



Teen Chef Offers Tips for Holiday Cooking Success

“Whipping up holiday treats with your family and friends is a fun way to spend time together,” says teen chef Lanie Bayless, co-author of *Rick & Lanie’s Excellent Kitchen Adventures*. “Involving everyone in shopping and cooking is a great reminder that while eating some holiday sweets is okay, it’s important to also choose smart, healthy alternatives like Clementines from Spain when it comes to snacking.”

Bayless offers some simple tips to get kids, teens and everybody cooking this holiday season:

- **Don’t plan too much.** Be spontaneous and have fun! Keep it simple and work with your parents to create simple side dishes or desserts with Clementines from Spain such as fruit salsas, salads, puddings and custards.
- **Keep it social.** Remind everyone that they’re here to have fun in the kitchen. The great meal at the end is just a bonus! Take time to talk about the day’s events or holiday plans.
- **Avoid time pressure.** Don’t let anyone starve before dinner gets on the table. Have some healthy, light snacks on hand, like string cheese, crackers or Clementines from Spain to keep everyone in a good mood along the way.
- **Be organized.** Check to make sure you have ALL the ingredients before you start cooking. Set them out before your friends arrive and you start working.
- **Clean as you go.** No one likes facing a messy kitchen at the end of the fun, but it’s not so bad if you do it as you go. This is a good way to keep the parents happy, too. Clementines from Spain are a great ingredient to work with because they’re easy to peel and have virtually no seeds, making for a quick and easy clean up.

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For more information, visit www.clementinesfromspain.com.

High-res images available upon request.

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