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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## **Five Low Fat Holiday Party Appetizers**

**By Renee Kennedy**

### **Five Low Fat Holiday Party Appetizers by Renee Kennedy**

Holiday foods are about different kinds of flavors that satisfy your taste buds. Here are some food picks – healthy, low fat, all easy to make:

1. Marmalade, apple butter, or whole fruit preserves served on low fat crackers with slices of gourmet cheese.  
(Be sure to read the back of the packages of cheese and crackers, look for low-fat options.)
2. Pears and low fat cheddar cheese. The sweet, tang of the fruit with the sharp taste of the cheese is a mixture that will please any palette. When serving, allow guests to slice their own fruit — this will keep the fruit from turning brown.
3. Ham and turkey are both low fat meats if you choose lean varieties. Here are a few special ways to serve them depending on the level of sophistication of your guests:
  - For kids: serve the meat in bite-sized chunks, also offer grapes and chunks of low fat cheese... let your guests pick up these healthy nuggets with toothpicks.
  - For the older crowd: Buy deli slices of ham, turkey, and cheese. Roll them up, serve with a choice of small dinner rolls (onion rolls, plain, egg, whole wheat...).Add a selection of fancy mustard or any unique fat-free condiments. (Have some fun experimenting with fat free mayonnaise and/or yogurt and spices like chili, dry mustard, onion and garlic.)

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4. Shrimp is a fabulous appetizer that has 100 calories per three oz, very little fat, and tons of protein! A less expensive option is imitation crab or lobster (made out of whitefish and flavored to taste like crab or lobster.) Serve with cocktail sauce and it tastes nearly as good as shrimp. Again, toothpicks come in handy for this appetizer.

5. Bruschetta...

Slice a loaf of French baguette bread into 1/2 inch slices, place on a cookie sheet.

Dice 2–3 large ripe tomatoes.

Chop 1/2 – 1 cup of fresh basil.

Mix tomato and basil together, add a little

salt and pepper if you like.

Put tomato mixture on the sliced bread.

Sprinkle with shredded low-fat mozzarella.

Broil about five minutes until cheese is bubbly.

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### **Holiday Party Planning**

**By Mrs. Party Gail Leino**

**Holiday Party Planning by**

**... Gail Leino**

### **Holiday Party Planning**

'Tis the season to have a party and invite all your family and friends to celebrate the holidays with you. Have a family day and decorate the entire house with

. Your family will enjoy how festive the home is before and after the holiday party.

When decorating, make sure you have all the party supplies that you will need before the actual party

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day. Plan out the food and drinks you will be serving. Make a list of everything you need to purchase to help get you ready. If you are preparing any new dishes or appetizers, try them out in advance on your family and neighbors. You want to have all the quirks of any new recipes worked out before your party. It is a nice idea to give each of your guests

as a token of your appreciation

for them attending your party. Choosing the perfect favors for your party can be a way to cleverly tie in the

with your own individual touch.

Bring a festive holiday party atmosphere to your party with

and lights. For the

music, select a few of your favorite holiday albums to play so you can have some variety. It is fun to gather your guests together to sing old favorites. For the lighting, you can string lights on both the inside and outside of your home. You can also cluster some holiday scented candles together for a dramatic lighting effect.

Have the smell of holiday cheer in the air. Simmer cinnamon sticks on the stove to provide the holiday scent. These provide a pleasant holiday aroma to your home. Plan some

that will excite and engage all of your guests. You can have fun holiday party

prizes for the winners of the games.

Mrs. Party... Gail Leino is the internet's leading authority on giving the best possible

, using proper

etiquette and manners while also teaching organizational skills and fun facts.

Holiday Party Planning

How To Use An Online Catering Service

Five Healthy, Easy Party Appetizers

Champagne and Appetizers: Let the Celebration Begin

How To Stay Slim During The Holiday Season

Palmistry

Brew Your Own Beer

Recipes from the Heartland

Beat that Fat

COCKTAILS - How to Make and Enjoy them



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