

## Happy Holidays!

Are you looking for fun holiday activities that do not revolve around food?

- Walk the neighborhood or drive to a nearby neighborhood to look at lights
- Visit Callaway Gardens Fantasy of Lights
- Visit Atlanta Botanical Gardens Holiday Nights light display
- Clean out your closet and donate old coats to a local clothing drive
- Plan a holiday “crafternoon” making homemade ornaments, wreaths, etc
- Visit a local tree farm
- Visit your local pottery shop to paint pottery
- Host an ornament exchange with friends or family



# Holiday Recipe Ideas

## Loaded Cauliflower Casserole

### Ingredients

- 3 slices turkey bacon
- 1/4 tsp salt
- 2/3 cup plain greek yogurt
- 1 head cauliflower (2 lbs), cut into bite sized pieces
- 1 1/4 cups shredded low-fat cheddar, divided
- 4 scallions, divided
- 1/2 tsp ground pepper

### Instructions

1. Preheat oven to 425.
2. Place turkey bacon in nonstick skillet and cook until crisp.
3. Combine cauliflower, salt, and pepper into a 9x13 baking dish. Bake until tender, about 35 minutes.
4. While baking, stir together 1 cup cheese, 2/3 cup greek yogurt, and half the scallions.
5. When the cauliflower is done baking, stir the cheese mixture into the cauliflower until combined. Sprinkle with the remaining 1/4 cup cheese. Bake for another 5-7 minutes or until cheese is melted.
6. Garnish with the remaining scallions and the turkey bacon.



## 4 Ingredient Pumpkin Fluff

The perfect low-sugar dessert for the holidays



### INGREDIENTS

- 1 15 oz can pumpkin (not pie filling)
- 1 8 oz tub of zero sugar Cool Whip
- 1 5 oz box sugar free instant pudding mix (vanilla is recommended)
- 1 tsp pumpkin pie spice

### DIRECTIONS

1. Combine ingredients in a large bowl. Be sure to NOT pre-make the pudding (just use the powder).
2. Stir until well combined.
3. Spoon each serving into a small bowl or dump mixture into a graham pie crust to make a low-sugar pie instead.
4. Chill for 1-2 hours. Serve and enjoy!