- ☐ 1 tbsp Soy Sauce
- ☐ 1/2 cup Vegan Mayonnaise

Cold

- ☐ 1 cup Hummus
- ☐ 1/2 cup Unsweetened Almond Milk
- ☐ 3/4 cup Unsweetened Coconut Yogurt



Charcuterie Board

10 servings

10 minutes

Ingredients

2 Cucumber (Sliced)
1 cup Pistachios
1 cup Pistachios, In Shell
1 cup Hummus
2 cups Grapes
1 cup Strawberries
4 ozs Seed Crackers

Directions

- 1 Distribute the ingredients on the board. Enjoy!

Nutrition

Amount per serving	
Calories	267
Fat	17g
Carbs	24g
Fiber	6g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	216mg
Vitamin A	152IU
Vitamin C	12mg
Calcium	72mg
Iron	2mg



Cranberry Pistachio Energy Bites

10 servings

15 minutes

Ingredients

1/2 cup Maple Syrup
1 cup Pitted Dates (chopped)
1 tbsp Chia Seeds
1 tbsp Ground Flax Seed
1 1/2 cups Oats
1 cup Pistachios
1 cup Dried Unsweetened Cranberries
1/3 cup White Chocolate Chips
(optional)

Nutrition

Amount per serving	
Calories	285
Fat	10g
Carbs	48g
Fiber	5g
Sugar	33g
Protein	5g
Cholesterol	0mg
Sodium	3mg
Vitamin A	65IU
Vitamin C	1mg
Calcium	50mg
Iron	1mg

Directions

- 1 Combine the dates, honey, chia seeds, flax seeds and salt in a food processor, and pulse until smooth and combined. You should be able to stir the mixture – if it is too thick, add in another tablespoon or two of honey.
- 2 Transfer the mixture to a large bowl, and stir in the oats, pistachios, dried cranberries, and white chocolate chips until evenly combined. Cover and refrigerate for at least 30 minutes.
- 3 Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls. (Mine were about 1-inch in diameter.) Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.
- 4 Store covered in the refrigerator for up to 2 weeks. (Storing them in the refrigerator especially helps the energy bites hold their shape.)



Grinch Fruit Kabobs

8 servings

10 minutes

Ingredients

- 1 Banana (sliced)
- 8 units Strawberries (hulled)
- 8 ozs Marshmallows (mini marshmallows)

Nutrition

Amount per serving	
Calories	107
Fat	0g
Carbs	27g
Fiber	1g
Sugar	19g
Protein	1g
Cholesterol	0mg
Sodium	23mg
Vitamin A	9IU
Vitamin C	8mg
Calcium	4mg
Iron	0mg

Directions

- 1 Add the sliced banana on a toothpick, followed by the strawberries. Top with the mini marshmallows.
- 2 Place the Santa Hats on a tray. Repeat with the rest of the strawberries and banana slices until all are complete.
- 3 Chill for 10 minutes to allow the chocolate to harden.



Baked Spinach And Artichoke Dip

4 servings

40 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1/2 cup Unsweetened Almond Milk
1/4 cup Vegan Mayonnaise
1 unit Shallot (diced)
1 tbsp All Purpose Gluten-Free Flour
6 ozs Baby Spinach
1 cup Grated Carrot
3/4 cup Unsweetened Coconut Yogurt
14 ozs Artichoke Hearts
1/4 cup Vegan Mayonnaise
1 tsp Garlic Powder
1 tsp Onion Powder

Nutrition

Amount per serving	
Calories	182
Fat	14g
Carbs	14g
Fiber	7g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	485mg
Vitamin A	8911IU
Vitamin C	21mg
Calcium	235mg
Iron	2mg

Directions

- 1 Roughly chop the spinach and dice the shallot. Also, drain and chop the artichoke hearts.
- 2 Add the olive oil in a pan or pot. Sauté the shallot until translucent. Once translucent, whisk in the flour. Cook the flour until golden. Once the flour is cooked, whisk in the almond milk until you achieve a smooth but thick sauce.
- 3 Add seasonings to the sauce, then stir in the chopped spinach. Combine the carrots and spinach well with the sauce until lightly cooked, but not fully wilted.
- 4 Remove from heat and add to a large mixing bowl with the chopped artichoke hearts, vegan mayonnaise, and vegan yogurt. Use a wooden spoon and combine well. Mix in the extra cup of raw chopped spinach.
- 5 Preheat oven to 350° F. Add the spinach and artichoke dip mixture to this dish and bake for 30 minutes, or until the top is slightly golden and the dip is bubbly.
- 6 Let the dip cool and enjoy with tortilla chips.



Vegetable Spring Rolls

4 servings

15 minutes

Ingredients

8 Rice Paper Wraps
1 cup Carrots (thinly sliced)
1 Cups Cucumber
1 cup Purple Cabbage (shredded)
4 ozs Brown Rice Vermicelli Noodles
1 tbsp Soy Sauce
1 tbsp Agave
1 tbsp Rice Vinegar
1/2 tsp Sesame Oil

Nutrition

Amount per serving	
Calories	223
Fat	1g
Carbs	51g
Fiber	3g
Sugar	7g
Protein	4g
Cholesterol	0mg
Sodium	276mg
Vitamin A	248IU
Vitamin C	16mg
Calcium	27mg
Iron	1mg

Directions

- 1 Bring 4 cups of water to boil, then set aside in a large shallow bowl to cool slightly for softening the rice paper. Submerge one rice paper in the warm water for 5 seconds to soften.
- 2 Transfer the softened rice paper to a lightly damp working surface. Add a handful of each vegetable in the top center of the wrapper, along with the noodles. Fold the bottom tightly over the fillings, then roll the spring rolls tightly while folding the edges as you roll until completely sealed.
- 3 Repeat until you've used up all 8 rolls. Place a damp paper towel on top of the rolls to keep them fresh as you roll.
- 4 To make the peanut sauce, whisk all the ingredients together until creamy. Then thin out with as much water as you'd like. Serve immediately with the vegetable spring rolls.



Strawberry Christmas Tree

1 serving
10 minutes

Ingredients

3 cups Strawberries
1/4 cup Icing Sugar

Nutrition

Amount per serving	
Calories	255
Fat	1g
Carbs	63g
Fiber	9g
Sugar	51g
Protein	3g
Cholesterol	0mg
Sodium	5mg
Vitamin A	52IU
Vitamin C	254mg
Calcium	69mg
Iron	2mg

Directions

- 1 Prep the strawberries - rinse and allow to dry thoroughly.
- 2 Start adding toothpicks to the cone. I spaced mine about 1 inch apart and worked in a circular direction from bottom to top.
- 3 Once the toothpicks are in, start adding the prepared strawberries. Be careful not to poke the toothpick all the way through the strawberry.
- 4 Fill in any empty spots with extra toothpicks and strawberries.
- 5 Sprinkle with powdered sugar if desired.