

Layered Hummus Dip



This layered hummus dip is festive as well as healthy. As the holidays are quickly approaching you and I both know that you cannot become a hermit in your house avoiding all holiday parties because you are afraid of what is going to be served. Just because you are changing over to a healthier lifestyle doesn't mean that you have to deprive yourself of all the things that you love and look forward to. What you do need to do is pick and choose what is most important and then keep on track the rest of the time. You can absolutely have your cake and eat it too! It just takes some thought and practice.

So over the next few weeks I am going to be sharing with you some of my absolute favorite recipes to serve at a get together or take to a party! I hope this makes your holiday parties a little healthier.

What I tend to do is take something that I can eat so that I can load up on my stuff and I know I have a healthy option! SNEAKY SNEAKY!!!