



# HOLIDAY APPETIZERS

## 3-Ingredient Goodies!

Here are 3 easy appetizers with only 3 main ingredients each! Perfect for a last minute get together, but all equally impressive! And not to mention delicious!



### GLAZED PECANS

- 2 cups pecans
- 3 Tbsp coconut sugar
- 3 Tbsp water
- ¼ tsp salt

- Stir together coconut sugar, water and salt.
- In a saucepan over medium heat, toast pecans until roasty and nutty, about 3 minutes.
- Quickly drizzle sugar mixture and stir to coat the nuts for about 15 seconds.
- Remove from heat and spread pecans onto parchment to cool.
  - Cool completely before devouring.

**NUTRITION** (per ¼ cup)  
206 cal | 8g carbs | 20g fat | 2g protein



### DEVILED EGGS

- 6 eggs, boiled
- 2 Tbsp Greek yogurt/hummus
- 2 Tbsp honey Dijon
- salt to taste
- paprika for garnish

- Peel and slice your boiled eggs in half. Separate yolks and whites.
- Mash your yolks (only half are needed if you'd like to lighten up) and then mix in remaining ingredients, adjust to taste.
- Spoon filling back into whites.
- Garnish with paprika and devour!

**NUTRITION** (per stuffed egg half)  
32 cal | 1g carbs | 2g fat | 3g protein



### BACON-WRAPPED DATES

- bacon of choice
- dates
- salted almonds

- Preheat oven to 450°F.
- Slice open dates & remove pit.
- Insert 2 almonds into each date.
- Cut bacon slices in half.
- Roll up a stuffed date in each half piece of bacon, sealing with a toothpick (be sure to soak toothpicks so they don't burn).
- Transfer to a baking sheet and bake in the oven 10-12 minutes, flipping halfway.
  - Devour!

**NUTRITION** (per wrapped date)  
237 cal | 5g carbs | 1.5g fat | 4g protein

