



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD, LDN

## Dietitian's Dish

### Last-Minute Holiday Snacks

If you're looking for some snack ideas for your final holiday gatherings, we've got some great options. Below are a couple of ideas to feature wholesome, nutritious snacks that offer something for everyone to enjoy. Snack boards with little plates will help to avoid the holiday excess we often experience. These ideas might be best for Christmas gatherings, but you can change out the small dishes and cookie cutter shapes or decorator tips used to have more stars for a New Years Eve theme. You're only limited by your imagination. So, grab some fruits, veggies, nuts, crackers, cheeses, and other favorite snack foods to create your own Holiday Snack Board to share at your next festive gathering!

### Holiday Watermelon Snack Board

#### Ingredients:

- Cucumbers (cut with a small star cookie cutter)
- Green grapes
- Sliced radishes
- Raspberries
- Brie
- Crackers
- Pistachios & almonds
- Pomegranate arils
- Mini marshmallows
- Honey, for dipping
- Yogurt Pretzels



#### Directions:

1. Watermelon Christmas Trees: Use a cookie cutter to cut out watermelon slices in a tree shape. You can decorate these or leave plain. Top with a cucumber star!
2. Watermelon "Snow Balls": Use a melon baller to make watermelon round. Place in a small bowl and sprinkle with shredded coconut.
3. Watermelon, Feta and Mint Stacks: Skewer chunks of watermelon, feta and a mint leaf on toothpicks.
4. Add these 3 watermelon snacks to the snack board and surround with the rest of the ingredients in a fun display.

*Recipe and image courtesy of HealthyFamilyProject.com.*

### Avocado Holiday Tree Bites

#### Ingredients:

- 3 ripe, fresh avocados, halved, pitted, peeled and mashed
- 1 1/2 Tbsp. fresh lime juice
- 3 garlic cloves, minced
- 1/4 tsp. salt
- 24 woven-wheat crackers
- 2 Tbsp. cilantro leaves, finely chopped
- 2 Tbsp. almonds, slivered
- 2 Tbsp. red bell peppers, finely diced



#### Directions:

1. Place avocado, lime juice, garlic and salt in a medium bowl. Mash with a fork until smooth. Cover and place in the refrigerator to chill for 1 hour so guacamole is cold before piping onto crackers.
2. Fit a medium pastry bag with an open star tip. While holding the base of the bag, fill with avocado mixture. Gently squeeze bag, piping about 1/2 tablespoon avocado mixture directly onto each cracker, creating avocado "trees". Divide mixture between 24 crackers.
3. Decorate with cilantro, almonds and red pepper pieces. Store in the refrigerator and serve within one hour of assembly.

*Recipe and image courtesy of LoveOneToday.com.*