

10 Healthy Christmas Recipes

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## Summary:

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10 Heart Healthy Dessert Recipes - Health Sweets and treats arenâ€™t off-limits if youâ€™re aiming for a heart-healthy diet. You just have to choose carefully. Christmas Recipes | PBS Food No matter how your family celebrates, our Christmas recipes are sure to become a family tradition from cookies to entrees and desserts.

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