



# *12 Days of Wholesome Christmas Recipes*



## The 12 Days of Wholesome Christmas Recipes

Wholefoods are nature's gifts packed with nutrients, energy, and flavour. Their magic lies in how easily they can be turned into something fun, festive, and delicious with just a little creativity.

This year, at Northcott, our dietetic team has created 12 wholesome Christmas recipes, inspired by the classic 12 Days of Christmas. Each recipe invites families into the kitchen to cook together, spark curiosity in young chefs, and build traditions filled with joy and knowledge from all the fun facts and secrets hidden inside.

### The Joy of Cooking Together as a Family

Getting into the kitchen together is about more than making a meal, it's a chance to:

- \* Build confidence as children learn new skills and discover that they can create something delicious.
- \* Strengthen family bonds through teamwork, conversation, and celebrating the final dish together.
- \* Encourage food exploration, helping kids feel more comfortable trying new flavours and ingredients.
- \* Create lasting memories, especially during the festive season!

To continue the celebrations, we are also offering special cooking sessions led by our team through the Holiday Healthy Chefs program. If you are interested, simply scan the QR code for details.



If you have any questions about our dietetic service, our team is here to help:

Email: [therapy@northcott.com.au](mailto:therapy@northcott.com.au)

Search: [Enquiry Northcott](#) on Google

Merry Christmas from our Dietetics Team!



**DAY 1:**

## Santa Banana Pops

Image source: midgetmomma.com

### Ingredients:

- 6 bananas
- 6 strawberries
- 4 large marshmallow
- 12 mini marshmallows
- 24 mini chocolate chips
- 2 tablespoons chocolate chips melted
- 12 red M&M's

### Method:

*(For 6 Santa pops)*

1. Start by cutting each banana in half and taking off the peel.
2. Slide the banana halves onto sticks so they're easy to hold.
3. Cut the big marshmallows into three pieces and pop one piece on top of each banana.
4. Slice the stems off the strawberries, then place a strawberry on top of each marshmallow.
5. Add a mini marshmallow on top of the strawberry to finish the Santa hat.
6. Gently press two mini chocolate chips into the banana to make the eyes.
7. Dab a little melted chocolate under the eyes and stick an M&M on as the nose and give it some time to set.
8. Your banana pops would be ready to eat right away but you can keep your leftovers in the fridge to enjoy over the next couple of days too!

***\*Recipe contains dairy***

Fun Fact: Bananas are full of potassium that help to fuel your muscles and your heart. It can also help to give you long lasting energy which is often needed during a very busy festive season.

DAY 2:

# Sweet Potato Hash Browns

## Ingredients:

- 2 medium sweet potatoes, peeled and grated
- 1/2 red or yellow onion, finely chopped
- 1/3 cup all-purpose flour
- 2 large eggs
- 1 teaspoon smoked paprika
- Salt and pepper

## The sauce:

- 3/4 cup Greek-style yoghurt
- 200g Danish feta, mashed
- 1 garlic clove, crushed
- 1 Tablespoon chopped fresh dill, plus extra to serve
- 2 teaspoon finely grated lemon rind
- Olive oil, to drizzle
- Pomegranate to serve

## Method:

(Makes 13-14 hash browns)

1. Peel the sweet potatoes and grate them using the big holes on a box grater.
2. In a large mixing bowl, add the grated sweet potato, chopped onion, flour, eggs, paprika, salt, and pepper. Stir everything together until it's nicely mixed and is spread throughout.
3. Warm a thin layer of oil in a wide pan over medium heat. Scoop about 1/4 cup of the mixture into the pan and gently press it down. Cook for 2-3 minutes, or until the bottom is a deep golden colour. Flip and cook the other side until golden and cooked through.
4. Move the cooked hash browns to a plate lined with paper towels. Continue making hash browns with the remaining mixture, adding a bit more oil when needed.
5. For the sauce, mix the yogurt, crumbled feta, garlic, dill, and lemon zest in a serving bowl. Add a little extra dill on top, drizzle with a splash of olive oil, and finish with a sprinkle of pepper.

Fun Fact: Sweet potatoes are full of vitamin A to help keep your eyes bright and strong, and their fibre helps keep your tummy happy too. And the best part? They're naturally sweet...like a veggie treat!

**\* Recipe contains wheat, eggs and dairy**

Image source: [delscookingtwist.com](https://delscookingtwist.com)

## DAY 3:

# Rudolph Chocolate Apple Slices

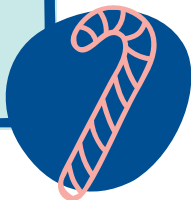


Image source: kidfriendlythingstodo.com

### Ingredients:

- 6 medium apples
- Smooth peanut butter
- 1 block dark chocolate
- 24 candy eyes
- 12 red M&Ms

Fun Fact: Apples are full of antioxidants that help keep your heart healthy and strong. Every variety has its own special flavour, making them fun to explore in cooking.



### Method:

(For 12 Rudolph's)

1. In a small bowl, melt the chocolate using the microwave in 30 second intervals stirring the chocolate in between until it is smooth and creamy. Optional: mix in 1–2 tablespoons of peanut butter to make the chocolate extra rich and give it a little protein boost.
2. Lay out a sheet of baking paper to work on.
3. Place two pretzel twists on the wax paper to make the ears. The rounded parts should point up and out, spaced about as wide as your apple slice will be.
4. Slice your apples into pieces about 3 cm thick. You'll usually get two good slices from each apple.
5. Set aside the core and any pieces that are too small to use on a skewer.
6. Spread a nice, even layer of peanut butter on the apple slices you're keeping.
7. Slide each apple slice onto a skewer, then dip it into the melted chocolate, covering both sides.
8. Add the candy eyes, one red M&M for the nose, and gently press the pretzel twists into place for the ears.
9. Put your finished treats in the fridge so the chocolate can set.

*\*Recipe contains dairy and nuts*

DAY 4:

## Festive Coloured Apple, Cranberry and Pepita Salad



### Ingredients:

- 5 cups green salad mix
- 1 large or 2 small Granny Smith apple
- 1/3 cup dried cranberries
- 1/4 cup pepitas (edible pumpkin seeds)
- 1/3 cup goat cheese, crumbled

Image source: cookieandkate.com

### Dressing:

- 1/4 cup extra-virgin olive oil
- 1 1/2 tablespoons apple cider vinegar
- 1 1/2 teaspoons honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon fine sea salt
- Freshly ground black pepper, to taste

### Method:

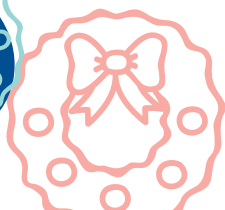
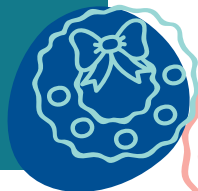
(Enough for around 4 serves)

1. Place the pepitas in a medium pan over medium heat. Stir them often until the edges turn golden and you hear little popping sounds.
2. In a cup or jar, whisk together the olive oil, vinegar, honey, mustard, and salt until everything is smooth and then add a little pepper to taste.
3. Chop the apple into thin, bite-size pieces. Put your salad mix into a large serving bowl, then add the sliced apple, dried cranberries, and toasted pepitas. Use a fork to crumble the goat cheese all over the top.
4. Drizzle just enough dressing over the salad to lightly coat the leaves once you toss it together.

*\* Recipe contains dairy*

Fun Fact: Adding fruits (fresh and dried) to your salad not only will add extra fibre (good for our digestion) and vitamin C (to keep our bodies nice and strong) but can help to add lots of colour, crunch and sweetness too!

Tip: A salad like this one would be the perfect addition to our plate to add more balance, brightness and colour to it! It will complement the other food on our plate nicely bringing a hint a sweetness too.



**DAY 5:**

# Christmas Tree Pizza

## Ingredients:

- 4 small wholemeal pita bread
- 180g tomato-based pizza sauce
- 6 cherry tomatoes, sliced into rounds
- 1 yellow capsicum, cut into triangles & 8 stars
- ½ red capsicum, cut into strips
- ½ green capsicum, cut into triangles
- 4 pitted black olives, sliced into rounds
- 2 tsp Italian dried herbs
- 4 tbsp grated cheese

Image source: [healthymadetasty.com.au](http://healthymadetasty.com.au)

Fun Fact: Eating a rainbow of colourful vegetables gives your body lots of different vitamins and minerals to help you grow strong, stay healthy, and feel your best!

Fun Fact: Wholemeal bread is packed with fibre, which helps keep your tummy happy and full for longer, and it also provides steady energy to keep you going throughout the day.

## Method:

*(Makes 8 trees)*

1. Preheat the oven to 200°C.
2. Using a Christmas tree shaped cookie cutter, press out two tree shapes from each pita bread.
3. Place all your little pita trees on a baking tray lined with baking paper.
4. Spread a layer of tomato pizza sauce on each tree, then decorate them with your toppings just like you're decorating a real Christmas tree!
5. Sprinkle a little dried herbs and cheese over the top for extra festive flavour.
6. Bake for about 15 minutes, or until the trees are golden and cooked through.

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



DAY 6:

# Christmas Cake



Image source: wholefoodsimply.com

## Ingredients:

- Zest and juice of one orange
- 1 cup raisins
- 1 cup currants
- 1 cup cranberries
- 1 cup slivered almonds
- 3 cups almond meal
- 2 small, ripe bananas
- 10 medjool dates, seeds removed
- 2 teaspoon mixed spice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon vanilla extract
- pinch of salt



Fun Fact: A ripe banana has tiny brown spots called "sugar spots," which makes it sweeter and perfect for baking.

Fun Fact: Dates are also naturally super sweet and full of fibre. They are the perfect secret wholefood ingredient to make our desserts super sweet!



## Method:

(Serves 10-12 people)

1. Preheat your oven to 175°C.
2. Lightly grease an 18 cm round cake tin or line it with baking paper so the cake comes out easily later.
3. Put the citrus zest, juice, raisins, currants, cranberries, and almonds into a medium saucepan. Heat slowly until the juice begins to bubble then turn the heat down low, cover the pot, and let it gently simmer for 5–10 minutes, giving it a little stir now and then.
4. In a food processor, add the almond meal, banana, dates, spices, vanilla, and salt. Blend on high until the mixture becomes smooth and thick, like a soft batter. Stir in the warm fruit mixture then spoon everything into your prepared tin.
5. Place the cake in the oven to bake for 30 minutes. Then cover the cake with foil and bake for another 15 minutes. Take it out of the oven and let it cool in the tin for about 30 minutes before removing from the pan.
6. Serve with some yogurt for extra flavour and protein!

**\* Recipe contains nuts**

DAY 7:

# Vegetable Quesadillas

Image source: [www.inspiredtaste.net](http://www.inspiredtaste.net)

## Ingredients:

You can use shop bought tortillas but if you are feeling adventurous, google a recipe to make your own. It's easier than you think!



## Filling:

- 1 Tablespoon oil
- 1 cups sliced mushrooms
- 1 small onion, sliced
- 1 red capsicum, seeds removed and sliced
- 3 cups torn spinach leaves
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon ground cumin
- ¼ teaspoon oregano
- ¼ teaspoon smoked paprika
- 1 ¼ cup mozzarella cheese
- Salt and pepper to taste
- Spray oil

## Method:

*(makes 4-8 Quesadillas)*

### Putting it together:

1. Heat some oil or butter in a large pan over medium-high heat. Add the mushrooms and cook until they turn golden. Then add the sliced onions, capsicum, and your spices (onion powder, garlic powder, cumin, oregano, smoked paprika, pepper, and salt). Cook until the onions soften and smell sweet, about 5 minutes.
2. Add the kale or spinach and cook until it's bright green and a little wilted (about 2-3 minutes) then transfer into a bowl and set aside.
3. Wash your pan and heat it again over medium heat. Lightly brush or spray a little oil, then place one tortilla in the pan.
4. Sprinkle some cheese over the tortilla, then spoon the cooked veggie mix onto one half. Carefully fold the tortilla in half and gently press it with a spatula. Cook until the bottom is golden and toasted (about 2 minutes).
5. Carefully flip the quesadilla and cook until the other side is toasted and the cheese is melted (another 1-2 minutes). Transfer to a cutting board and cut in half and repeat with the rest of the tortillas.

*\* Recipe contains wheat and dairy*

**DAY 8:**

# The Night Before Christmas Strawberry Oats


Image source: frommybowl.com

## Ingredients:

- 1 cup fresh or frozen strawberry halves
- 1 3/4 cup choice of milk
- 1/4 cup unsweetened yogurt or additional milk
- 2 Tablespoons maple syrup plus more to taste
- 1 teaspoon vanilla extract
- Juice of 1/2 small lemon (about 1 Tablespoon)
- Pinch of salt

## The oatmeal:

- 2 cups quick-cooking or rolled oats
- 2 tablespoons chia seeds or ground flaxseed
- 3/4 cup diced strawberries
- Topping suggestions: nut butter, almonds, seeds, any other additional fruits.



**Fun Fact:** Strawberries are full of vitamin C, which helps keep your body strong and your skin healthy too. They are also naturally sweet and delicious in desserts too.

**Tip:** Prepare your oats from the night before to let them soak overnight for a little Christmas magic to create extra flavour.

## Method:

*(Makes 3 serves)*

1. Put the strawberries, milk, yogurt, maple syrup, vanilla, lemon juice, and a tiny pinch of salt into a high-speed blender. Blend on high for 45–60 seconds until the strawberries are completely mixed into the milk and look smooth.
2. In a large bowl, mix the oats and chia seeds together. Pour in the strawberry milk from the blender and add the chopped strawberries. Stir everything together until it's well combined. Let it sit for at least 5 minutes so the oats and chia seeds can soak up some of the liquid. Give it another stir to mix in any extra liquid on top.
3. Spoon the oatmeal into jars or containers and put them in the fridge for at least 4 hours, or preferably overnight. Top with your favourite fruits, nuts or any other serving suggestion before eating. You can enjoy it cold or warm, and place any leftovers in the fridge for up to 5 days.

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



DAY 9:

## Banana Bread with a Cranberry Twist



### Ingredients:

- 2 cups white or whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup mashed banana (about 2 1/2 - 3 medium bananas)
- 1/3 cup Greek yogurt
- 2 eggs, room temperature
- 1/4 cup unsalted butter, melted
- 1/4-1/3 cup maple syrup
- 1 teaspoon vanilla extract
- 1 cup fresh cranberries, cut large ones in half
- 1/2 cup chopped walnuts



Fun Fact: Not only will Greek yogurt give you a soft desired banana bread texture, but it is also a secret ingredient packed with protein and calcium to help build strong muscles and bones as well as keep you feeling full and energised.

### Method:

(Serves 10-12 people)

1. Preheat the oven to 175°C. Grease an 8x4 loaf pan with some butter or oil, or line it with baking paper, and set it aside.
2. In a medium bowl, mash the bananas using the back of a fork or a potato masher to make them as smooth as possible.
3. Measure out 1 cup of mashed banana and add to a bowl with the Greek yogurt, eggs, unsalted butter, maple syrup, and vanilla. Mix everything together until well combined.
4. In a separate large bowl, mix the whole wheat flour, baking powder, baking soda, and salt.
5. Pour the wet ingredients into the bowl with the dry ingredients and gently mix until just combined and be careful not to overmix!
6. Fold in the cranberries and walnuts. Pour the batter evenly into the prepared loaf pan. Bake for 45–60 minutes, or until a toothpick inserted in the centre comes out clean.
7. Let the bread cool in the pan for 5 minutes, then transfer it to a wire rack to cool completely before slicing.
8. Serve with some extra Greek yoghurt to give extra flavour and protein too!

**\* Recipe contain wheat, eggs, dairy and nuts**



## DAY 10:

# Roasted Tomato, Whipped Ricotta and Pesto Dip

### Ingredients:

- 1 cup ricotta
- 1/2 lemon, zest and juice
- 1/4 teaspoon salt
- 1 cup cherry tomatoes, halved
- salt
- 1 Tablespoon olive oil
- 2 cloves garlic
- 2 Tablespoon basil pesto, or store bought pesto of your choice

### Method:

(Serves 10-12 people)

1. Preheat the oven to 200°C.
2. Place the tomatoes and sliced garlic on a baking pan, drizzle them with olive oil, and sprinkle a little salt before placing them in the oven to roast for about 15 minutes (tomatoes should be soft and just a little charred).
3. In a bowl, mix the ricotta with lemon zest, lemon juice, and a pinch of salt. For a super smooth dip, you can whip it in a food processor, or just stir it gently and spread it onto a serving plate.
4. Drizzle or swirl the basil pesto over the ricotta, then top with the roasted tomatoes. Serve with slices of baguette or any choice of bread and/or crackers.

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

Fun Fact: Ricotta cheese is also full of calcium to help keep your bones and teeth strong. Plus, it adds a deliciously soft texture to both sweet and savoury dishes like a dip.

Image source: jessicagavin.com

DAY 11:

## Sticky Date Pudding



Image source: nadiashealthykitchen.com

### Ingredients:

- ¾ cup Medjool dates
- 2/3 cup milk of choice
- 2 Tablespoon hulled tahini
- 2 Tablespoon coconut oil or butter or margarine
- 1 Tablespoon maple syrup
- ½ cup oat flour or plain flour
- 2 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/4 teaspoon salt

### Caramel drizzle

- 2 Tablespoon hulled tahini
- 1 Tablespoon maple syrup
- 2 teaspoons water
- pinch of sea salt flakes



**Fun Fact:** Tahini is made from tiny sesame seeds and is packed with healthy fats and calcium to help keep your brain and bones healthy and strong. It adds a creamy, nutty flavour to any dish.

### Method:

*(Makes 4 serves)*

1. Preheat the oven to 180°C.
2. In a saucepan, add the dates and milk and simmer gently for 5 minutes. Mash the dates with the back of a wooden spoon until you have a smooth, sticky paste.
3. Take the pan off the heat and stir in the tahini, coconut oil or butter, and maple syrup.
4. In a large bowl, mix the oat flour, cinnamon, baking powder, and a pinch of salt. Fold in the date mixture and stir until you have a smooth cake batter.
5. Divide the batter evenly into 4 lightly oiled ramekins. Bake for 20–25 minutes, or until a skewer inserted in the middle comes out clean.
6. Make the drizzle by mixing the tahini, maple syrup, water and sea salt in a small bowl.
7. Pour the drizzle over the warm mini sticky toffee puddings and enjoy! Store leftovers in an airtight container in the fridge. You can reheat them in the oven or microwave if you like them warm.

**\* Recipe contains dairy, sesame and may contain wheat**



DAY 12:

## Mini Festive Meatballs



Image source: dishedbykate.com

### Ingredients:

- 500g ground lamb (or ground beef/turkey/chicken/pork)
- 1 small onion, grated
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 teaspoon chilli flakes (optional)
- 1/2 cup flat leaf parsley, finely chopped (plus extra for decorating)
- 3 garlic cloves, crushed
- 1 Tablespoon olive oil
- 1/3 cup pomegranate seeds

### Garlicky sauce:

- 1/2 cup tahini
- 1 lemon, juiced
- 1/2 teaspoon salt
- 1 garlic clove, crushed
- Water, to thin



### Method:

(Makes 30 meatballs)


1. Preheat the oven to 220°C (fan-forced) and line a baking tray with baking paper.
2. In a mixing bowl, add the ground meat, cumin, cinnamon, paprika, salt, and chilli flakes. Add the grated or finely diced onion, flat-leaf parsley, crushed garlic cloves and mix everything together really well using your hands (gloves are a good idea) or a spatula.
3. Roll the mixture into small meatballs, about 1–2 tablespoons each, and place them on the lined tray. You should get around 30 meatballs.
4. Bake in the preheated oven for 15 minutes, until the meatballs are golden brown. For extra colour, you can put them under the grill for another 5 minutes. OR
5. Alternative stovetop method: Heat 1 tablespoon of olive oil in a frying pan over medium-high heat. Cook the meatballs for about 5 minutes, turning them so they brown evenly.
6. Make the tahini sauce by mixing ½ cup tahini with lemon juice, 1 crushed garlic clove, and a pinch of salt. Slowly add water, stirring as you go, until the sauce is thick and creamy.
7. Place the meatballs on a serving plate. Spoon a little tahini sauce on top of each one, sprinkle with pomegranate seeds, parsley, and a few chilli flakes. Serve with extra tahini sauce on the side for dipping.

*\* Recipe contains sesame*

**Fun Fact:** Adding herbs and spices like cumin, cinnamon and smoked paprika are not just for adding flavour, but they also contain antioxidants which can help to protect your immune system and help you to feel your best every day!



## Get in touch with us:

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