

Holiday Party Recipe Book

My Edible Advice's guide to a
holly, jolly, and healthy season!



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1st Edition

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Happy Holidays from My Edible Advice

It's the most wonderful of the year! From the first batch of gingerbread to the last sip of hot chocolate, festive foods are always the highlight of my holiday season. I grew up on the east coast of Canada in charming and quaint Rothesay, New Brunswick. This meant I was blessed with the most magical and snowy Christmases of all.

My family loves everything and anything social, so the month of December is always a busy one around our home. With the fireplace blazing and the tallest tree in town trimmed and ready to be admired, our door is always open to family and friends to come in for some yuletide cheer.

People tease me that hosting a party is in my blood. My parents are notorious for being the hosts with the most and they have certainly passed on the love of entertaining to their daughters, myself included. Throwing a party is one of my favourite things to do. The act of having those I love and cherish all under one roof, enjoying good food and drinks, and creating memories is something I hold very dear to my heart.

And so we have this book. A few of my best-loved party hors d'oeuvres, treats, and drinks. Since becoming a nutritionist, I have done my best to feed my guests with healthy and delicious food. I am not saying this book is nutritionally perfect; it is the holidays after all! I am, however, offering you homemade and wholesome versions of some seasonal classics like eggnog and nut butter balls.

From my kitchen to yours, cheers and happy holidays!



Jennifer Trecartin xo