



# RACHEL'S "MEAT & SWEET" THANKSGIVING BITES

*Sometimes mixing strange ingredients together...tastes GOOD!*

HCC  
WELLNESS  
AT HOME



@utmhccwellness

## INGREDIENTS

- 125 mL/ 1/2 cup finely chopped COOKED chicken OR turkey
- 125 mL/1/2 cup mandarin oranges, well drained
- 60 mL/1/4 cup dried cranberries
- 30 mL/2 Tablespoons sliced almonds
- 30 mL/ 2 Tablespoons fat-reduced Miracle Whip or mayonnaise
- 6-10 Triscuits Low-Sodium crackers

## INSTRUCTIONS

01

Mix together all ingredients except the crackers; cover and refrigerate for at least 1 hour (to allow flavours to blend).

02

Spread each cracker with some of the chicken mixture just before eating.

