

Christmas Platters



I love Christmas. There are lots of food. Ever since I was a child, Christmas Eve was the prepping of our Christmas dinner which consisted of ham, turkey, potato salad just to name a few. Now that I am plant-based I am always asked so what do I eat??

So here are two platters that are easy to make and can be made ahead of time so you have enough time to enjoy yourself with your loved ones. These platters are good for any occasion; birthdays, weddings, school, or work functions. However, these are perfect for lunch. Both platters are vegan, sugar-free, gluten-free, and dairy-free.

How it started

The dessert dip can be mixed in a bowl easily by hand. You may want to start with a quarter of lemon juice and 2 tablespoons maple syrup and continue adding to your liking. I used a 4 oz tub of Oatly yogurt. Keep in mind if you use Greek yogurt it will be thicker than using dairy-free yogurt.

Preparing dinner for Christmas was easy although this is our first year I have prepared an 80% plant-based dinner. I used dairy-free yogurt however this can be easily be replaced with

plain Greek yogurt if you prefer. The measurements provided are for a guide only because both yogurt dip and creamy vinaigrette are fully based on taste preference.

Yogurt Dip: dairy-free yogurt, juice of half lemon, 1 teaspoon vanilla essence, and 3 tablespoon maple syrup



My fruit platter was made early so it was served for lunch but can also be a dessert.

Fruit Selection

I choose berries that are high in antioxidants, fiber, and low in cholesterol just to name a few. When making your fruit platter you want to incorporate colors. Other fruits you can add to this platter are kiwis (for your greens) and orange slices (orange). Keep in mind these are suggestions only. You do want firm fruits that will last and are easily handheld, so slicing bananas and apples will not work as well here since bananas are after and they can turn brown if you do not prep them prior.

The salad dressing is not made by hand and does require a blender however you can omit the cashews and grate the cloves of garlic and this can be done by hand. If there is a nut allergy you can certainly omit the cashews. However, for a nice thick creamy flavor add the cashews.

Creamy vinaigrette: 4 tablespoon olive oil, 4 cloves of garlic, 2 tablespoon water, juice of half of the lemon, 1 teaspoon apple cider vinegar, 1/8 cup raw cashews, and salt and pepper to taste.

My veggies selection consists of lettuce, carrots, spinach, cucumbers, tomatoes, carrots, avocado, and I have also added pieces of vegan cheese. Since this is not to be put together any greens will go well. You can also make this in a mason jar ahead of time with your dressing to the bottom followed by your greens, then crunchy veggies like carrots, and finish with your more delicate veggies to the top like the avocados and tomatoes, my suggestion is cherry or grape tomatoes. So you can make this ahead and once you are ready either shake to eat of the mason jar or pour onto a plate and enjoy! Remember you can add any vegetables you like, the only rule is dressing_ greens _sturdier veggies- and last delicate veggies.



Try these two platters and let me know which is your favorite. If you do try the salad in a mason jar let me know how you like it.