With the end of the year fast approaching, it’s time to think about how to continue a healthy lifestyle during the festivities. Here are some great party food suggestions.

- Lean meat & salad sandwiches cut in to a Christmas tree or star shape using cookie cutters, or decorate with pretzels as reindeer antlers.
- Cheese cut into the shape of a star or Christmas tree, decorated with small pieces of gherkins, cocktail onions.
- Fruit & veg kebabs (green & red theme for a Christmassy theme).
- Pikelets topped with creamed cheese & fruit or veg.
- Strawberry Santas and strawberry & banana candy canes or watermelon star shapes on pop sticks.
- Natural or Greek yoghurt blended with fruits frozen to make healthy icy poles.
- Chocolate dipped strawberries with some colourful sprinkles.
- Freeze berries, grapes or other pieces of fruit in fruit juice in ice cube trays and serve with sparkling mineral water (use green & red fruits).