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Healthful Appetizers to Serve at Your Next Party

Health and taste go hand in hand!

IDEA #1

Offer a variety of small plates



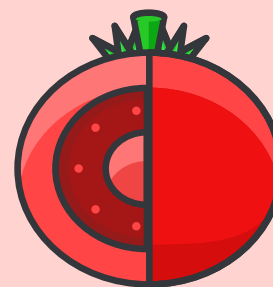
Choose about 6 or 7 different veggies and 2 different dips, then make at least 2 different small plates.



By mixing it up and serving everything on a variety of small dishes, you can generate interest in what you offer.

IDEA #2

Present with pinwheels



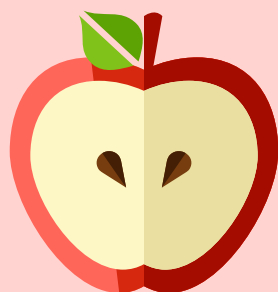
Spread a flour tortilla with hummus and roll it up with diced tomatoes in the center.



You could make pinwheels with peanut butter and fruit, black bean spread, feta and veggies, and more!

IDEA #3

Put it on a platter



Serve fresh apple slices on a small, colorful plate with a bunch of different dried fruits.



Try a variety of colorful dried fruits. A good starting combination is figs, cranberries, and plums.

IDEA #4

Remember the dip



Mix hummus with some tomato paste for a nice red color.



Place the hummus in a small cup and arrange a variety of fresh vegetables around it.