

# Christmas Recipes

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December 2012

## Strawberry Santa Hats

### Ingredients:

- 12 Strawberries
- 1/3 cup low fat Greek Yogurt (or other suitable yogurt)
- 12 Melba rounds 12 grain crackers

### Directions:

Spread melba rounds onto a plate or baking sheet. Wash and cut the tops off of each strawberry. Spread 1 tsp of Greek yogurt onto each melba round. Place strawberry, flat edge down, on top of the cracker with yogurt. Add small dollop of yogurt to the top of Santa's hat and enjoy!



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## Cookie Cutter Pancakes

### Ingredients:

- 2 cups whole wheat flour
- 4 1/2 tsp baking powder
- 1/2 tsp salt
- 2 tsp cinnamon
- 2 tsp sugar
- 2 large eggs
- 2 cups + 2 tbsp milk

### Directions:

Mix all dry ingredients in a bowl. Add wet ingredients to the mixing bowl and mix with a spoon until there are no more dry spots.

Heat a large skillet on medium heat. Lightly spray with oil and pour pancake batter into your cookie cutters. Once bubbles settle and the edges begin to set, remove cookie cutter and flip the pancakes. Repeat with the remainder of the batter.

Serve with red and green apple slices. Use a variety of cookie cutters, be creative and enjoy! (makes roughly 20 pancakes)



Recipes adapted from ( <http://www.skinnytaste.com/2009/06/whole-wheat-pancakes.html> ).  
Submitted by dietetic intern Haley Fiander. Fall 2012