RECIPE BOOK

*Have a **Wholesome Christmas***

+ wholesome facts and healthy eating tips



Image source: healthymadetasty.com.au

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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 dietetics team has created some wholesome Christmas recipes to try at home. Each recipe invites people into the kitchen to cook and create while enjoying all the fun facts and tips provided alongside the recipes. It's also a great way to spark curiosity in young chefs and get them started in the kitchen.

The Joy of Cooking

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

- Build confidence and learn new skills while discovering that you can create something delicious.
- Encourage food exploration and feel more comfortable trying new flavours and ingredients.
- Strengthen family bonds through teamwork, conversation, and celebrating the final dish together.
- Create lasting memories, especially during the festive season!

If you have any questions about our Dietetics services, our team is here to help:

Email: therapy@northcott.com.au or scan the QR code to find out more.

Merry Christmas from our Dietetics Team!

Northcott
Let's see what you can do

Cinnamon 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
- ½ 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 toast 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.

Sweet Potato Hash Browns



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!

Image source: delscookingtwist.com

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.

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

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. Pre-heat 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!

Tzatziki Dip



Image source: jessicagavin.com

Ingredients:

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

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.

Strawberry Bagels



Image source: yourchoicenutrition.com

Ingredients:

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

Optional spreads:

- Coconut
- Ricotta cheese
- Drizzle of honey
- Peanut butter
- Nuts
- Seeds
- Chia seeds
- 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

Vegetable Quesadilla



Image source: 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 cup 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

Putting it together:

(makes 4-8 Quesadillas)

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***



Image source: healthymadetasty.com.au

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 tablespoon grated cheese

Method:

(Makes 8 trees)

1. Pre-heat 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***

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.

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

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.

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***

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Let's see what you can do

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