



## Christmas Food Trees!

Your creativity is the limit when it comes to designing these Christmas Food Tree platters. Use an assortment of fruit and/or vegetables to create a Christmas tree.

Makes a platter to feed 8-10 people

### INGREDIENTS

#### Fruit Trees

- Orange sections
- Sliced strawberries, kiwis
- Blueberries
- Raspberries
- 1 slice of starfruit (optional)

#### Veggie Trees

- Baby carrots
- Broccoli and cauliflower cut into bite-sized pieces
- Cherry or grape tomatoes
- Sliced yellow peppers
- Pretzels (for the tree trunk, of course!)

### INSTRUCTIONS

1. Cut up fruit and veggies as desired and arrange on a large platter in the shape of a Christmas tree.
2. Decorate it however you like – these are examples to get you started!



*This food tree features assorted fruits – orange slices, sliced kiwis, strawberries, blueberries and raspberries. To top the tree off, you can decorate it with a slice of starfruit.*



*This food tree features assorted veggies – baby carrots, broccoli, cauliflower, cherry or grape tomatoes, sliced yellow peppers and pretzels.*

**Do you have a copy of our FREE Guide -  
5 Secrets for Healthy Eating Success?**

[www.cravinghealth.ca/5-secrets](http://www.cravinghealth.ca/5-secrets)

