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The 8 Best Healthy Holiday Recipes

By Kirsten Ballard in **FOOD & NUTRITION**

Posted Dec 21 2013 - 7:00pm

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It's a long road of cookies, casseroles and champagne standing between [Christmas](#) and the [new semester](#). You might have gotten [back on track](#) after Thanksgiving, but the idea of turning down a season of sweets and treats is not an appetizing thought.

Instead of gorging on everything in Mom and Dad's pantry when you're home, you can turn to healthy options that are still delicious. We're featuring eight healthy holiday recipes to make sure the tree isn't the only thing that stays trim.

Appetizers

1. Reindeer Bites



These no-bake energy bites will give you the kick you need to pull Santa's sleigh for an entire night—or just tackle the last mall shopping trip. The low-calorie, high-protein bites will give you the boost of energy without the crash later.

Ingredients:

- 1 cup (dry) oatmeal
- 1/2 cup chocolate chips
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed
- 1/3 cup honey
- 1 tsp. vanilla

Directions:

1. Mix ingredients together in a large bowl.
2. Roll into bite-size balls.
3. Refrigerate to set—and then, on, Comet! On, Cupid! On, Donner and Blitzen —enjoy!

2. Ham Roll-Ups

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Kirsten Ballard



Snacking is one of the easiest ways to pick up extra pounds around the holidays. While navigating the minefield of cookies and pies, grab some easy-to-make ham rolls for a snack that is healthy and light.

Ingredients

- Packaged of cooked deli ham
- Light or nonfat cream cheese

Directions

1. Spread cream cheese on a slice of ham.
2. Roll the ham up.
3. Slice into inch-sized portions.

1 2 3

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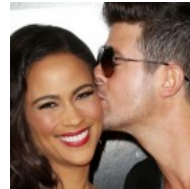
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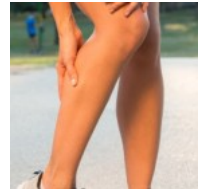
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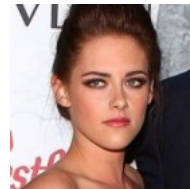
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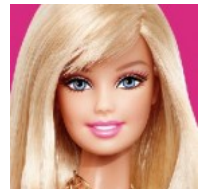
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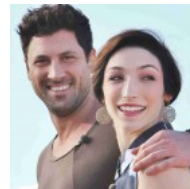
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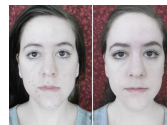
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