



holiday
**APPETIZERS
& PUNCH RECIPES**

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PUNCH
RECIPES



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AUTUMN HARVEST PUNCH

Makes about 120 ounces

INGREDIENTS

- 3 Cups Lemonade
- 5 Cups Apple Cider
- 1 Cup Orange Juice
- 5 Cups Sparkling Water
- ¼ Cup Maple Syrup
- 3-4 Rosemary Sprigs
- 3 Apples
- 1 Orange

COOKING PROCESS

1. In a tall pitcher mix the apple cider with the orange juice and lemonade. Set aside.
2. Cut the apples and the oranges and add them to the pitcher.
3. Mix in the maple syrup and add the rosemary sprigs.
4. Cover and take to the refrigerator for 2 hours or until chilled.
5. Add the sparkling water and mix.
6. Serve and enjoy.

notes:

The longer you keep the punch in the fridge the bigger the punch of flavor. You can make it overnight to serve in the afternoon. You can also add 2 cinnamon sticks to make it spicier.



BEST HEALTHY PUNCH

Makes about 168 ounces

INGREDIENTS

- 64 Ounces Cranberry Juice (not cocktail, no sugar added)
- 24 Ounces Apple Juice (no sugar added)
- 16 Ounces Pineapple Juice
- 64 Ounces Fresca Soda Water (or Sprite)
- 1 Lemon, sliced
- 4-6 Strawberries, sliced

COOKING PROCESS

1. Wash and dry the fruit. Slice and set aside until ready to serve punch.
2. Add your juices to punch container. Stir.
3. Chill the punch until you are ready to serve.
4. Add fruit to container when ready to serve. Then add your fresca or sprite SLOWLY at an angle to punch container.
5. Serve ice in cups. If you add ice to punch it will water it down.

notes:

Quench your guests' thirst while giving some extra zing from fresh fruit like strawberries and lemon



THANKSGIVING CIDER PUNCH

Makes about 96 ounces

INGREDIENTS

- 4 Cups Apple Cider
- (Half Gallon)
- 2 Cups Cranberry Juice
- (no sugar added)
- 1 Cup Pumpkin Puree
- 4 Cups Ginger Ale
- Ice, optional

COOKING PROCESS

1. Mix the cider, juice and pumpkin together and slowly whisk until combined.
2. Add ginger ale. Add ice if desired.

notes:

Adding some cinnamon sticks, sliced apples, and a sprinkle of nutmeg to your cider punch transforms it into the ultimate fall drink.



THANKSGIVING PUNCH FOR KIDS

Makes about 8 Cups

INGREDIENTS

- 4 Cups Apple Cider
(32 Ounces)
- 1 Cup Pumpkin Puree
- 2 Cups Ginger Ale
- Pumpkin Pie Spice
- Vanilla Bean Ice Cream

COOKING PROCESS

1. Combine the apple cider and pumpkin puree and whisk together slowly in a bowl or container. Mix until combined. If serving later, put in container in refrigerator.
2. When ready to serve, add to serving container. Alternately you can pour into serving cups/glasses and just add the remaining ingredients.
3. Add ginger ale.
4. Add to cups or glasses and add a dash of pumpkin pie spice to each cup/glass along with a scoop or two of ice cream!

notes:

You can serve this as a milkshake too!



HEALTHY CHRISTMAS PUNCH

Makes about 8 Cups

INGREDIENTS

- 2 Cups V8 Blueberry Pomegranate Juice
- 2 Cups Pineapple Juice
- 2 Cups Apple Juice
- 2 Cups Club Soda
- Fresh Oranges
- Cranberries
- Blueberries
- Fresh Mint

COOKING PROCESS

1. Add liquid ingredients and stir
2. Chop fruits and mint as desired and add to punch. Add to punch and stir.

notes:

healthy and nutritious!



APPETIZERS





GLUTEN FREE APPETIZER TREE

INGREDIENTS

- 1 Cup Purple Grapes
- 1 Cup Green Grapes
- 1 Cup Cheddar Cheese
- 1 Cup Mozzarella Balls
- 1 Celery Rib, sliced
- Basil Leaves
- ½ Yellow Bell Pepper
- ½ Cup Pomegranate Seeds

COOKING PROCESS

1. Cut cheese into cubes.
2. Slice celery rib and bell pepper.
3. On a large platter arrange grapes and cheese in a row that resembles a Christmas tree.
4. Add basil between rows as in the pictures.
5. Place sliced bell pepper criss cross on the top of the tree.
6. Place celery at the bottom of the tree.
7. Sprinkle the tree with pomegranate seeds.

notes:

Top it off with some pomegranate seeds for a festive touch.



BRIE WITH HONEY & PECANS

INGREDIENTS

- Nonstick Cooking Spray
- 1 Sheet Frozen Puff Pastry, thawed
- 8 Ounces Brie Cheese
- 2 Tablespoons Honey
- 1/4 Cup Chopped Pecans (or walnuts)

COOKING PROCESS

1. Preheat the oven to 375 degrees F. Spray two 12-cup mini muffin pans with cooking spray.
2. Roll out puff pastry sheet on a large, lightly floured cutting board into a horizontal rectangle so it's a bit larger, about 16"x10".
3. Use a pizza slicer to cut the pastry into 4 rows horizontally and 6 rows vertically so that you have 24 (2 1/2-inch) squares.
4. Press dough squares into each mini muffin cup and prick the bottoms with the tines of a fork.
5. Cut cheese into 24 pieces and add to each cup.
6. Drizzle honey over the cheese.
7. Top each piece of dough with pecans.
8. Bake in the preheated oven until the pastry is puffed up, 14 to 16 minutes.
9. Cool in the pans on a wire rack for 5 minutes before transferring the bites to a serving dish.



RASPBERRY BRIE APPETIZER

INGREDIENTS

- 1 package of phyllo cups
- Wedge of good brie
- Raspberry pie filling
(you can use jam, but it tends to run)

COOKING PROCESS

1. Preheat oven to 350°
2. Arrange phyllo cups onto a non-stick baking sheet or muffin pan
3. Cut brie into about 3/4" cubes. (Doesn't have exact, just eyeball what will fit into the phyllo cup.)
4. Add a piece of brie to each cup.
5. Add a scant 1 teaspoon of raspberry pie filling to each cup.
6. Bake for 8 minutes, or until brie starts melting.



THANKSGIVING APPETIZER TURKEY

INGREDIENTS

- 50 Pretzel Sticks
- 2-3 Sweet Apples, cored and sliced
- 1/2 Cup Greek Yogurt
- 1 1/2 Tablespoons Honey
- 1/2 Teaspoon Vanilla
- 1/8 Teaspoon Cinnamon
- 2 Mini Chocolate Chips, for eyes

COOKING PROCESS

1. Mix up all the ingredients except the pretzels and apples and add to a small bowl that can be used on tray.
2. Prepare apples and set aside.
3. Arrange pretzels on plate first, to be the turkey's back feathers.
4. Then arrange apple slices in two rows around a small bowl of the yogurt dip.
5. Add chocolate chips for eyes and cut one apple slice a bit smaller than in half to use for the beak.



GREEK SALAD KABOBS

INGREDIENTS

- 1 organic cucumber, cut into slices about 1/8" thick
- 8 oz. block Feta cheese, cut into 16 equal-size chunks
- 16 grape tomatoes, any color
- 16 large black olives, pitted
- Small Skewers
- 1 Bottle Greek Dressing

COOKING PROCESS

1. Slice cucumber into 1/8" slices. Set aside.
2. Chop the feta into 16 blocks and marinate in 1/2 bottle of the dressing.
3. Add the other half of the bottle to the tomatoes, olives, and cucumbers and stir gently.
4. Gently press the skewer through the tomato, followed by a piece of cucumber, then black olive, followed by another piece of cucumber and then the cheese.

MEAL PLANNER

BREAKFAST

LUNCH

DINNER

SNACKS

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



GROCERY LIST

SEAFOOD

BACKERY

PRODUCE

VEGETABLE

MEATS

OTHER

