

# HEALTHY HOLIDAY DESSERTS

G T U R E T T U B T U N A E P H Q  
N X Y Z C O O K I N G S P R A Y Y  
I Y V Q S P U M P K I N P I E E E  
V Z A K R T M E G E B J H B U T C  
I T G C W J A X Y C E J U S A R U  
G Z P C K D R O P L T F I R L L A  
S E I R R E B N A R C Z K E O U S  
K P S A M T S I R H C D M R Q U E  
N N L I O E V I L O P O E Y P T L  
A X P K P X O U F I N T R Z A M P  
H H A L M O N D S B S S Y L D F P  
T R O U X C S N A E T Q O R N I A  
I X I N N N V R L U B C G S R B E  
N X J U E W S O N H O G E H L E V  
P G A Z Y Y H L D H S O U D X R E  
K O M R N C A Q C T I U R F E J D  
V S T R A W B E R R I E S H S O G

COOKING SPRAY  
THANKSGIVING  
PUMPKIN PIE  
CHRISTMAS  
ALMONDS  
FIBER

PEANUT BUTTER  
CHOLESTEROL  
LEMON BARS  
CHOCOLATE  
WALNUTS  
HONEY

STRAWBERRIES  
CRANBERRIES  
APPLESAUCE  
OLIVE OIL  
FRUIT  
OATS