Christmas Fun with Food

ONIE has a few ideas to have fun with the kids over the holidays with these easy to make treats.

Snowman on a Stick

Ingredients:
Bananas
Grapes
Carrot
Apple
Bamboo skewers (12 inches long)
Mini-chocolate chips
Pretzel sticks

Directions:
1. Prepare the fruit by cutting the banana into one inch slices, and then cut apple into triangular pieces; cut the carrot into small slivers.
2. For each snowman, you will need three thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple.
3. Slide three slices of the banana onto the skewer to create the body of the snowman; and then add the...
piece of apple and the grape to create its hat.

4. Next, gently press the small mini-chocolate chips onto the bottom two pieces of the banana to form the buttons on the snowman; and then create eyes with two more chocolate chips.

5. Finally, add the sliver of carrot to create the nose.

*ONIE Test Kitchen Tip: Poke a hole in the apple piece with a bamboo skewer first to make assembly easier.

Christmas Tree Vegetable Platter

**Ingredients:**
- 3 cups fresh broccoli florets
- 14 grape tomatoes
- 1/2 cup yellow bell pepper, cut into strips
- 1 1/2 cups fresh cauliflower florets
- 3/4 oz (about 40) pretzel sticks (from 15-oz bag)

**Directions:**
1. Arrange broccoli to form a tree shape.
2. Arrange the pretzels at the bottom to form a tree trunk.
3. Use tomatoes to form decorations.
4. Arrange the bell pepper on the top of the tree to form a star.
5. Finally, arrange the cauliflower around the bottom of the tree to form snow.

*ONIE Test Kitchen Tip: Make the perfect dip by mixing 16 oz. non-fat plain Greek yogurt with 1 pkg. Ranch dressing mix.

Wishing you and your family Happy Holidays!