



*Have a
Wholesome
Christmas*

RECIPE BOOK
+ some wholesome
facts and healthy
eating tips

Christmas Rocky Road



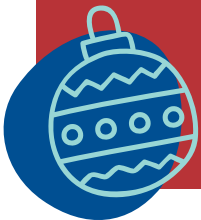
Image source: taste.com.au

Ingredients:

- 3x 180g block dark chocolate
- Pinch of sea salt

Optional fillings:

- Chia seeds
- Oven roasted almonds/mixed nuts
- Goji berries
- Coconut shreds/flakes
- Cacao nibs
- Digestive biscuits
- Puffed cereal
- Dried cranberries
- Peanut butter
- Sultanas





Method:

1. Line a 16x26cm pan with baking paper
2. Melt chocolate in a heatproof bowl in the microwave in 30 second bursts until all the chocolate is completely melted
3. Add your optional ingredients to your chocolate and mix until they are all covered
4. Transfer mixture to lined pan and place in the fridge for 2-3 hours until set
5. Cut your rocky road into squares and enjoy

** Recipe contains dairy and may contain wheat and nuts*

The more of these optional fillings, the better!

Each of these ingredients have one thing in common... dietary fibre.

Dietary fibre helps us to feel full and is better for our digestion.



Pumpkin Spiced Pancakes



Ingredients:

- ¼ large **butternut pumpkin** OR ¾ cup pumpkin puree (e.g. Libby's 100% Pure Pumpkin)
- 2 large eggs
- ⅔ cup milk
- 2 teaspoons vanilla extract
- 1 tablespoon maple syrup
- 1 ½ cups rolled oats OR all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon **allspice**
- 1/2 teaspoon **nutmeg**
- 1/2 teaspoon **ground ginger**
- 1/4 teaspoon salt
- Olive oil, for cooking



Image source: ambitiouskitchen



Contain anti-inflammatory properties

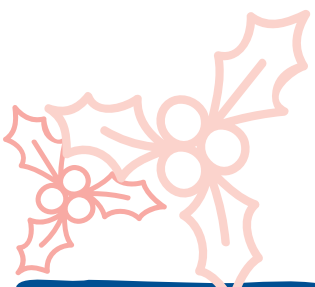
Optional toppings:

- Greek yoghurt*
- Blueberries
- Chia seeds
- Walnuts

Method:

1. If using pumpkin puree, skip to step 5
2. Pre-heat the oven to 200 degrees
3. While the oven is warming up, wash and remove skin from your pumpkin and cut into smaller pieces (so that it can cook faster) and place on a baking tray lined with baking paper
4. Place the pumpkin in the oven to cook for 30-60 minutes or until pumpkin is soft and can be pierced through with a knife or skewer. Once cooked, remove from the oven and allow to cool for a little while before moving to step 5
5. Add all of the ingredients to a blender and blend on high until completely smooth
6. Lightly coat a frying pan with olive oil and place over a medium heat. Once the pan is hot, add about 1/3 cup of the batter to the pan and cook for 2-4 minutes or until pancakes slightly puff up and you see a few bubbles along the edges
7. Flip the pancakes and cook the other side until golden brown
8. Once the pancake is cooked remove from the pan, wipe it clean and repeat with more oil and remaining batter
9. Serve the pancakes with some/all of the optional ingredients of your choosing

** Recipe contains dairy and may contain wheat and nuts*



Adding more vegetables and fruit to our diet is important to meet the recommended five serves of vegetables and 2 serves of fruit per day.

Watermelon Salad

Ingredients:

- 1/4 whole watermelon
- 2 cucumbers
- 1/2 red onion
- 1 avocado
- 1/3 cup feta cheese crumbled
- 1/3 fresh mint or basil leaves
- Sea salt to taste

Dressing:

- 2 tablespoons extra virgin olive oil
- 3 tablespoons fresh lime juice
- 1/2 garlic clove minced
- Peanut butter
- Sultanas

Image source: loveandlemons.com

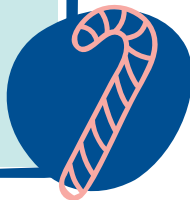




Method:

1. In a small bowl, whisk together the olive oil, lime juice, garlic and salt and set aside
2. Prepare your ingredients for the salad by cutting the watermelon into medium sized cubes, dicing the cucumber into smaller cubes, thinly slicing the red onion, crumbling the fetta cheese using your hands (if not already crumbed), and tearing the basil leaves into smaller shreds
3. Place your cubed watermelon, diced cucumber and thinly sliced red onion onto a platter or bowl and drizzle with half of the prepared dressing
4. Top your salad with the crumbed feta, cubed avocado, torn mint leaves, some extra salt to season and drizzle the rest of your dressing over the top

The more colour on our plate the better! Different colour fruits and vegetables have different vitamins and minerals in them. Therefore, we want to be sure to have a good variety.



Cinamon Spiced Toast

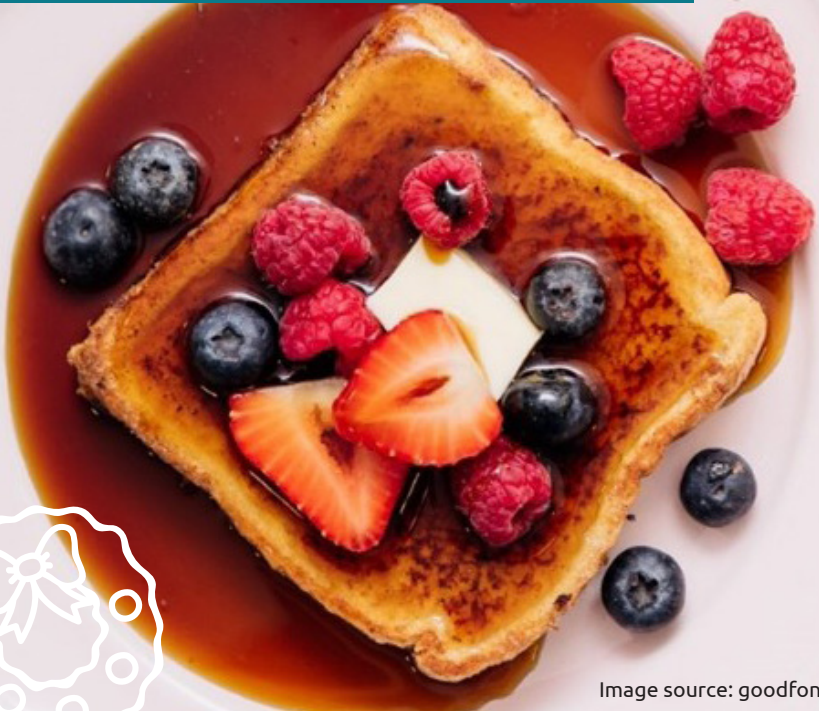


Image source: goodfon.com

Ingredients:

- Wholemeal bread or white bread with added fibre
- 1 egg
- 1/4 cup milk
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon vanilla extract

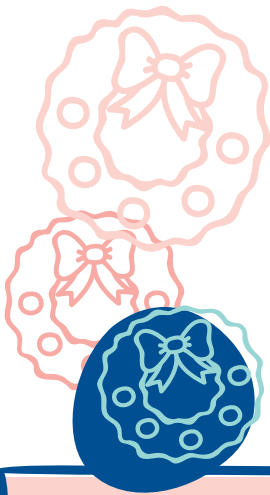
Optional toppings:

- Maple syrup
- Greek yoghurt
- Extra Cinnamon
- Blueberries/ strawberries
- Chia seeds

Method:

1. Place egg, milk, cinnamon, nutmeg and vanilla in a bowl and whisk the ingredients together
2. Dip one side of the bread into the mixture to coat it, then flip the bread to coat the other side (note: the whole bread should be covered in the mixture)
3. Melt some butter on the frying pan
4. Place the bread in the pan to cook for 2-3 minutes (or until browned) on one side
5. Flip the bread in the pan so it cooks on the other side for 2-3 minutes (or until browned)
6. Remove bread from pan and drizzle some maple syrup over the top
7. Serve the pancakes with some/all of the other optional ingredients of your choosing

**** Recipe contains wheat and may contain dairy***



Wholemeal bread has more dietary fibre compared to plain white bread. Having wholemeal bread or bread with added fibre instead of plain white bread can also improve blood sugar levels which helps our energy levels. Because of the dietary fibre and protein (from the egg) having just 1 slice would most likely satisfy hunger as it is digested much more slowly helping us to stay fuller for longer.

Coconut Truffles



Image source: nourish and fete.com

Ingredients:

- 1/3 cup Greek yoghurt
- 1 cup fine **desiccated coconut** or **coconut flour**
- 1-2 tablespoons honey
- Melted dark chocolate

Optional:

- Chia seeds
- Nuts and seeds

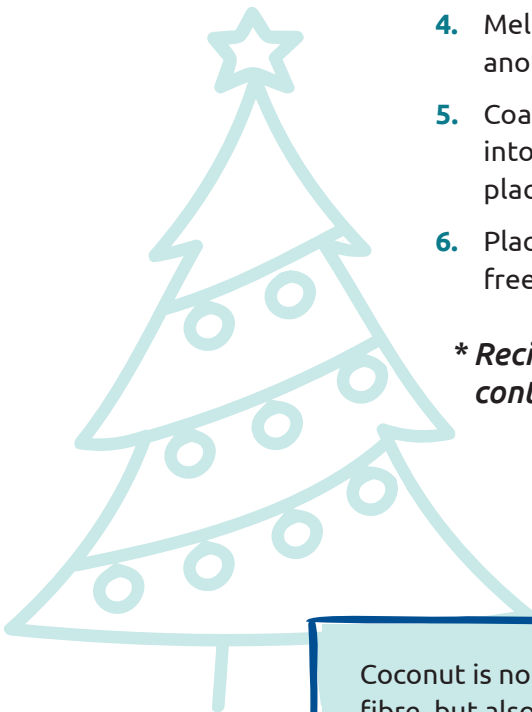
Adding these ingredients will also help to add some extra protein and dietary fibre to your truffles.



Method:

1. In a bowl, add Greek yoghurt, coconut and honey and mix together well
2. Using your hands grab some of the mixture and roll into a ball and place on a tray lined with baking paper
3. Place your balls in the freezer to set for at least 30 minutes
4. Melt some chocolate in another bowl
5. Coat your balls by dipping them into the melted chocolate and place them back on the tray
6. Place the tray back into the freezer until chocolate has set

**** Recipe contains dairy and may contain nuts and seeds***



Coconut is not only a good source of dietary fibre, but also a healthy fat. Healthy fats can help to reduce cholesterol. Therefore, this treat can help satisfy a sweet craving without added sugars that can increase cholesterol.

Christmas Honey Biscuits

Image source: [recipetineats.com](https://www.recipetineats.com)

Ingredients:

- 4 Weet-Bix
- 1 cup plain flour
- ¼ cup milk
- ¼ cup melted butter
- 3 tablespoons maple syrup
- 1 teaspoon vanilla essence

Vanilla icing:

- 1 ¼ cup powdered sugar
- 3 tablespoons milk

Weet-Bix doesn't just have to be a traditional breakfast food. Many vitamins and minerals have been added to this cereal such as iron. Therefore, making them into biscuits can be another fun way to get all the added goodness into your diet.





Method:

1. Preheat the oven to 180 degrees
2. In a bowl, crush Weet-Bix using your fingers and/or a fork to make a fine crumb
3. Add flour, milk, butter, maple syrup and vanilla to the bowl and mix into a dough forms
4. Roll out the dough (until about 1cm thick) and use a cookie cutter to cut out some biscuits
5. Place some baking paper onto a baking tray then place your biscuits on top of it (be careful that they do not touch when they are on the tray)
6. Place in the oven and cook for 10-15 minutes or until golden then place them on a cooling rack to cool
7. After your cookies are cooled, make your icing by sifting the powdered sugar into a smaller sized bowl and then adding your milk and mixing it well together to form a smooth icing
8. Add some food colouring to the icing (if you wish) and use it to decorate your cooled biscuits

**** Recipe contains wheat and dairy***



Strawberry Bagels



Image source: yourchoicenutrition.com

Ingredients:

- 2 ripe bananas
- 1/2 cup fresh strawberries
- 1 cup self raising flour
- Olive oil spray

Optional spreads:

- Coconut
- Nuts
- Ricotta cheese
- Seeds
- Drizzle of honey
- Chia seeds
- Peanut butter
- Dried fruits
- Choc chips





Adding more fruits to our food can naturally sweeten them instead of adding lots of extra sugars.



Method:

1. Pre-heat the oven to 180 degrees
2. In a bowl, mash together banana using a fork then add flour and mix until you form a large dough ball
3. Move the ball of dough onto a surface covered with some extra flour
4. Start kneading the dough using the palm of your hands to push the dough outwards and your fingertips to bring it back inwards and repeat
5. Stretch out the dough so it becomes a little flatter and top with fresh strawberries, then continue to fold the dough over the strawberries until they are mixed inside the dough
6. Form the dough into a ball shape again and cut it into four equal pieces
7. Roll each dough piece into a ball and flatten it using your hands. Make a hole in the middle of each bagel to form the bagel shape
8. Bake in the oven for 20-25 minutes or until cooked through
9. Allow to cool for 10-15 minutes and then serve with any of the optional toppings

**** Recipe contains wheat and may contain dairy, nuts and seeds***

Avocado and Tomato Dip

Ingredients:

- 4 medium sized **Roma tomatoes**
- 3 ripe **avocado**
- 1/2 red onion
- 3 tablespoons of squeezed fresh lime juice
- 3 tablespoons olive oil
- 1 clove **garlic**
- Sprinkle of salt and pepper

Garlic is also a great addition as it can also work with the avocado and tomato to help boost the immune system.



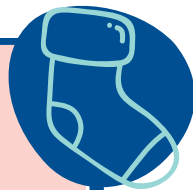


Image source: peasandcrayons.com

Method:

1. Cut the avocados in half and remove the seed in the middle
2. Remove the skin off the outside of the avocado by either peeling it off with your hands or scooping it out using a spoon
3. Using a fork, mash the avocado in a bowl to your preferred consistency and set aside
4. Dice the tomato and onion and add it to the avocado
5. Crush the clove of garlic and in a separate small bowl, mix the crushed garlic with oil and lime juice. Once mixed together add it to your big bowl of avocado, onion and tomato and mix through with some salt and pepper to taste
6. Serve with some homemade chips (see recipe)

Avocado and tomato are rich in many vitamins and minerals such as potassium that can help to lower blood pressure and vitamin C to build up your immune system.



Tortilla Chips



Ingredients:

- Wholemeal tortilla wrap bread*
- Olive oil spray

The perfect addition to the avocado, tomato dip and Tzatziki dip. By pairing the two you will also be adding some more dietary fibre (from wholegrains).





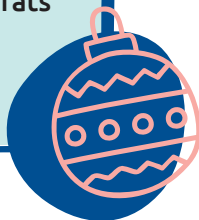
Image source: chophappy.com

Method:

1. Pre-heat oven to 180 degrees
2. Prepare chips by shaping (using cookie cutters) or cutting the wrap to make into your desired Christmas shapes
3. Line a baking tray with baking paper and lay your chips flat and separated from each other on the tray
4. Coat your chips by spraying some extra virgin olive oil spray over the top of them, flip the chips and spray the other side with some oil too
5. Sprinkle some salt over your chips and pop them into the oven to cook for 10-12 minutes or until slightly crisp

**** Recipe contains gluten.
Substitute for gluten free
bread if required.***

Unlike traditional chips, these are baked and not fried. This means that they contain less bad fats (which could be bad for our cholesterol).



Tzatziki Dip

A top-down view of a white ceramic bowl filled with Tzatziki Dip. The dip is a thick, white, creamy mixture, likely Greek yogurt, topped with a drizzle of golden olive oil and finely chopped green herbs. A dark wooden spoon is partially submerged in the dip. To the left of the bowl, several pieces of golden-brown, slightly puffed pita bread are stacked. Above the bowl, a small wooden bowl contains a mound of white salt. In the bottom right corner, a small glass dish holds a yellow liquid, possibly lemon juice. The background is a light-colored, textured surface, possibly a tablecloth or countertop.

Ingredients:

- 1 cup Greek yoghurt
- 1 medium Lebanese cucumber
- 4 tablespoons chopped mint
- Juice of half a lemon

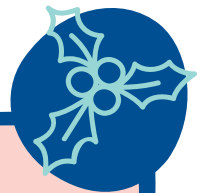


Image source: jessicagavin.com

Method:

1. Using a grater, grate the Lebanese cucumbers or dice them into smaller chunks using a knife
2. In a bowl, combine yoghurt and cucumber then mix together
3. Squeeze the juice of 1/2 a lemon and chop some mint and then mix it through your yoghurt and cucumber

** Recipe contains dairy*



Greek yoghurt is a great source of protein and calcium. For young kids, protein is important to help them grow but for parents and adults, it is also important to help our bodies make what it needs to keep functioning as it should.

Calcium is crucial for building strong bones in children and maintaining bone health in adults.

