



Christmas ideas

FOR THE KIDS

NO MONEY
NO TIME



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Australian
Eating Survey

nib foundation

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KEY

VE = Vegan

VE* = Can be made vegan

V = Vegetarian

GF = Gluten Free

GF* = Can be made gluten free

DF = Dairy Free

DF* = Can be made dairy free

Use GF alternatives for the following*

Flour, muesli and pretzels

Use the following DF / VE alternatives*

Oat/Soy/Macadamia/Almond milks, remove or substitute dairy products i.e. yoghurt, chocolate

Use DF / VE pretzels and marshmallows

Use egg and gelatin replacement (VE only)



OVEN



BASIC
UTENSILS



BLENDER /
PROCESSOR



POT



FRYING PAN



MICROWAVE

NOTE

These recipes and activities have been designed to suit a range of ages, and we'll leave it up to you to make sure that they are appropriate for the kids involved. Some recipes or activities may need more adult supervision and involvement than others.

Ensure you maintain good food safety practices, especially when there are lots of hands sharing similar ingredients. Encourage everyone to wash their hands prior to getting involved with cooking or creating, and store any leftovers in an appropriate location.



Recipes

Take a look at our kid friendly recipes
that the whole family will enjoy!



GRAPEFRUIT POPSICLES

Serves **4** | 3 hours |  | V, GF, DF, VE

INGREDIENTS

- 1 ¼ cups grapefruit juice
- ½ lime juiced
- ¼ cup chopped raspberries (frozen or fresh)

IT'S THIS EASY

- Juice the lime into a bowl or measuring jug.
- Roughly chop the raspberries and place in the bowl / jug.
- Pour in the grapefruit juice and mix well.
- Divide the mixture evenly across 4 ice block molds and put in the freezer until set (roughly 3 hours).



CINNAMON SUGAR POPCORN

Serves **4** | 5 mins |  | V, GF, DF, VE

INGREDIENTS

- 1 tbsp sunflower oil
- ¼ cup popping corn
- ½ tsp ground cinnamon
- 2 tsp caster sugar

IT'S THIS EASY

- Heat the oil in a saucepan over a medium heat.
- Add a few kernels, when they start fizzing the oil is hot enough. Add the rest of the kernels, put the lid on, and give the pan a good shake.
- When you hear the kernels start to pop give the pan a good shake. Do this several times when the kernels are popping to stop it burning.
- Cook for 3-4 minutes.
- Whilst the popcorn is popping, mix the cinnamon and sugar together in a small bowl.
- Turn off the heat when you hear the popping slow down. Add the cinnamon sugar to the popcorn and carefully toss to coat.
- Put the popcorn in a bowl and enjoy!



GINGERBREAD MUFFINS

Serves **12** | 45 mins |   | V, GF*, DF, VE*

INGREDIENTS

- ½ cup dried, pitted dates
- ¾ cup boiling water
- 1 tsp bicarbonate of soda
- 2 eggs*
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tbsp golden syrup
- 1 cup oat flour (you can make this by quickly blending up 1.5 cups of rolled oats until fine)*
- ⅓ cup wholemeal plain flour*
- 2 tbsp olive oil
- 1 medium zucchini
- Ensure dates and water have cooled slightly, then add to a blender, or food processor, along with golden syrup, eggs and olive oil. Blend until smooth.
- Add wholemeal and oat flour, baking powder and spices. Blend until just combined.
- Grate zucchini and squeeze once to remove some (not all) of the moisture.
- Add zucchini and blend until combined.
- Distribute mixture between 12 muffin cases.
- Bake in the oven for 20 - 25 mins, until a skewer comes out clean.

IT'S THIS EASY

- Preheat the oven to 190°C.
- Add dried dates, boiling water and bicarbonate of soda to a small bowl. Allow to stand for 5 minutes.



FRUIT JELLY CUBES

Serves

18

| 6.5 hours



| V, GF, DF, VE*

INGREDIENTS

- 1 cup pureed fruit
- 2 tbsp powdered gelatin*
- ½ cup boiling water
- 1 tbsp caster sugar

IT'S THIS EASY

- You can puree your own fruit, or use canned puree.
- In a small bowl, add the boiling water and gelatin. Stir until the gelatin is completely dissolved.
- Add the fruit puree and mix into the gelatin water until well combined.
- Line a square cake tin with plastic wrap and carefully pour in the mixture.
- Place in the fridge for 6 hours or until the jelly is very firm.
- Carefully run a knife around the edge of the tin to loosen up the jelly and remove the jelly from the tin onto a chopping board.
- With a sharp knife, cut the slab of jelly into 18 even pieces.
- (Optional) Gently dust caster sugar over jelly pieces.

MANGO & YOGHURT POPSICLES

Serves

5

4.5 hours



V, GF, DF / VE*

INGREDIENTS

- 2 ripe mangoes
- 1 cup reduced fat Greek yoghurt*
- ⅓ cup water

IT'S THIS EASY


- Cut the mangoes into small chunks. Place in a container and freeze for roughly 2 hours or until partially frozen.
- Once ready, take the mangoes out of the freezer and blend until smooth and creamy. Add water throughout as needed.
- Add 2 tbsp mixture to each popsicle mould. Then place 2 tsp Greek yoghurt on top, and if there's room add another tbsp mango.
- Place a knife or the end of your spoon into the mixture and pull it through to 'swirl' the mango and yoghurt together.
- Pop the mould into the freezer for another 2 hours or until set.



**WATCH THE
TUTORIAL
HERE!**



CHRISTMAS PARFAITS

Serves **1** | 10 mins |  | V, GF*, DF / VE*

INGREDIENTS

- ½ cup reduced fat Greek yoghurt*
- 3 strawberries
- ½ kiwi fruit
- 1 tbsp shredded coconut
- ½ serve NMNT *gingerbread granola* (or 2 tbsp muesli)*

IT'S THIS EASY

- This works best with a clear bowl or cup, so that you can see all the different layers.
- Prepare fruit by removing the skin from the kiwi fruit and chopping it into small pieces. Remove green stems from strawberries and cut into small pieces.

- Place strawberries in the bottom of the bowl or cup that you are using, add 2 tbsp of Greek yoghurt and 1 tbsp of gingerbread granola.
- Layer another 2 tbsp of Greek yoghurt, and then add the kiwi fruit. Repeat with another layer of Greek yoghurt and then add 1 tbsp of gingerbread granola. Add a final layer of Greek yogurt and sprinkle with shredded coconut.



Activities

Need something to keep the kids busy this Christmas break? We've got you covered!

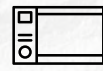


CHRISTMAS BEETLES

Serves

4

1.5 hours



V, GF*, DF / VE*

INGREDIENTS

- 4 medjool dates
- 20g dark chocolate *
- 1 tbsp natural, crunchy peanut butter
- 4 pretzel sticks, broken into 1-2cm pieces*

IT'S THIS EASY

- Slice dates length-ways to remove the pit, and break pretzels into 1-2 cm pieces (for legs).
- Add 1 tsp of peanut butter to the date where the pit used to be. Repeat for all dates.
- Stick 2-3 pieces of pretzel into either side of the date (to look like legs).
- Melt the chocolate until runny, then dip the whole date into the chocolate.
- Place on a plate lined with baking paper and cool in the fridge for 1 hour or until the chocolate has set.



CHRISTMAS CRACKERS

Serves **10** | 15 mins |  | V, GF, DF / VE*

INGREDIENTS

- 10 rice or corn thins
- 1 red capsicum
- 1 orange / yellow capsicum
- 5 snow peas
- 1 small cucumber
- ½ red onion
- 100g reduced fat ricotta cheese*

IT'S THIS EASY

- Get your vegetables ready by cutting the capsicum, snow peas, cucumber and red onion into thin strips or shapes. You can use a cookie / shape cutter or sharp knife.
- Spread 1-2 tsp of ricotta cheese onto each rice cracker.
- Use the vegetables to decorate your crackers to look like a Christmas bauble.

SANTA ON A STICK

Serves **15** | 15 mins



V, GF, DF / VE*

INGREDIENTS

- ½ cup grapes (15 grapes)
- 1 punnet strawberries (15 strawberries)
- 1 ½ bananas
- ½ packet small marshmallows or yoghurt covered sultanas*
- Extra long toothpicks

IT'S THIS EASY

- Cut the green tops off of the strawberries, thinly slice the banana into discs, and pull the grapes off the stem. Set aside.
- Now to start assembling the fruit! Thread 1 grape, 1 slice of banana (through the centre), then thread the strawberry onto the toothpick (it should look like Santa's hat). Lastly, add a small marshmallow or yoghurt covered sultana.
- Repeat until you have used up all of your ingredients!



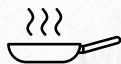


KIDS CHRISTMAS PANCAKES

Serves

4

30 mins



V, GF*, DF*, VE*

INGREDIENTS

- 1 cup wholemeal self raising flour*
- 1 egg*
- 1 cup milk (of your choice)*
- 1 tsp cinnamon
- Extra virgin olive oil

DECORATIONS

Option 1:

- 4 peaches
- 2 bananas
- 20 almonds (optional)
- 20 frozen blueberries

Option 2:

- 2 punnets strawberries, tops removed and sliced in half length-ways
- Reduced fat Greek yoghurt*
- 20 blueberries
- 2 bananas

IT'S THIS EASY

- Mix together the eggs and milk. Then add the flour and cinnamon and stir until there are no lumps. Add more milk if it is too thick.

- Heat a large fry pan over medium heat, and add a little olive oil to the fry pan.
- Scoop 1-2 tbsp of pancake batter into the fry pan per pikelet.
- Wait until bubbles start to appear on the top of the pikelet (around 2-3 mins), then turn over and cook for another 1-2 mins until both sides are browned.
- **OPTION 1:** Slice each peach into 8-10 segments. Then slice the bananas into small discs. Lay one pikelet on a plate and using 4-6 pieces of peach, create 2 antlers. Place one slice of banana in the middle of each pikelet and use 2 blueberries as eyes. Two almonds can be placed between the antlers to look like reindeer ears.
- **OPTION 2:** Slice the tops off of the strawberries and cut in half. Cut little chunks out of the strawberries to make them look similar to reindeer antlers. Slice the bananas into discs. Lay two pikelets on a plate, overlapping slightly. Where they overlap add a slice of banana. Place two blueberries to make eyes, and on the edge of the pikelet, above the eyes, place two strawberries to look like antlers.

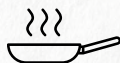


CHRISTMAS FLATBREAD

Serves

4

15 mins



V, GF*, DF / VE*

INGREDIENTS

- 1 cup wholemeal self raising flour*
- 4 tbsp Greek yoghurt*
- 1 tsp extra virgin olive oil
- 2 tbsp *NMNT Basil Pesto*
- ¼ cup grated cheddar cheese, reduced fat
- 8 cherry tomatoes, cut in half
- Separate the mixture into 4 palm sized pieces, and roll out until flat.
- Use a cookie cutter to create a Christmas tree shape.
- Heat the olive oil in a frying pan and cook each tree on both sides until golden brown.
- Cover each tree with basil pesto, grated cheese and top with cherry tomatoes to make baubles.

IT'S THIS EASY

- Place the flour and yoghurt into a mixing bowl and combine until smooth and doughy.

TWEAKS

- Play around with toppings and shapes to make your own creations!



SALT DOUGH DECORATIONS

YOU WILL NEED

- 1 ½ cups plain flour
 - ½ cup table salt
 - ⅔ cup water
 - 1 tbsp vegetable oil
 - Acrylic paint (non-toxic)
 - Ribbon
- Lightly dust flour onto a clean surface and knead the dough into a smooth ball.
 - Roll the dough out until it's around 7mm thick. Use cookie cutters to create fun shapes, and once you're finished place them on your baking paper. Use a toothpick to create a hole at the top of each decoration.
 - Bake for roughly 2.5 hours or until firm. Leave to cool.
 - Now to get creative! Paint your shapes, or use any other craft items i.e. glitter, beads to make your decorations special.
 - Once you're finished, thread a piece of ribbon through the hole and tie both ends together. Repeat for all decorations.

IT'S THIS EASY

- Preheat the oven to 130°C and line 2 trays with baking paper.
- Mix the flour and salt together in a mixing bowl, then make a well in the centre and pour in the oil.
- Slowly add in the water, stirring until combined.



POTATO STAMP WRAPPING PAPER

YOU WILL NEED

- 1 potato (makes 2 designs)
- Acrylic paint (non-toxic)
- 1 roll of brown paper
- Small knife
- Pencil or marker

IT'S THIS EASY

- Cut the potato in half length-ways.
- Cut out the stencils provided on the page below and trace these onto your potatoes.
- Now that you have your outline, cut around the shape with a kitchen knife leaving the design so

it is raised on the surface of the potato.

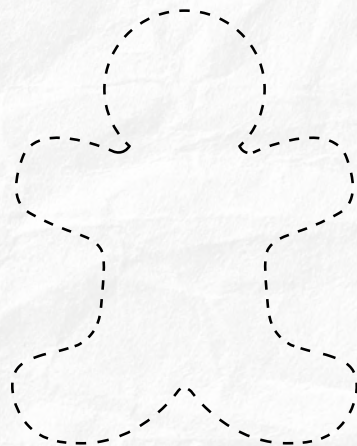
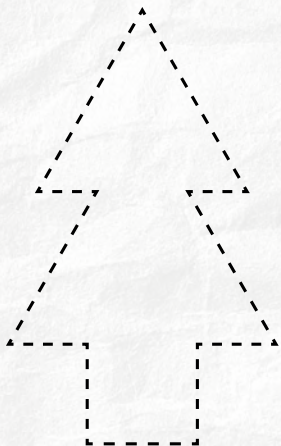
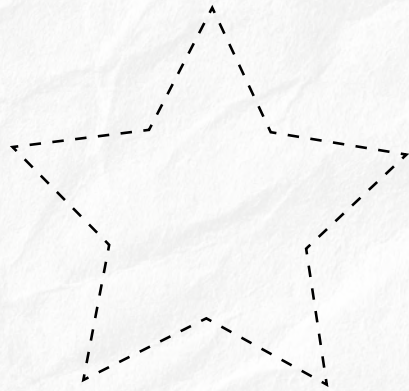
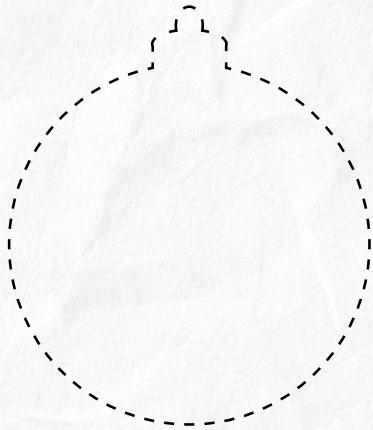
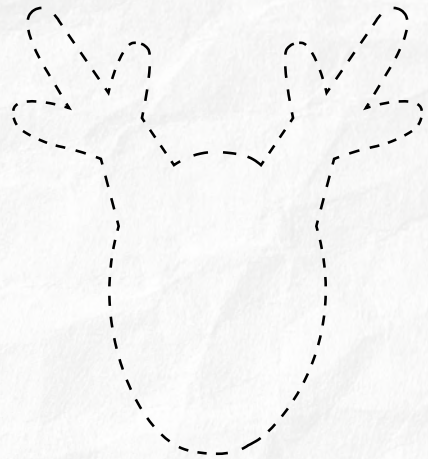
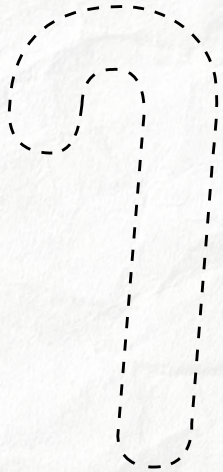
- Cover the raised design in paint and press onto the brown paper.
- Let it dry for roughly 1 hour, or until it is dry to touch - then you can start wrapping your gifts!

TIPS

- Wash the potato after use and apply different colours as needed.
- Dab excess paint onto a piece of scrap paper before using to stop the stamp from slipping.
- Get creative with your design by adding glitter to make it unique!

Christmas

STAMP TEMPLATES



Get in touch

We'd love to see the wonderful creations you make. Don't forget to tag us on Instagram or Facebook!



Do you have a family favourite recipe you'd like to share?

Tell us about it here!



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