

Healthy Holiday Treats

Healthy Ginger Snap Cookies

Ingredients:

- ☞ 1 cup of raw sugar + additional for topping
- ☞ ⅔ cup canola oil
- ☞ 1 egg
- ☞ 4 tablespoons of molasses (if you want to get even healthier, replace molasses with applesauce)
- ☞ 2 cups of sifted whole-wheat pastry flour
- ☞ 2 teaspoons of baking soda
- ☞ 1 ¼ teaspoons ground cinnamon
- ☞ 1 ¼ teaspoons ground ginger
- ☞ ⅓ teaspoon sea salt

Directions:

1. Combine raw sugar with canola oil, egg and molasses (or applesauce).
2. Add together whole-wheat pastry flour, baking soda, ground cinnamon, ground ginger and sea salt. Mix together.
3. Add flour mixture to wet mixture, form the dough into 1-inch balls and roll each ball in a bowl containing additional raw sugar.
4. Place balls of an ungreased baking sheet, bake at 350 degrees for 10-12 minutes. Place cookies on a cooling rack to cool.



Red and Green Fruit Salad

Ingredients:

- ☞ You decide! Have your child help you pick out red and green fruits at the grocery store. Green fruits can be honeydew melon, green apples, green grapes and kiwi. Select red fruits like strawberries, raspberries, red apples, cherries and red grapes.

Directions:

1. Wash, peel and cut the fruits.
2. Combine all together, or arrange on a platter so that it looks like a wreath. Provide low-fat vanilla yogurt in the center for dipping.

Enjoy making these recipes with your child, provide them as a healthy dessert or even as a snack. You can help your child learn that nutritious food is not only good for you, but can taste good too!

For more information on eating healthy, visit choosemyplate.gov