

# come graze with us

*your complete guide for entertaining with boards & platters*



20 inspiring boards  
for every occasion



# simplify entertaining

I love entertaining and over the past year I gained a passion for experimenting with snack boards.

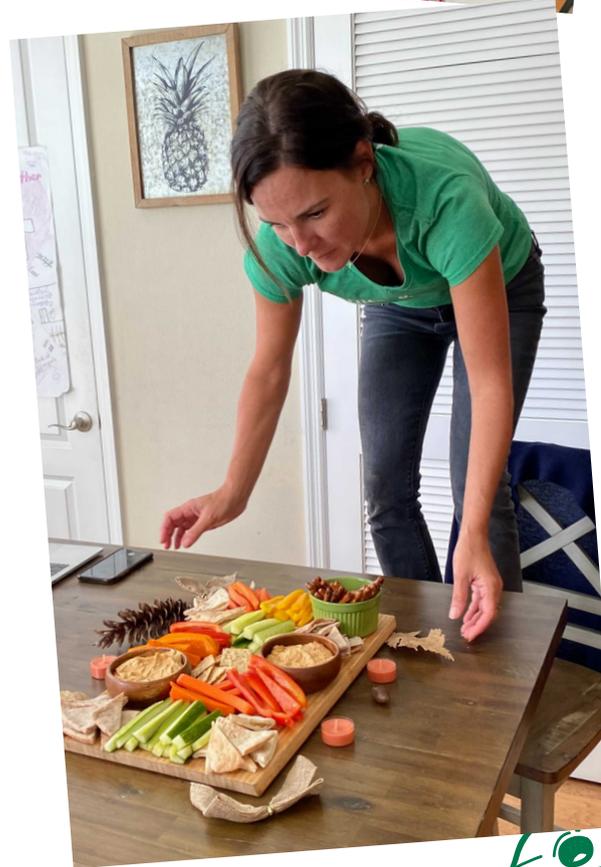
I have learned that any dish can be deconstructed and turned into a grazing board - allowing your guests to pick their favorites. Plus, they are perfect for kids. My girls love snack boards for breakfast, after school, or dinner.

Whether you call them snack, charcuterie or grazing boards, give them a try! Let your creativity shine and have fun!

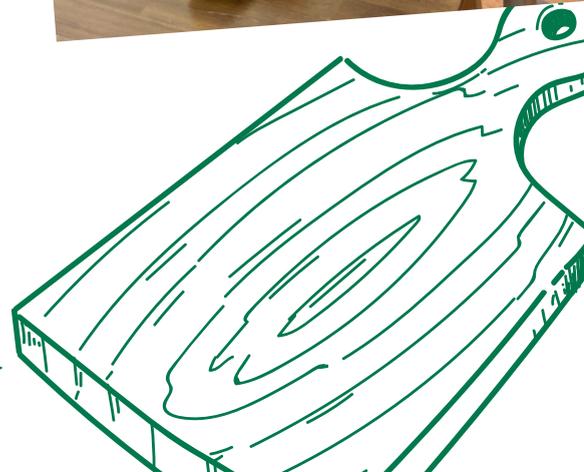
## Amanda



Amanda Keefer is the managing director at Healthy Family Project and our official Grazing Board Guru. You can often find her and her daughters, Mia & Charli, in the kitchen creating these inspirational works of culinary art.



visit [healthyfamilyproject.com](https://www.healthyfamilyproject.com) for more ideas, tips & recipes



# charcuterie board tips



1 start by placing your larger items (hummus container, brie wheel)



2 use small bowls or measuring cups for nuts, dips, spreads, olives



3 keep color in mind! a variety of fruits & veggies will bring your board to life



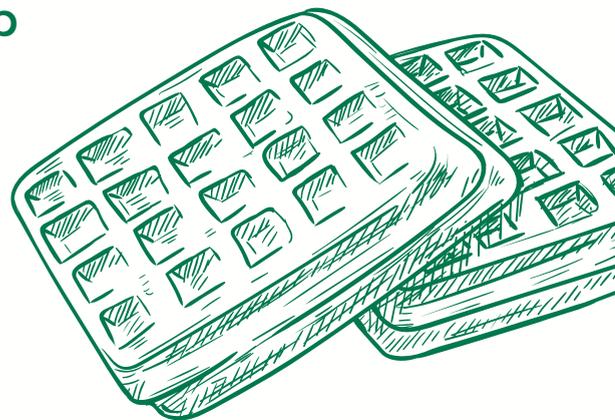
4 don't forget about finishing touches! A rosemary sprig or pomegranate arils brings the board together



## Weekend Breakfast Grazing Board



- Hard-boiled eggs
- Cooked sausage links
- Mini frozen waffles, toasted
- Mini frozen pancakes, toasted
- Mini muffins
- Yogurt
- Fresh fruit
- Syrup
- Jelly



# Immunity-Boosting Citrus Board



- Cara Cara oranges, sliced
- Blood oranges, sliced
- Fetta cheese, cubed
- Brie cheese
- Dark chocolate bar, broken into squares
- Beet chips
- Crackers
- Almonds
- Chocolate covered espresso beans
- Fresh mini for garnish

*Keep sniffles &  
colds at bay with  
vitamin C*



# Oranges

## **Seasonality**

Oranges are generally found in store year-round, with peak season being November - April.

## **Health Benefits**

Oranges are a healthy source of fiber, vitamin C, thiamin, folate, potassium, and antioxidants.

## **How to Pick a Good Orange**

Choose oranges that feel heavy for their size and have firm, finely textured skin. Skin color is not an indicator of flavor or ripeness. Those with greenish hues can be just as tasty as bright orange ones. Avoid any oranges with soft spots or those that are spongy.

## **Fun Facts**

The color orange was named after the fruit, not vice-versa. The word orange comes from the Sanskrit *naranga* meaning fragrant.





# Family Game Night Snack Board

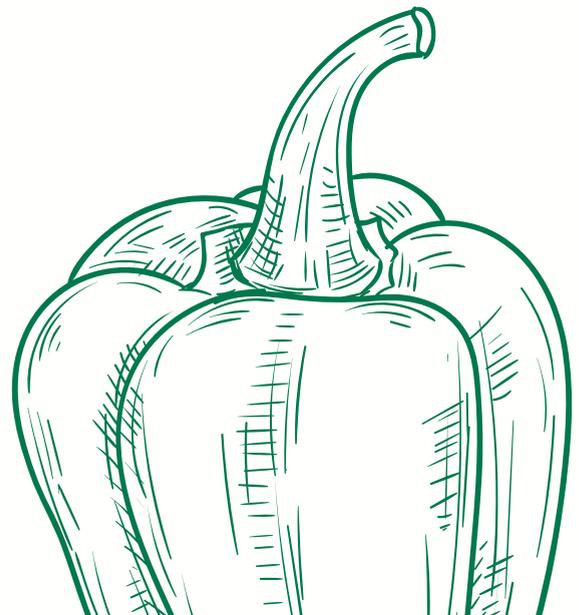
- Cheddar cheese
- Whole wheat crackers
- Salami
- Apple slices
- Grapefruit, peeled & segmented
- Baby carrots
- Sliced strawberries
- Green seedless grapes
- Steamed edamame pods
- Baked Goldfish crackers
- Dried apricots
- Dried blueberries
- Pistachios
- Ranch dip
- Walnuts
- Peanut butter





# Hummus Snack Board

- Carrot sticks
- Whole-wheat pitas, cut into triangles
- Red, yellow, orange bell pepper, seeded & sliced
- Seedless cucumber, cut into 2" strips
- Hummus
- Pretzel sticks
- Crackers
- Pecans





# Kid-Friendly Snack Board

- Fresh fruit
- Chocolate yogurt fruit dip
- Ham & cheese pretzel roll-ups
- Frozen yogurt dipped bananas
- Cheese stuffed mini peppers
- Assorted crackers



*Amanda's Tip*

Use parchment paper to make removing the bananas easier



# After School Snack Board



- Hummus-stuffed mini sweet peppers
- Mandarin orange, peeled & segmented
- Kiwi, sliced
- Celery, cut into 2" pieces
- Apple, sliced
- Cherry tomatoes
- Baby carrots
- Ranch dressing
- Granola
- Chocolate chips

# Ultimate Game Day Grazing Board



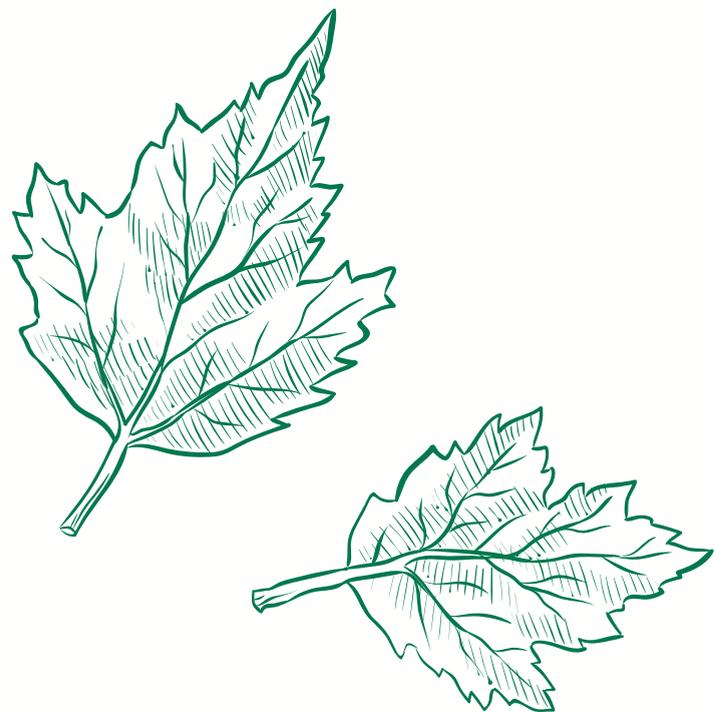
- Coleslaw
- Caramelized sweet onion, goat cheese & arugula flatbread
- Onion rings
- Burger meatball skewers
- Ranch dip
- Tomatoes
- Carrots
- Jalapeno peppers
- Texas toast
- Sweet onion & sausage cheese balls





# Fall Harvest Grazing Board

- Brie cheese
- Cheddar cheese, sliced
- Water crackers
- Pear, sliced
- Red & green apple, sliced
- Red & green seedless grapes
- Square pretzels
- Caramel dip
- Fig jam
- Almonds





# Apples

## **Health Benefits**

Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing certain diseases.

## **Selection Tips**

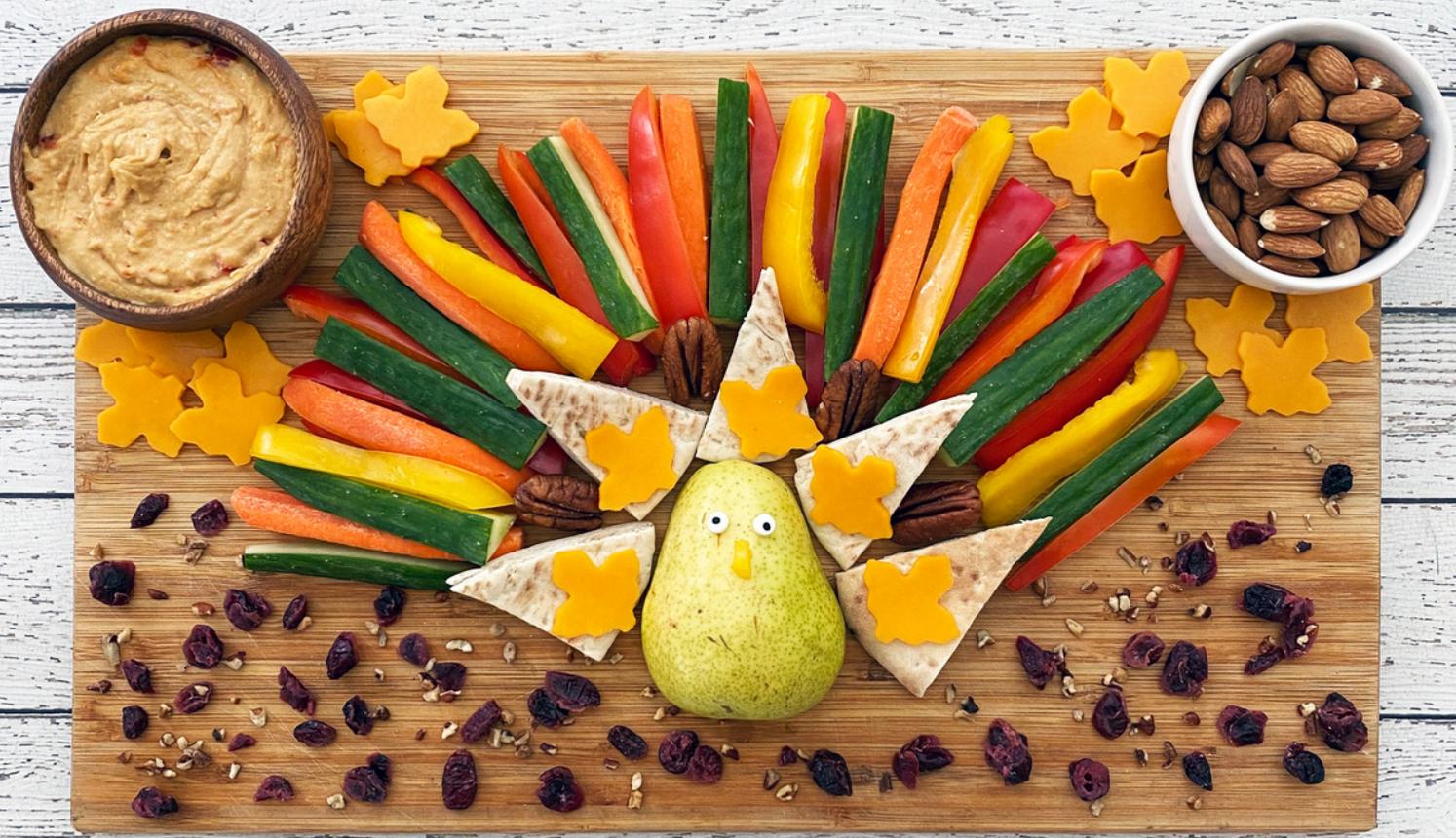
Pick up the apple and gently press a small area of the fruit's skin. It should be firm to the touch. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin

## **How to Store**

Apples are best stored somewhere around 30-35°F, in a humid environment. If storing apples in the fridge, place them inside a crisper drawer and lay a slightly dampened paper towel on top of the apples.

## **Before You Eat**

Carefully wash apples even if you do not plan on eating the skin. Use lemon juice on apple slices to keep them from browning.



# Thanksgiving Grazing Board

- Bartlett pear
- Whole wheat pita
- Bell pepper
- Cucumber
- Carrot sticks
- Hummus
- Almonds
- Pecans
- Dried fruit
- Cheese
- Candy eyes





# Trick-or-Treat Snack Board

- Taco-stuffed mini pepper mummies
- Apple monsters
- 3 slices cheese, cut into Halloween shapes
- Celery stalk, cut into 2" pieces
- Moon drop grapes
- Green seedless grapes
- Bell pepper strips
- Hummus
- Salami
- Yogurt pretzels
- Crackers
- Candy corn
- Candy eyes





# Spooky Halloween Board



- Watermelon
- Vanilla yogurt
- Feta cheese
- Mint
- Clementines
- Cheese, cut into Halloween shapes
- Candy corn & eyes
- Gummy worms
- Moon drop grapes
- Green grapes
- Crackers
- Orange & black sprinkles



# Holiday Charcuterie

- Brie cheese
- Fig jam
- Green apple slices
- Crackers
- Salami
- 1/2 pomegranate
- Dragonfruit slices
- Pistachios & pecans
- Green & red seedless grapes
- Cheddar cheese, cubed
- Pepperoni
- Nuts & dried fruit mix
- Cranberries



# Holiday Watermelon Snack Board



- Watermelon
- Cucumbers, cut with a star cookie cutter
- Green grapes
- Sliced radishes
- Raspberries
- Brie cheese
- Crackers
- Pistachios & almonds
- Pomegranate ariels
- Mini marshmallows
- Honey
- Yogurt pretzels



# Watermelon

## Health Benefits

Watermelon contains Vitamin A for healthy eyes and skin, Vitamin B6 for immune function and brain development, and Vitamin C to boost immunity. Containing 92% water, watermelon helps keep you hydrated! Watermelon contains the antioxidant, lycopene, which may aid in sun protection.

## Selection Tips

Choose a firm, symmetrical watermelon that's heavy for its size and free of bruises, soft spots, moldy patches, and cracks. The underside of the watermelon should have a creamy yellow spot. This is from where the watermelon sat on the ground and ripened.

## How to Store

If the watermelon you purchase was cold when you bought it, store it whole in the refrigerator. If it was not, there is no need to refrigerate it prior to cutting. Once you've cut a watermelon, store in an airtight container in the refrigerator for up to 3 days.



## Christmas Snack Platter



- White cheddar cheese, cubed
- Pomegranate arils
- Triangle crackers
- Green apple
- Red seedless grapes
- Orange slices
- Dragonfruit, sliced
- 1 stalk celery, cut in 2" pieces
- Peanut butter
- Guacamole
- White chocolate covered pretzels

# Christmas Tree Platter - Three Ways

## Snacking

Arrange veggies, cheese, apple slices, pretzels & crackers on a platter in the shape of a Christmas tree for the perfect pre-dinner snack.



## Veggies

Skip the boring veggie tray & bring one that looks like a tree - garland, a star, and all!



## Fruit

Kiwi, blueberries, pomegranate ariels, and star fruit shine together for this elegant fruit tray perfect for dessert.



# Be Mine Snack Board

Did You Know?  
Dragon fruit is a  
type of cactus

- Rice crackers
- White chocolate pretzels
- Brie cheese
- Strawberries
- Raspberries
- Dragonfruit, sliced
- Pomegranate arils
- Toasted coconut





# Patriotic Charcuterie Board

- Strawberries
- Raspberries
- Blackberries
- Mini white chocolate covered pretzels
- Brie
- White cheddar cheese, sliced
- Honey
- Greek yogurt
- Salami, sliced
- Rosemary, for garnish
- Table water crackers

## Amanda's Tip

Seasonal berries make this board irresistible on the 4th of July

