

# Nibbles & News

The best of kid cuisine since 2005

---

Indulge your scent-induced nostalgia with the sweet smells of Christmas! Research shows the scents of cinnamon, evergreen and peppermint can evoke emotional sensations in the brain that transport us back to childhood. Just in time for the holidays, check out our delicious, aromatic brunch recipe and embrace your inner child! Delight family & friends on Christmas morn with our Christmas Tree Cinnamon Rolls and allow the comforting scents of the season to warm you with fond memories as you create new ones.

From our kitchen to yours, warmest wishes to you this holiday season and throughout the new year!

*Greg Ingles &  
Food2You Crew*

## Recipes

### Christmas Tree Cinnamon Rolls

*A decadent brunch treat (2)*

### Snowman Mug Toppers

*Hot cocoa with a twist! (3)*

### Grinchy Grape Kabobs

*Fruit has never looked so festive (4)*

## Christmas Tree Cinnamon Rolls

### INSTRUCTIONS

#### Dough

- 4 cups all purpose flour
- ½ cup sugar
- ¾ tsp. salt
- 1 cup whole milk
- 4½ tbsp. unsalted butter
- 1½ packets of instant yeast or instant platinum yeast (3 ⅔ tsp.)
- 2 eggs, room temperature

#### Filling

- 4½ tbsp. unsalted butter, softened
- ½ cup packed light or dark brown sugar
- 2 tbsp. ground cinnamon

#### Vanilla Icing

- 2½ cups powdered sugar
- 4-5 tbsp. milk
- 1 tsp. pure vanilla extract
- 2 tbsp. butter, melted

#### Crushed candy canes, pomegranate seeds, and or red & green sprinkles for tree decorations

- 1 Whisk together sugar, flour and salt in large bowl; set aside.
- 2 Combine milk and butter. Microwave until butter has melted and mixture is warm to touch. Whisk in yeast until dissolved. Pour mixture into dry ingredients, add eggs. Stir with sturdy spoon or use mixer on medium speed. Mix until soft, pillowy dough forms.
- 3 Transfer dough to lightly floured surface. Knead dough for 3 minutes (kids LOVE to help with this part). Dough should be smooth; if it seems super soft or sticky, add a little more flour.



- 4 Place in bowl, sprayed lightly with oil. Cover loosely with plastic wrap; let dough rest for about 10 mins as you prepare the filling.
- 5 After 10 minutes, roll dough into large rectangle. Spread softened butter on top. Combine cinnamon & brown sugar; stir. Sprinkle all over dough. Roll up dough into log, cut into 18 pieces; arrange on parchment lined cookie sheet in the shape of a Christmas tree, in rows of 1-2-3-4-5-1-1. Rolls should be just touching.
- 6 Rise: Cover pan with plastic wrap, or clean kitchen towel. Allow rolls to rise in relatively warm environment for 60-90 minutes or until double in size. (Your kids will be amazed how they grow!) Note: if pressed for time, you can speed up rising process by placing in oven. Preheat oven to 150°F then immediately turn off. Wait a few minutes, then place rolls inside (without covering) with oven door cracked open. After 30 minutes, close oven door to trap air inside with rising dough.
- 7 Bake: After rolls have doubled in size, preheat oven to 375°F. Bake for approx. 25-30 minutes, or until lightly browned. If you notice tops are getting too brown too quickly, loosely tent pan with aluminum foil and continue baking. Remove from oven; place pan on a wire rack as you make icing.
- 8 Icing: Combine powdered sugar, melted butter, milk and vanilla in bowl. Stir until smooth. Drizzle diagonally across cooled Christmas tree. Decorate with crushed peppermint candy, pomegranate seeds, or red and green sprinkles. Enjoy!



## Hot Cocoa Snowman Mug Topper

Enchant your little ones with clever holiday crafts you can eat afterwards! Make time this season for an eve of crafting and caroling. Crank up the holiday tunes and bring out the supplies. Remember, your presence is the grandest present of all!

Large marshmallows, thin pretzel sticks, candy corn, and black food gel in a tube are all you

need for these floating snowmen. Push the pretzel sticks through the middle of three marshmallows to connect the body; add arms and legs. Poke a small hole for the nose and press the candy corn in halfway. Finish with eyes, mouth and buttons. Voila! Get creative and design snowgirls and snowpets too!



## Grinchy Grape Kabobs

Simple and delicious with a healthy dose of vitamin C! Craft a batch of Grinchy grape appetizers to eat now or refrigerate for a holiday treat.

You'll need mini marshmallows, a thinly sliced banana, strawberries, green grapes and toothpicks to secure all together. Wash & cut fruit into the featured shapes. Simply thread the toothpick through the prepared fruit, starting with the grapes. Top off with a marshmallow and add a decorative straw if desired. Challenge your kiddos to a game of Grinch Trivia during assembly...Where did the Grinch Live? Whoville! Why was the Grinch Mean? His heart was two sizes too small!



## Melty Peppermint Candy Ornaments

So fun to make and great to give as gifts, these delightful candy ornaments require red-white or red-green peppermint candies and metal cookie cutters.

Preheat the oven to 350°F. Simply spray the insides of metal cookie cutters with cooking oil and arrange candies inside the cutters, leaving a small space between each. Place on a baking sheet lined with parchment; bake for 5-6 mins. (Kids will love to watch them transform through the oven window!) Monitor closely & remove from the oven once melted. Cool for one minute and poke a small hole in the top of the shape with a greased skewer before they harden. Cool completely; gently wedge the shapes out of the cookie cutters. Tie a ribbon through the hole and admire!



Visit [Food2Youinc.com](http://Food2Youinc.com) for winter menus and more information. We'd love to hear from you! Email us at [info@food2youcatering.com](mailto:info@food2youcatering.com). Follow us on Instagram and Facebook for weekly nutrition tips, food ideas and more!