

HEALTHY HOLIDAY

Hor d'Oeuvres

(ALL LESS THAN 100 CALORIES)



MINI CHEESE MIX

26 calories | 1g fat | 1g protein | 31mg sodium

Halve 1 lb seedless grapes,
and place evenly into
small foil petit-four cups.

Add a small chunk of
sharp cheddar to each cup.

