### Pita Christmas Trees

**Ingredients**
- 1/2 c sour cream
- 1/2 c homemade or store bought guacamole
- 4 pita rounds
- 1-2 Tbsp. chopped cilantro
- 1/4 c chopped red pepper
- Pretzel sticks
- Salt and pepper and splash of lime

**Directions**
1. In bowl combine guacamole, sour cream, cilantro, lime juice, salt and pepper. Cut each pita in 8 wedges, stick half a pretzel stick in center of wedge for tree trunk. Spread each wedge with sour cream mixture, and sprinkle with finely chopped peppers.

### Holiday Trail Mix

**Ingredients**
- 1 1/2 cup dried cranberries
- 1 1/2 cup cinnamon cereal squares
- 1 1/4 cup green pumpkin seeds
- 1 cup white chocolate chips
- 1 cup coarsely chopped walnuts
- 1 cup date pieces
- 1 cup unsweetened coconut flakes

**Directions**
1. Combine all ingredients in a large bowl and toss.

**Serving size:** 1/2 cup, 290 calories (160 from fat), 18g total fat, 6g saturated fat, 0mg cholesterol, 30mg sodium, 31g carbohydrates, (4g dietary fiber, 22g sugar), 6g protein