



Holiday

Fun

Foods!

Bedford County

Family and Community Education Clubs

Countywide Meeting

November 2018

Thanksgiving

Cinnamon Sugar Turkey Feathers

These are palmiers folded to look like turkey feathers. Serve in a wire basket with a paper silhouette of a turkey head taped to the front. They make a great Thanksgiving morning snack while watching the parade.

- 1 cup sugar
- 1 tablespoon cinnamon
- 1 box frozen puff pastry, thawed
- 1 stick butter, melted



Combine the cinnamon and sugar in a bowl and reserve half for later. Sprinkle a little bit of the sugar on the work surface and unfold a sheet of the puff pastry on top with the fold lines vertical. Brush with melted butter. Sprinkle with about 3 tablespoons of the sugar mixture. Gently roll with a rolling pin to pat the sugar into the pastry. Fold the bottom edge to the center. Fold the top edge to the center to meet the bottom edge. Brush with more butter and sprinkle with more of the cinnamon sugar mixture. Fold in half from right to left. Butter and sprinkle the top with cinnamon sugar. Fold in half again from top to bottom. Repeat with remaining sheet of puff pastry and second half of cinnamon sugar mixture and remaining butter. Refrigerate folded pastries for 30 minutes. Slice each into 7 pieces. Bake at 400 degrees on a parchment lined cookie sheet for 10-15 minutes or until golden brown. Let cool slightly before removing from tray.

Thanksgiving Turkey Cheeseball

This cute little guy is a perfect appetizer for November. Use him on Thanksgiving afternoon while watching the football games before the main turkey that evening! You can use any cheeseball recipe you like—just roll it in toasted and chopped pecans or walnuts to get the brown feather look.

- 2 (8-ounce) packages cream cheese, softened
- 8 ounces Cheddar cheese, shredded
- 1 tablespoon chopped green bell pepper
- 1 tablespoon minced onion
- 2 tablespoons Worcestershire sauce
- 1 teaspoon lemon juice
- 1 dash salt
- 1 cup chopped pecans



Combine cream cheese and Cheddar cheese. Stir in green pepper, onion, Worcestershire sauce, lemon juice and salt. Shape into ball and roll in chopped pecans.

To turn your cheese ball into a turkey, poke pretzel sticks in for his tail feathers. Use a Slim Jim topped with a whopper for the neck and head (use peanut butter to attach) and two candy eyes and a candy corn for the beak. For individual turkey cheeseballs, roll into 1 1/2" balls and coat with nuts. Use sliced almonds poked in for the tail feathers and the end of a small baby carrot for the head.



Turkey Pretzels

These pretzel turkeys are a perfect after-school snack for fall or stand up a "rafter" (that's a group of domesticated turkeys!) in a glass at your fall gathering for the pickings.

Oreo Thins (or other small round chocolate) cookies

12 ounces semi-sweet chocolate chips

2 tablespoons shortening

Pretzel rods

Candy corn

Candy eyes

Orange Reese's Pieces

Melt the chocolate chips and shortening in the microwave, stirring until smooth. Working quickly with one turkey at a time, spread the chocolate onto one side of the cookie. Dip the pretzel rods about 3/4 of the length into the chocolate and lay on top of the cookie with the end of the pretzel in the center of the circle, resting the bare end of the pretzel on a candy corn to make it level. Immediately press seven candy corns into the chocolate on the cookie with the pointed ends facing the head, like feathers. Press two eyes into the front top of the pretzel and a Reese's Piece (side facing up) under the eyes for the beak. Let completely set.



Acorn Treats

These fun little snacks are a simple treat made with three ingredients. Make a bowlful to set out at your fall gatherings. You can substitute butterscotch chips and pumpkin spice kisses if you wish.

Semi-sweet chocolate chips

Hershey's chocolate kisses

Mini vanilla wafer cookies



Melt a couple of tablespoons of the chocolate chips to use as glue. Spread some of the melted chocolate on the flat side of the kiss and attach to the flat underside of the vanilla wafer. Spread a little more on the flat side of a chocolate chip and attach to the top (curved side) of the vanilla wafer for a stem. Let chocolate cool completely and store in an airtight container.

THANKSGIVING TABLE TALK



What are you grateful for this year?

Describe your ideal Thanksgiving dinner.

Sum up what you are grateful for this year in one word.

Who is someone you need to show more gratitude for and why?

What is something in nature you are grateful for?

What is your favorite Thanksgiving side dish to eat?

Tell the person on your right why you are grateful for them.

For each letter in your name, list something you are grateful for that begins with that letter.

What do you appreciate more—your ability to see or your ability to hear and why?

If you had a pet turkey, what would you name it?

Name a person NOT in your family that you are grateful for.

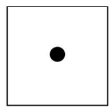
If you could invite anyone from history to join our Thanksgiving dinner table, who would you invite?

List 3 things in the room you are grateful for.

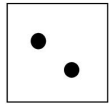
What is something, in your opinion, that the world does not appreciate enough?

What do you look forward to most on Thanksgiving day?

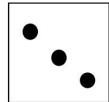
Roll a Turkey



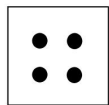
draw the face



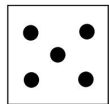
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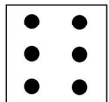
draw the head



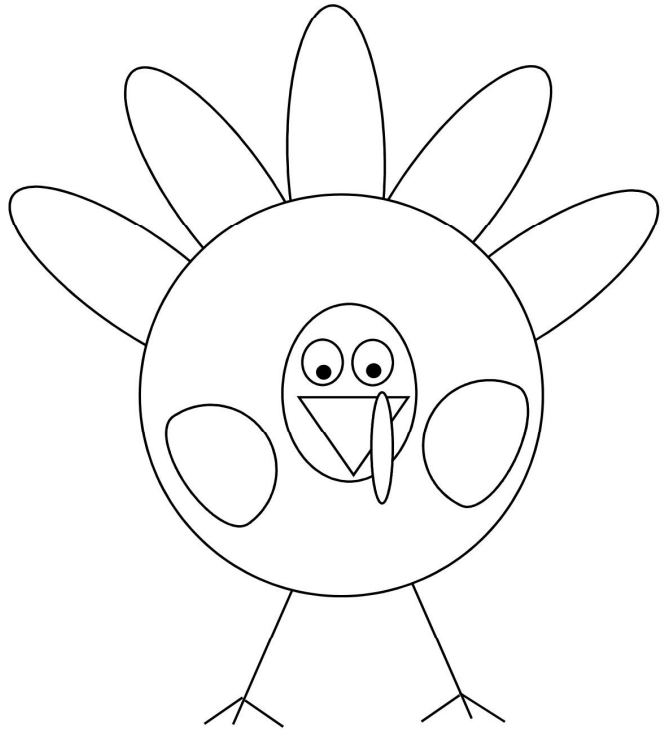
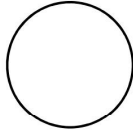
draw one wing



draw one leg



draw one feather



Draw Your Turkey Here

Christmas

Christmas Tree Veggie Platter

Make a festive tree with your veggies. Broccoli for the tree with a garland of cherry tomatoes. Yellow pepper strips make a star topper with white cauliflower for the snow. The trunk can be pretzel sticks as in the picture or use carrot sticks.

Pinecone and Snowman Cheeseballs

These are both a creative way to serve a cheeseball. The pinecone is elegant while the snowman is cute. For the snowman, use a white cheeseball recipe like ranch recipe that follows. The wreath on top is fresh rosemary and you can use raisins or black olives for the eyes and mouth, a carrot nose and lico-rice candy for the scarf. You could also add pretzel stick arms if you wish. The pinecone can use any cheeseball recipe. Just shape into a cone and add sliced almonds at an angle poked into the cheese. A little artificial greenery at the top adds a festive, realistic touch or you can use fresh rosemary.



Ranch Cheese Ball

- 16 ounces cream cheese, softened
- 1 (1-ounce) package ranch salad dressing mix
- 1 (5-ounce) can chicken, drained and shredded

In a medium bowl, combine the cream cheese, ranch dressing mix and chicken. Form the mixture into a ball. If not doing a snowman, roll in toasted chopped pecans before serving. For a snowman, make a double batch and roll into two balls—one bigger for the body and one smaller for the head.



Christmas Tree Spinach Dip Bread Sticks

This is a really fun appetizer for the holiday season. It does tend to get softer as it sits so serve as soon as it comes out of the oven. You can use a large cutting board or large oval or square platter to serve. If you wish, put a bowl of marinara dipping sauce next to it. You can make the dip part ahead of time. Then just shape right before baking.

6 ounces frozen chopped spinach, thawed and drained well
3 ounces cream cheese, softened
1 clove garlic, minced
1/4 teaspoon salt
1/4 teaspoon onion powder
1/8 teaspoon black pepper
1/8 teaspoon chili powder
1/2 teaspoon Italian seasoning
1/4 cup grated Parmesan cheese
1/2 cup shredded mozzarella cheese
1 tube refrigerated pizza crust (thin crust)
2 tablespoons butter, melted
1/2 teaspoon garlic salt
1/2 teaspoon Italian seasoning



Spinach Dip: Beat together the spinach and cream cheese. Add the garlic, salt, onion powder, pepper, chili powder and Italian seasoning and mix well. Stir in the Parmesan and mozzarella cheese. Set aside.

Unroll the pizza crust onto a piece of parchment paper and shape into a rectangle. Using a pizza slicer, cut a triangle out of the middle of the dough, angling from the center top to the bottom corners. This gives you one large triangle in the middle and two half triangles on the sides. Transfer the half triangles to a second piece of parchment paper, placing the long straight sides together, to make another large triangle. The dough will stretch out a little as you move it around – no biggie, just gently tug it into the shape you want, pressing the two halves together in the middle. This will be the base of the breadsticks. Spread the spinach dip over the base.

Top with the first triangle of dough. You'll likely have to tug at the dough a little bit to make sure it completely covers the base triangle. Using a pizza cutter, cut from the middle (trunk of the tree) to each edge about every inch down the triangle. Don't slice all the way across; leave about an inch down the middle of the tree intact.

Pick up each "slice" and twist it to form a tree branch. For the top slice that's very short you'll

just give it a half twist; as you go further down the tree and hit longer slices you'll give them two or three full twists.

Bake at 400 degrees for about 22 minutes until the bottom is completely cooked through. The top is going to get nice and browned, but make sure to check that the bottom is cooked through. If you are cooking on a heavy cookie sheet, you may want to cook this on the lower rack in your oven. Once out of the oven you can brush the breadsticks with a mixture of the melted butter, garlic salt, and Italian seasoning. Serve immediately.

Christmas Mice

"Not a creature was stirring, not even a mouse", except for these cute little candy mice who can be found hiding out on the dessert buffet, the cookie platter, Santa's plate or the cheese tray. If you don't have any candy eyes, you can use a dab of white icing or melted white chocolate.

6 ounces semi-sweet chocolate chips
1 tablespoon shortening
12 maraschino cherries with stems, drained and dried with paper towel
12 Hershey's kisses, unwrapped
24 almond slices
Candy eyes



Line a baking sheet with parchment paper. Melt chocolate chips and shortening in the microwave or in a double boiler. Holding a cherry by the stem, dip in the melted chocolate, rolling to coat completely. Allow excess chocolate to drain off and lay cherry on its side on the parchment.

Place an chocolate kiss on chocolate coated cherry (candy flat side against the end opposite the stem end of the cherry). Gently insert 2 almond slices between the cherry and the kiss candy to create ears. Spread a little of the melted chocolate on the front of the kiss and add candy eyes. Place in refrigerator for 5 minutes and allow to cool and set.

Reindeer Noses

These cute little candies are a play on the Rolo pretzel turtles. Use the square pretzel snaps and a red M and M instead of the pecan on top (you'll just have to eat the green ones out of the M and M holiday mix!). Look for the package called Rolos Unwrapped so you don't have to peel off the foil wrappers.

There are many variations on these—some use pretzel rings, some use kisses instead of Rolos, some use both red and green M and Ms. You can go all out and make the whole reindeer face on a mini pretzel twist with candy eyes and a pretzel cut in halves for the antlers.

Square pretzel snaps
Rolos candies
Red M and M candies

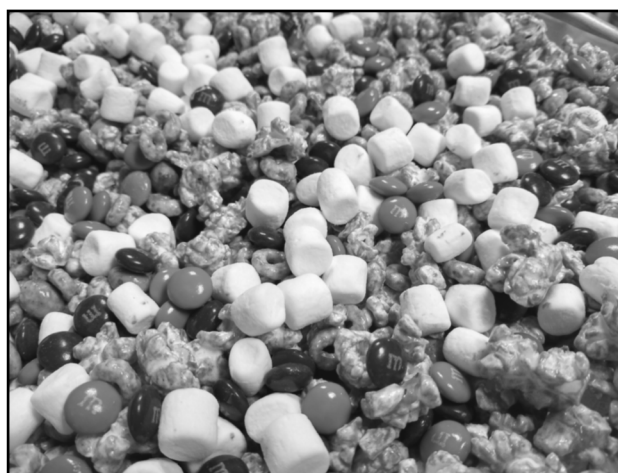
Lay the pretzels out on a baking sheet lined with a silpat or parchment paper. Top with a Rolo candy in the center. Bake at 350 degrees for 3-5 minutes, just until the Rolo gets soft and melty (it will still hold its shape unless pressed). Remove from oven and immediately press one red M and M on the top of each Rolo for Rudolph's nose. Let cool. Store in an airtight container.



Grinchy Popcorn Mix

Make it a family night and watch "The Grinch who Stole Christmas". You can watch the old standard animated version or the Jim Carrey live action version or the newest animation coming out this year. To snack on while watching, this green popcorn mix with some marshmallow snow and red candies for the Grinch's heart is a must.

2 bags microwave popcorn, popped or 16 cups
3 cups frosted cheerios cereal
1 1/2 cups dry roasted peanuts
2 tablespoons vegetable oil
Green paste food coloring
2 packages (10-12 ounces each) white chocolate chips
(or 24 ounces white baking chocolate)
2 1/2 cups M and M's holiday red and green candy
3 cups mini marshmallows



In a large bowl, combine the popcorn, cheerios and peanuts. Stir together the oil and food coloring. In a microwave or heavy saucepan, melt oil, food coloring and white chocolate, stirring until smooth (be careful not to get it too hot or it will seize). Pour over the popcorn mixture and toss to coat. Immediately spread onto two baking sheets and sprinkle with M and M's and marshmallows, lightly pressing to make them stick. Let stand until dry, about 2 hours. Break apart and store in an airtight container.

Christmas Tree Peanut Butter Blossoms

This is a quick and easy way to dress up a cookie platter. Make the cookies and let them completely cool before decorating.

48 chocolate kisses
1/2 cup vegetable shortening
3/4 cup creamy peanut butter
1/3 cup sugar
1/3 cup packed light brown sugar
1 egg
2 tablespoons milk
1 teaspoon vanilla extract
1 1/2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup sugar for rolling
green ready-to-spread frosting
Christmas colored sprinkles



Unwrap the kisses and set aside. Beat shortening and peanut butter in a large bowl until well blended. Add sugar and brown sugar and beat until fluffy. Add egg, milk and vanilla, beating well. Stir together the flour, baking soda and salt. Gradually add to peanut butter mixture until just mixed in. Shape dough into 1" balls. Roll in sugar and place on parchment lined baking sheet. Bake at 375 degrees for 7-8 minutes or until lightly browned. Immediately press a chocolate into the center of each cookie. The cookie will crack around the edges. Remove from cookie sheet to cool on a wire rack. When completely cool, pipe a swirl of green icing up the kiss starting at the base. Immediately sprinkle with Christmas sprinkles.

Christmas Pinwheel Cookies

These roll up sugar cookies in red, white and green just scream holiday fun! One batch of dough is divided into 3 parts with one part colored red and one green and the third left white. Roll out each into a rectangle and lay on top of each other. Roll up into a log and slice and bake!

2 cups flour
1/2 teaspoon baking powder
1/4 teaspoon salt
12 tablespoons butter, softened
3/4 cup sugar
1 egg
1 teaspoon vanilla extract
red and green food coloring

In a medium bowl, stir together the flour, baking powder and salt. Set aside. In a mixer bowl, beat together the butter and sugar for 1-2 minutes, until pale and fluffy. Add the egg and vanilla and beat until combined. Add the dry ingredients to the mixer bowl in two additions, mixing just until combined after each. Divide the dough into 3 equal pieces. Add one back to the mixer bowl and mix in red food coloring. Clean the bowl and color another piece green. Press piece of dough into a flat square and wrap in plastic wrap. Refrigerate dough for 1 hour or until firm.

Remove the dough from the refrigerator and place one square between 2 sheets of parchment or waxed paper and roll to a 10" square, leaving dough between the parchment. Roll the other 2 pieces out. Refrigerate for another 30 minutes.

Remove dough from the refrigerator and take the top layer of parchment off of each piece. Place the red dough down on the counter with the parchment down. Place the white piece on top with the non-parchment sides touching, lining up the edges. Remove the parchment from the white dough and top with the green dough, non-parchment sides touching. Remove the parchment from the green. Use a pizza cutter to trim the top and bottom edges of the dough into straight lines. Starting with bottom straightened edge, roll the dough into a long log until you reach the top trimmed edge. Use the parchment on the bottom to help lift and roll. Once complete, gently pinch the seam closed along with any breaks on the red outer layer. Wrap the log in plastic wrap and refrigerate another hour.

Line a baking sheet with a silpat or parchment paper. Use a sharp knife to cut the dough log into 1/4" thick slices. Place on the prepared baking sheets and bake at 350 degrees for 12 to 15 minutes or until set. Let cool for 5 minutes before transferring to a wire rack to cool completely.

Reindeer Brownies

These cuties are simple to make. Use your favorite brownie mix or recipe and bake in a round cake pan. Remove from pan and frost with chocolate frosting. Before frosting is set, cut into 8 pieces like pie. Place two candy eyes about halfway up the triangle and use a red candy (M and M or hot tamale, etc.) at the point for the nose. Break mini pretzel twists into antler pieces and poke into the wide end.



Christmas Tree Cupcakes

These are so simple yet make a big impact. Use your favorite box mix or cupcake recipe and bake in papers or just in a cupcake pan. When cool, dust the top with powdered sugar. Make buttercream frosting colored green and use a star tip to make a swirled tree on top. Sprinkle with holiday cupcake sprinkles



Snowflake Monkey Bread

Dough:

- 1 cup warm whole milk
- 1 packet instant dry yeast
- 1 tablespoon honey
- 2 eggs, beaten
- 4 tablespoons butter, melted
- 3 1/2-4 cups flour
- 1/2 teaspoon kosher salt
- 1 egg beaten with 2 tablespoons milk

Filling:

- 6 tablespoons butter, very softened
- 3/4 cup light brown sugar
- 1 1/2 teaspoons ground cinnamon

Butterscotch Sauce:

- 1/2 cup dark brown sugar
- 6 tablespoons butter
- 2 tablespoons whiskey
- 1/2 cup heavy cream
- 2 teaspoons vanilla extract



Dough: Combine the milk, yeast, honey, eggs, butter 3 1/2 cups flour and salt in a large mixing bowl. Mix on medium speed until the dough comes together and pulls away from the side of the bowl. The dough should be sticky, but if it seems too sticky, add the remaining 1/2 cup flour. Remove the dough from the bowl and place on a lightly floured surface. Knead into a smooth ball. Grease a large bowl and add the dough to the bowl. Cover the bowl with plastic wrap and let sit 45-60 minutes or until the dough has doubled in size.

Meanwhile make the filling: Mix the butter, brown sugar and cinnamon in a bowl.

Lightly dust a surface with flour. Punch the dough down and roll into a ball. Cut into 4 even

pieces and roll each into a 10" circle. Place 1 circle on a parchment lined baking sheet with sides. Spread 1/3 of the filling over the dough, leaving a 1/2" border around the edge. Place another piece of dough on top and spread with 1/3rd of the filling. Add the 3rd layer of dough and spread with the remaining filling. Finish with the 4th dough round.

Place a 2" wide drink glass in the center of the dough and use as a guide when cutting the strips. Using a sharp knife, cut the dough into 4 triangles, then cut each triangle in half, creating 8 triangles. Now cut each triangle in half again to make a total of 16 triangles. Remove the glass. Lift the edges of 2 wedges that are next to each other and twist them away from each other twice. Pinch the ends to seal. Repeat with the remaining pairs of wedges. Cover the dough with plastic wrap and let rise in a warm place until doubled in size, about 45 minutes, or let rise overnight in the refrigerator.

Brush the snowflake with the beaten egg. Bake at 375 degrees for 15 minutes, remove from the oven and carefully spoon any sauce that has leaked out of the bread back over the bread. Return to the oven and bake another 15 minutes or until golden brown.

Meanwhile for the Sauce: In a small saucepan, combine the butter, brown sugar and heavy cream. Bring to a boil and boil for 3-4 minutes. Remove from the heat and stir in the whiskey and vanilla. Drizzle the snowflake with butterscotch sauce and dust lightly with confectioners sugar. Serve warm.

Black Olive Penguins

These are a perfect party appetizer for New Year's eve or while watching the parade the next morning. Simply cut a round of carrot and cut a little pie piece out. Cut a large black olive in half and fill with a little cream cheese (you can add a little ranch mix to the cheese for extra flavor). Set the olive upright on the carrot and skewer from the top with a toothpick. Place a little piece of the carrot in the hole of another olive for a beak and slide down the toothpick to meet the body.



White Elephant


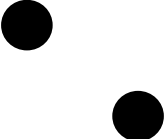
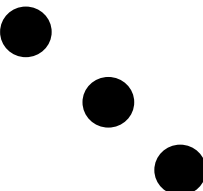
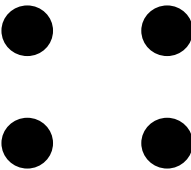
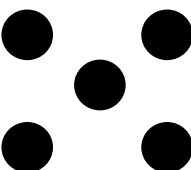
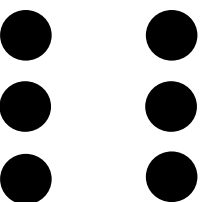
RULES

1. Place wrapped gifts in the center of the room.
2. Draw a number.
3. Number one chooses a gift, unwraps it, and puts it on display for all to see.
Gifts must stay in view at all times and remain in original packaging, if applicable.
4. Each subsequent number has two options;
steal a gift or choose an unopened gift.
5. If a gift is stolen, you may steal from another or choose an unopened gift.
6. Gifts can be stolen up to three times.
A gift is frozen with the fourth owner.
7. If number one has the same gift they started with, they may trade with any unfrozen gift.
8. The jig's up! Wasn't that a blast?



Rolling for Presents

Everyone gets a wrapped gift at the beginning. Using a die, each person rolls once and does what the chart says. You can play where you go around so many times or you can set a timer (e.g. 20 or 30 minutes, depending on group size) and play until the timer goes off when everyone gets the gift in their possession.

	Unwrap your gift
	Switch your gift with anyone
	Everyone passes gifts to the left
	Freeze your gift
	Everyone passes gifts to the right
	Unwrap your gift



Frosty Flip Gift Exchange

When a description is read that applies to you, stand up. Everyone standing exchanges gifts and then sits down. Packages may be traded more than once per turn to ensure everyone has a new gift. Once the host has completed the list, open your present!

Stand and exchange gifts if...

1. You went black Friday shopping
2. You've baked more than two dozen cookies this month
3. You started playing Christmas music before Thanksgiving
4. You took kids to see Santa this year
5. You ever performed in a school or church holiday program
6. You've seen the movie "It's a Wonderful Life"
7. You have all of your shopping done.
8. You've mailed (or e-mailed) your Christmas cards
9. You've donated to a Salvation Army Red Kettle this year
10. You have holiday lights on the outside of your house or in your yard
11. You have a tree decorated in your house
12. Your tree has ever fallen over
13. You're hosting family for Christmas
14. You like fruitcake
15. You've ever watched a Hallmark Christmas movie



Right & Left

Frosty the Snowman

Game for Gift Exchange

As I read this story, whenever you hear the word **RIGHT**, continuously pass the gifts to the **RIGHT** until you hear the word **LEFT**, then switch direction and continuously pass the gifts to the **LEFT**. Are you ready? Here we go...

Frosty the **LEFT**-handed Snowman was a **RIGHT** jolly happy soul. With a corncob pipe and a button to the **LEFT** of his nose. And two eyes, **LEFT** and **RIGHT**, made of coal.

Frosty the **LEFT**-handed Snowman is a fairytale they say. He was made of snow **RIGHT** from the sky, but the children know that he came to life one day.

There must have been some magic **LEFT** in that old silk hat they found. For **RIGHT** when they placed it over his **LEFT** ear, he began to dance **RIGHT** around.

Oh, Frosty the **LEFT**-handed Snowman was alive as he could be. And the children say he could laugh and play **RIGHT** well as you and me.

Thumpety thump thump, thumpety thump thump, look at Frosty go. Thumpety thump, thump, thumpety thump thump. Around to the **LEFT** and over the hills of snow.

Frosty the **LEFT**-handed Snowman knew the sun was **RIGHT** hot that day. So he said, "Let's run and play with what is **LEFT** of today, before I melt **RIGHT** away".

So he **LEFT** down to the village with a broomstick in his **RIGHT** hand. Running **LEFT** and **RIGHT** and around the square, saying "Catch me if you can".

He **LEFT** the square and led them down the streets of town **RIGHT** to the traffic cop. And only paused a moment when he raised his **LEFT** hand and hollered, "Stop".

RIGHT away Frosty hurried on his way, But he waved goodbye and **LEFT**, saying "Don't you cry, I'll be **RIGHT** back again some day."

Now you know how his story went and the gifts went **LEFT** and **RIGHT**. Now we're done and let's have some fun. Stop and open the gift you have.

Christmas Decoration Scavenger Hunt

Nativity Scene	
Reindeer on a Rooftop	
Oversized Candy Canes	
Wreaths on Windows	
Blow Up Santa Claus	
Snowman	
Lights that Flash	
Lights Set to Music	
Christmas Train Decoration	
Christmas Mailbox Wrap	
Lights in Trees	
3 Wise Men	
Reindeer with Moving Heads	
Yard Sign Spelling "JOY"	
Colored Light in Bushes	
Lights around Garage Doors	
Blow Up Character (Not Santa)	
Icicle Lights	
Decorative Christmas Flag	
Christmas Carolers	
Decorated Dog House	
Lights on Community Tree	
Large Yard Gifts that Light Up	
Luminaries	
Penguin	





Christmas Scattergories



Start by choosing a letter and putting 1-2 minutes of time on the clock. Make a copy of the game board below for each person. You start in the Game #1 column and write down something for each category that begins with the letter you chose. Once the timer runs out you tally up the points for Game 1. You get a point for each unique answer you come up with (no one else can have the same answer or you each have to cross it off). Then you choose a new letter and play the Game 2 of List #1. When you've played all three games, tally up the scores from all three games and the one with the most points wins! There are 6 lists to use and a blank one for you to write your own categories.

List 1	Game 1	Game 2	Game 3
Christmas song			
At the North Pole			
Christmas goodie			
Winter outdoor activity			
Gift			
Light display sight			



Christmas Scattergories



List 2

Holiday movie

Elf name

Christmas charac-

Candy on a ginger-

Christmas decora-

Type of homemade

List 3

Food on a holiday

Stocking stuffing

Baked in December

Toy

Winter clothing

What Santa sees

List 4

Type of pie

Reindeer games

Animal at North

Elf jobs

On the mantle

Christmas spice

List 5

Hostess gift

Tool for wrapping

Found in a nativity

Way to stay warm

On an ugly Christ-

In a snow globe

List 6

Animal in Bethle-
hem

Christmas card
greeting

Christmas candy

Sound you hear at
Christmas

Christmas cookie
cutout shape

Present item for

List 7
