

# HEALTHY FOR THE HOLIDAYS

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This holiday season you can add a healthy twist to classic comfort and finger foods. Finger Food, spreads, and tasty dips are perfect for entertaining a crowd and this year you can serve the crowd-healthy pleasing finger food before thankful Thanksgiving dinner.

Go crazy with the right veggies! Put colorful vegetables together in dishes and use herbs, spices, onions and garlic to flavor them with fewer calories-try cooked carrots and cumin or Brussels sprouts with garlic.



Raw Sea Salted Beet Chips make a healthy alternative to snack to the party. These simple to make beet chips are crispy, salty and crunchy, so perfect, before Thanksgiving dinner. Another perk of these chips? Beets are extremely healthy for you! Beets are more like an energy food or fuel for the body. It gives a great source of minerals as they are rich in calcium, phosphorous, iron as well as magnesium. Beets also have dietary fiber in it. It also contains noticeable amounts of niacin, Vitamin C as well as Vitamin A. Even if you aren't a huge beet fan, give them a try. You'd be surprised how neutral in flavor, yet delightfully savory they are.

Adding more of a variety, Roasted vegetable chips made of parsnips, sweet potatoes, beetroots, carrots, and turnips are crispy and salty like potato chips, but made from vegetables and is a good way to get certain nutritional benefits while eating healthy before, during, and after Thanksgiving.