**Grape Salad**

4 ounces sliced almonds  
1 package (8 ounces) low-fat cream cheese  
1 cup light or fat free sour cream  
4 ounces light whipped topping  
½ cup brown sugar  
2 cups red grapes  
2 cups green grapes  

1. Toast almonds by spreading onto a baking sheet or pan and heat in a 350 degree oven for about 10 minutes (watching closely to avoid scorching). Other methods for toasting nuts can be found at https://food.unl.edu/toasting-nuts-and-seeds-using-microwave-oven-or-stove-top.  
2. In a large bowl, combine cream cheese, sour cream, whipped topping and brown sugar; mix well.  
3. Fold in grapes. (If serving to young children, cut grapes before adding.)  
4. Chill before serving.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 270 calories, 11 grams of fat, 7 grams of protein, 36 grams of carbohydrates and 115 milligrams of sodium.

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**Cornflake Cookies**

5 cups corn flakes  
1 package (11-12 ounces) butterscotch chips  
½ cup peanut butter  

1. Place corn flakes in a large mixing bowl.  
2. In a microwave-safe bowl, melt chips and peanut butter, 1 minute at a time until smooth.  
3. Pour peanut butter mixture over cornflakes and mix well.  
4. Drop by teaspoons onto waxed paper or baking sheets (coated with nonstick cooking spray).  
5. Let set before serving.

**Nutrition Note:** This recipe makes 24 cookies. Each cookie has 130 calories, 6 grams of fat, 3 grams of protein, 14 grams of carbohydrates and 75 milligrams of sodium.

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**Why breastfeed?**

“It promotes a special bond between me and my baby. I think by doing it, I’m able to give a part of me to my child.”  
~ Marie, WIC Breastfeeding Mom from Valley City

For more information about breastfeeding, go to www.ndhealth.gov/breastfeeding or https://WICBreastfeeding.fns.usda.gov

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**Winter Wonderland Hot Cocoa Mix**

1 cup powdered non-dairy creamer  
1 cup nonfat dry milk  
½ cup white sugar  
½ cup unsweetened cocoa  

1. Combine all ingredients in a large bowl. Mix well. Store in an airtight container.  
2. To make hot cocoa, place 2 heaping tablespoons in a cup. Add 1 cup boiling water and stir until cocoa mix is dissolved. If desired, add a cinnamon or peppermint stick to each cup.

**Nutrition Note:** This recipe makes 24 cups (2 tablespoons cocoa mix). Each cup has 70 calories, 1.5 grams of fat, 2 grams of protein, 12 grams of carbohydrates and 40 milligrams of sodium.

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**Make exercise a part of the fun. Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal.**

Source: www.choosemyplate.gov
Focus on Family
During the Holiday Season

Time is one of the most valuable and treasured gifts we can give our children. Play games, make traditions and just enjoy time with your family. Make meals and memories together with your children. Their smiles will light up your kitchen.