

Holiday 2025 Newsletter

Nibbles & News

The Best of Kids' Cuisine Since 2005



Page 1

*French Toast
Gets a Berry
Merry Makeover*

Page 2

*Deck the Halls
With Evergreen
Art*

Page 3

*Santa's Favorite
Snacks*

Wake Up to Berry Delicious French Toast Bliss!



Ditch the stovetop flipping and let the oven work its magic with this show-stopping Overnight French Toast Berry Bake! This heavenly, make-ahead breakfast bake topped with a cinnamon brown sugar streusel is perfect for holiday mornings and will have your family racing to the breakfast table. Simply prep the day before and chill in the fridge overnight. Pop in the oven in the morning and get ready to transform an ordinary breakfast into a spectacular festive celebration! See below for the full recipe.

Ingredients

- 1 loaf crusty French, challah or sourdough bread, cubed
- 8 large eggs
- 2 cups whole milk
- 1 tsp ground cinnamon
- 1/2 cup butter (salted), cut into cubes
- 3/4 cup of brown sugar
- 1/2 cup of flour
- 1 1/2 cup of berries (fresh or frozen)
- 1/2 tsp salt

Directions

1. Butter a 9×13-inch casserole dish; layer bread cubes evenly in dish.

2. In a medium bowl, combine milk, eggs, brown sugar, cinnamon, and pinch of salt; beat until blended.
3. Pour mixture over the bread, making sure to coat each piece. Cover with aluminum foil and chill at least 2.5 hours or up to overnight.
4. Separately, in a medium bowl, mix together butter, flour and brown sugar to form crumbles to use as the topping. Cover and chill.
5. When ready to bake, preheat the oven to 350°F. Sprinkle the topping evenly over the French toast mixture, followed by the berries on top. Bake uncovered 50-60 minutes, or until the top is lightly browned and the center is cooked through.
6. Enjoy fresh from the oven and drizzle with syrup if desired.

Fork It Over: Paint-Perfect Christmas Trees!

Keep kids entertained in the kitchen while you are busy meal-prepping away! Transform ordinary plastic forks into a creative painting tool for a delightful holiday craft little ones will love. Perfect for creating textured evergreen trees, the tines of the fork are used in place of a paintbrush for this easy to execute art project. All you need is green paint, paper, forks and a few decorations to bring these trees to life.

This unusual painting technique keeps kids engaged and curious, and is ideal for preschoolers as it requires minimal fine motor skills. Simply dip the fork in a bowl of green paint and gently swipe or press into the paper in a triangular pattern to form tree branches. After it dries, add pom pom balls or other decorations. These charming fork-painted trees make wonderful handmade holiday cards families will treasure. And clean up is a breeze since forks can be easily rinsed off or plastic ones disposed.



Photo: Life Over C's

Healthy Santa Hat Snacks



Show Santa you belong on the "nice" list by making our healthy Santa Hat Snacks for family and friends! Almost too cute to eat, our festive Strawberry Santa Hat Snacks offer a fun way to get kids excited about eating healthy during the sugar-filled holiday season. Children will get a kick out of helping assemble these holiday treats, making this a delicious, hands-on activity for classroom parties or family gatherings.



Photo: Happy Healthy Mama

Making Santa Hat Strawberries couldn't be easier. Simply rinse and dry large strawberries; slice off the tops to create a flat base so they stand upright. Place a small dollop of vanilla Greek yogurt around the bottom of each berry and another tiny swirl at the pointed tip. Thickly slice bananas and place under the red strawberries to complete Santa's hat. Place on a platter and watch as they quickly disappear!



Visit food2youinc.com for seasonal menus and more information. Any thoughts or suggestions? We'd love to hear from you! Email us at info@food2youinc.com

627 N. Albany Avenue, Chicago IL 60612
773-257-0599

Please follow us on Instagram and Facebook for weekly nutrition tips, prizes & giveaways, fun food ideas and more!

