



!!!!!!! SEASON'S GREETINGS!!!!!!!

We hope everyone has a wonderful holiday. Community Kitchens had a short month in December. We all had our Christmas baking finished by the middle of the month. Each kitchen chose their own recipes for baking, and each one prepared a thank-you tray for the establishment that they cook in as well as other organizations that helped us during the year

During the holiday season it's so easy to over indulge in sweets and other not so healthy foods. To ensure that you are getting some nutritious foods during the party season it's always a great idea to include a veggie platter at your gatherings. Using a hummus dip instead of some of the other choices helps cut down on fat and calories. You can also serve raw veggies and hummus at your holiday dinner, it makes one less thing you have to cook. The Hummus recipe included here is from our former facilitator Linden, some of you who attended the Health Fair may already have it.

!!! HAVE A HEALTHY HAPPY NEW YEAR !!!

