

Healthy Holiday Swaps

Mashed Potatoes

Try This!

Mashed Cauliflower
+Parmesan cheese



Sweet Potato Fluff

Try This!

Sweet potato +egg +cinnamon
+vanilla topped with toasted
pecans and a little brown sugar



Green Bean Casserole

Try This!

Sautéed green beans
with toasted walnuts



Sausage Stuffing

Try This!

Whole grain bread
+onions, celery, cubed
butternut squash, or kale



Squash Casserole

Try This!

Roasted or baked acorn
squash +apples



Chocolate Cake

Try This!

Greek Yogurt
Chocolate Mousse



Mac and Cheese

Try This!

Mac and Cheese +pureed
carrots, butternut squash,
and or cauliflower



Pecan Pie

Try This!

Rustic pear tart with
whole grain crust



Creamy Vegetable Casserole

Try This!

Roasted Brussels sprouts
with balsamic vinegar



Apple Pie

Try This!

Baked apples stuffed
with cranberries +nuts

