



Wishing you a very
**MERRY
CHRISTMAS**
from One Handed Cooks



ONE HANDED COOKS

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Christmas is fast approaching, and you can feel the excitement in the air. Many of us have some amazing memories when it comes to the lead up to Christmas, and some of those memories involve all the fun Christmas themed food we used to eat. While there are plenty of sugary treats to go around, its nice to have a balance. We have come up with some healthy 'every day' festive ideas to put into the mix. While it's good to try some healthy alternatives this Christmas it's important to remember that eating, enjoying and sharing party food with friends during the holiday season is all part of normal eating, even for children. The key is balance and moderation.

For more great Christmas ideas and for all of your baby, toddler and family food nutrition info and recipes visit the One Handed Cooks [Facebook page](#).





Christmas Santa Strawberry Hats

Yield: 8 strawberry hats
Prep Time: 5 minutes
Ready In: 5 minutes

Ingredients

1 punnet fresh strawberries
¼ cup vanilla yoghurt
¼ cup desiccated coconut (check for additive free)

Nutrition Note

It's not often you find tasty Christmas treats for the kids that are rich in health promoting antioxidants, vitamin C and many other nutrients.

Method

1. Prepare your decorating area by placing the yoghurt and coconut in separate bowls. Prepare your strawberries by washing and cutting off the stalk.
2. Dip each strawberry base in yoghurt and then coconut. Repeat with the strawberry tops. Shake off the excess coconut and place on a tray lined with baking paper.
3. Enjoy the Santa hats with the kids.

Storage

Store in a container in the fridge for a few hours.





Gingerbread Men

Yield: 12 gingerbread men
Prep Time: 45 minutes
Cook Time: 15 minutes
Ready In: 60 minutes

Ingredients

2½ cups plain flour
1 tsp bicarbonate of soda
3 tsp ground ginger
1 tsp mixed spice or cinnamon
pinch of salt
100g unsalted butter, softened
½ cup brown sugar
3 tbsp honey
3 tbsp water

Icing

1 cup pure icing sugar
1 tbsp of water

Method

1. In a medium bowl, sift together the flour, bicarbonate of soda, ground ginger, mixed spice and salt. Set aside for later.
2. Using an electric mixer, cream together the butter and sugar. Beat the mixture until pale and creamy.
3. Add 2 tbsp of honey and the water. Pour in gradually and mix until well combined.
4. On a very low speed, gradually incorporate the flour mixture and remaining honey into the butter mixture. Once it has come together, place the mixture on a floured surface and knead gently to form soft, smooth dough.
5. Shape dough into a disc, cover with cling wrap and place in the refrigerator for at least 30 minutes to rest. The dough is hard to work with if not chilled.
6. Preheat oven to 180°C (160°C fan-forced). Line baking trays with non-stick baking paper and set aside.

7. On a floured surface, or between two sheets of non-stick baking paper, roll the dough out to 5mm-thick. Cut out shapes using chosen cookie cutters and place on the baking trays. The leftover dough can be rolled and cut again.
8. Place the cookies into the fridge for about 10–15 minutes (or until chilled) before baking. This helps the cookies hold their shape a lot better when the dough is cold before going into the oven.
9. Place the gingerbread into the oven and bake for 10–12 minutes, or until golden. Time will depend on the size of your cut cookies, so be sure to keep an eye on them! Allow to cool on the tray for 5 minutes before transferring to a wire rack to cool completely. Eat as they are or ice gingerbreads once cool.
10. To make the icing mix small amounts of the water at a time into the icing sugar and stir. If the icing is too stiff, add a little more water, only a drop at a time as it becomes runny very quickly. Place icing in to a piping bag with a small round nozzle. Alternatively, fill a snap lock plastic bag with icing and cut a very small piece from the corner. The smaller the hole, the finer the line of icing when piped.

Cooking Tips

- Only bake one tray of cookies at a time for more even baking.
- Dough consistency may change depending on the weather. If it is feeling too sticky, add a little more flour while kneading. If it is too dry, add some more honey or water. Only add a small amount at a time.
- Put a deep baking dish with water in it under the oven shelf you are going to put your gingerbread men on. This will help to stop any cracks forming on your cookies.
- We like the look of the naturally white icing, but if you want you can add colour. Consider using natural food dyes.





Festive Frozen Grape Skewers

Serves: 12
Prep Time: 5 minutes
Freezing time: 2 hours
Ready In: 2 hours 5 minutes

Ingredients

1 cup green seedless grapes
1 cup red seedless grapes
12 medium skewer sticks

Note: Skewers may be too sharp for young toddlers, alternatively you can use paddle pop sticks or serve grapes halved separately.

Nutrition Note

To keep cool and hydrated over summer keep the kids drink bottles topped up with cool water and offer fresh fruit instead of juice or soft drinks.

Method

1. Thread the grapes in an alternating colour pattern onto the skewers.
2. Place the skewers in a freezer proof bag, or on a plate, and freeze for around 2 hours or until frozen solid.

Storage

Store in the freezer until you are ready to enjoy.





Crispy Cheesy Christmas Trees

Serves: 8-10
Prep Time: 10 minutes
Cook Time: 15 minutes
Ready In: 25 minutes

Nutrition Note

Who knew Christmas treats could be so nutritious, full of veggies and fun for fussy eaters?!

Ingredients

2 slices of mountain bread
½ cup grated cheese
1 medium avocado, mashed
or ½ cup of guacamole
½ cup red capsicum, diced
½ cup yellow capsicum, diced
½ cup orange capsicum, diced

Method

1. Take one slice of mountain bread, sprinkle some grated cheese on one half and fold the other half over the top.
2. Heat a medium frying pan over medium heat then place the mountain bread in the pan for 1-2 minutes each side so the cheese is melted and the bread is crispy. Remove the bread from the pan, allow it to cool slightly before cutting into triangles. Cut out little rectangles to use as tree trunks. Repeat with other slice of mountain bread.



3. Once cool, top the triangles with the avocado or guacamole and add the red, yellow and orange capsicum as decorations for the tree. Best eaten immediately or on the day they are prepared.

Storage

Best served fresh or consumed within a few hours.



Coconut Cranberry Snowballs

Makes: 12 balls
Prep Time: 10 minutes
Cook Time: 0 minutes
Ready In: 10 minutes

Nutrition Note

A tasty and slightly healthier alternative to the high fat and sugar-laden 'white Christmas'.

Ingredients

1 cup shredded coconut
1 tsp melted coconut oil
2 tbsp pure maple syrup
1 tbsp preferred milk
½ tsp pure vanilla extract
½ cup salt-reduced rice bubbles
¼ cup dried cranberries
¼ cup desiccated coconut, to top
1 square white chocolate, to top (optional)

Method

1. Place the shredded coconut, coconut oil, maple syrup, milk, vanilla, rice bubbles and cranberries in a food processor. Process for around five seconds or until the mixture is finely chopped.
2. Once the mixture is combined, take small teaspoon sized amounts and roll into balls. Set aside.



3. Combine the desiccated coconut and grated white chocolate in a shallow dish.
4. Take each ball and roll into the coconut mixture until well coated.

Storage

Store the balls in the fridge and enjoy within 3 days. Alternatively freeze the balls in a freezer-proof bag for around 1 month. Store in a container in the fridge for a few hours.



Banana Strawberry 'Candy Canes'

Yield: 1 candy cane

Prep Time: 5 minutes

Ready In: 5 minutes

Nutrition Note

A healthy, all natural candy cane filled with antioxidants and no added sugars, no colourings or flavourings.

Ingredients

1 banana

2-3 strawberries

Method

1. Slice the banana and strawberries into small pieces, making sure you allow for the curve for the candy cane.
2. Alternate the banana and strawberry pieces into the shape of a candy cane and enjoy.

Storage

These little beauties are best prepared fresh to keep the colours vibrant and fruit fresh.





Flourless 'White Christmas' Chocolate Cupcakes

Yield: 12 cupcakes
Prep Time: 10 minutes
Cook Time: 25-30 minutes
Ready In: 35-40 minutes

Ingredients

2 x 125g tins red kidney beans, rinsed and drained
60g coconut oil
2 eggs
2 tsp water
40g natural or Greek yogurt
85g maple syrup
2 tsp vanilla extract
80g almond meal
20g cocoa or cacao powder
½ tsp baking powder
¼ tsp bicarbonate of soda
pinch of salt

Method

1. Preheat the oven to 160°C and place the cupcake cases in a 12-hole cupcake pan.
2. In a food processor, puree the kidney beans, coconut oil, eggs and water for approximately 5 minutes until smooth. This will also aerate the mixture.
3. Pour in the yogurt, maple syrup and vanilla extract and blend for about 30 seconds to combine. Scrape the sides of the bowl when necessary.
4. Add the almond meal, cocoa, baking powder, bicarbonate of soda and salt. Process until just combined.
5. Spoon the mixture evenly amongst a 12-hole cupcake pan. Bake in the oven for 25 – 30 minutes or until a toothpick inserted into the centre of a cupcake comes out clean.
6. Allow the cupcakes to cool before turning out on rack. Serve with your favourite yogurt and berries for a Christmas themed treat.





Reindeer Poop : Edible Gifts

Edible bags of goodies make for a cheap and cheerful Christmas gift. This is our cheeky version. The kids will love giving these to friends and family for a little Christmas giggle. Reindeer Poop is made of dried fruit and rolled in coconut then popped in a bag, jar or box – you can use our gift tag template to cut, and stick, paste or tie.

Yield: 35 balls
Prep Time: 5 minutes
Cook Time: 10 minutes
Ready In: 15 minutes

Nutrition Note

Santa's reindeer munch mostly on plant food (carrots, leafy greens, apples and water are on the menu during their Christmas Eve journey), so it's only natural they leave behind little bites full of goodness.

Ingredients

100g pitted dates
100g raisins or sultanas
35g dried cranberries
35g dried apricots
2 tbsp boiling water
½ cup almond meal
1 tbsp + 2 tsp cocoa powder
2 tbsp rolled oats
2 tsp fresh orange juice
½ cup desiccated coconut
plus ½ cup extra for coating



Note: omit the oats if you require gluten or wheat free.

Tip: Check for additive free dried fruits.

Method

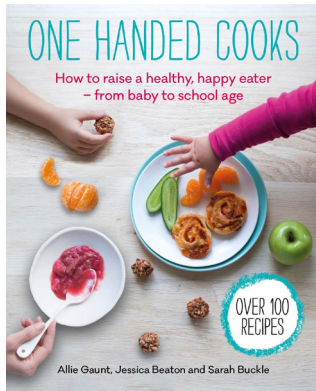
1. Place all the dried fruit in the bowl of a food processor. Blend until finely chopped.
2. Pour boiling water over chopped fruit and leave for a minute.
3. Add the remaining ingredients (except for the extra coconut) and blend mixture until it forms a paste.
4. Place the extra coconut on a plate. Remove the blade from the processor bowl and begin making small balls of mixture. Roll the balls in the coconut to cover.

Storage

Reindeer Poop can be stored in the refrigerator, in an airtight container, for up to one week.

Reindeer Poop : Cutout Gift Tags

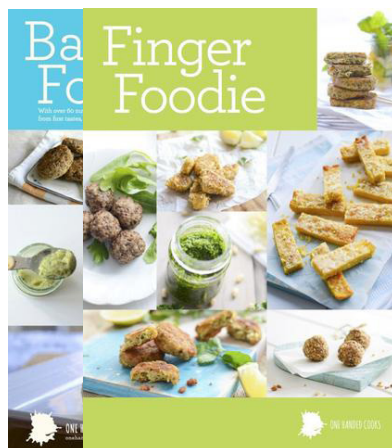




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