Happy Holidays!

Wishing you a happy holiday season with this collection of festive appetizers, desserts and drinks. Cheers!

-Your Workforce Health Dietitians

Froedtert & Medical College of Wisconsin

Workforce Health
Cherries in the Snow

Ingredients:

- 1 (8 oz.) fat-free cream cheese
- 1 cup sifted powdered sugar
- 1 (12 oz.) carton frozen reduced-calorie whipped topping, thawed
- 8 cups cubed (1-inch) angel food cake
- 1 (20 oz.) can light cherry pie filling

Yield: 12 (1 cup) servings

Directions:

1. Beat cream cheese at medium speed of a mixer until smooth.
2. Gradually add the sugar, beating until blended. Gently fold in whipped topping.

(continued)
3. Place half of cake cubes in a large glass bowl; top with half of cheese mixture.

4. Spread half of cherry filling over cheese mixture. Repeat layers with remaining cake cubes, cheese mixture and cherry filling.

5. Cover and chill.

**Nutrition Facts:** (per serving/1 cup)
- Calories: 212
- Fat: 3.9g
- Sodium: 279mg
- Total Carbohydrates: 39g
- Dietary Fiber: 0g
- Protein: 5.5g

Source: [www.cookinglight.com](http://www.cookinglight.com)
Coco-Almond Chip Cookies

Ingredients:

• 3 large, ripe bananas, well mashed (about 1.5 cups)
• 1 tsp. vanilla extract
• ¼ cup coconut oil, barely warm (so it isn’t solid)
• 2 cups rolled oats
• ⅓ cup almond meal

Directions:

1. Preheat oven to 350º F.

2. In a large bowl, combine the bananas, vanilla extract and coconut oil. Set aside.

Yield: 3 dozen cookies

• ⅓ cup coconut, finely shredded and unsweetened
• ½ tsp. cinnamon
• ½ tsp. sea salt
• 1 tsp. baking powder
• 6-7 oz. dark chocolate chips

(continued)
Directions:

3. In another bowl, whisk together the oats, almond meal, shredded coconut, cinnamon, salt and baking powder.

4. Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chips.

5. Drop dollops of the dough (will be looser than typical cookie dough), each about two teaspoons in size and one inch apart onto a parchment lined baking sheet. Bake for 12-15 minutes.

Nutrition Facts: (per serving/2 cookies)
Calories: 168
Fat: 10g
Sodium: 50mg
Carbohydrates: 19g
Dietary Fiber: 3g
Protein: 3g

Modified from minimalistbaker.com
Spinach and Artichoke Dip

Ingredients:
- 8 oz. part-skim mozzarella cheese
- 8 oz. shaved/shredded Parmesan cheese
- 1 Tbsp. hot sauce
- 1-2 cups fresh spinach
- 1 (15 oz.) can artichoke hearts in water
- 8 oz. silken tofu
- 8 oz. plain Greek yogurt
- 1 cup sour cream
- 2 fresh garlic cloves
- 1 tsp. seasoning salt

Yield: 16 servings

Directions:
1. Drain artichoke hearts and chop.
2. Combine all ingredients and mix well.
3. Heat on stove, microwave or mini-crock pot prior to serving.
4. Serve with raw vegetables or whole-grain crackers.

(continued)
Nutrition Facts: (Per serving)
Calories: 77
Fat: 4g
Sodium: 310mg
Total Carbohydrates: 3g
Dietary Fiber: 1g
Protein: 8g

Source:
Joelle Lefevre, RD, CD
Workforce Health Dietitian
Skinny Baked Brie Phyllo Cups

Ingredients:

• 3 oz. light Brie, skin removed, cut into (15) ½-inch cubes
• 4 Tbsp. Craisins®
• 4 Tbsp. chopped walnuts or pecans
• 2 Tbsp. honey
• 15 mini phyllo shells (Athens®)

Yield: 15 servings

Directions:

1. Preheat oven to 325º F.
2. Combine Craisins®, chopped nuts and honey in a bowl and mix well.
3. Arrange mini shells on a baking sheet. Fill mini shells with cheese (each piece of cheese weighs about 0.2 oz). Top with sticky Craisin®/nut mixture and bake 5-7 minutes, or until the cheese melts. Serve immediately.

(continued)
Nutrition Facts: (per serving)

Calories: 60
Fat: 3g
Sodium: 59mg
Total Carbohydrates: 6.5g
Dietary Fiber: 0.3g
Protein: 2g

Source:
skinnytaste.com
Sleigh Driver

Yield: 10, 1 cup servings

Ingredients:
• 1 cup water
• ½ cup sugar
• 1 (2-inch) piece fresh ginger, peeled and sliced
• 3 pears, chopped into bite-size pieces, divided
• 2 quarts apple cider
• 1 lemon, halved and sliced
• 1 Tbsp. ground allspice
• 1 cup fresh cranberries
• 2 Tbsp. vanilla extract

Directions:
1. Combine water, sugar, ginger and one pear in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. Strain out the solids and return the mixture to the pan.
2. Add remaining pears, cider, lemon and allspice. Heat over medium-high heat, stirring often, for 15 minutes.
3. Add cranberries and vanilla. Reduce heat to medium-low (the liquid should be simmering, not boiling). Let simmer for 10 minutes more and serve hot.

**Nutrition Facts:**
- Calories: 169
- Fat: 0g
- Sodium: 61mg
- Total Carbohydrates: 42g
- Dietary Fiber: 2g
- Protein: 0g
Spiced Hot Cider

Yield: 6, 3/4 cup servings

Ingredients:
• 4 cups apple cider
• 1 cinnamon stick
• 5 whole cloves
• 2 Tbsp. cinnamon-flavored syrup (Torani®) or similar brand
• Cinnamon sticks, for garnish

Directions:
1. Bring apple cider, cinnamon stick and cloves to a boil.
2. Reduce heat and simmer for 5 minutes.
3. Add flavored syrup. Garnish with cinnamon stick and serve hot.

Source: www.eatingwell.com
Nutrition Facts:
Calories: 143
Fat: 0g
Sodium: 0g
Total Carbohydrates: 23g
Dietary Fiber: 0g
Protein: 0g