

Christmas

RECIPE BOOK



WELCOME!

We're excited to bring some delicious holiday fun into your kitchen! With Christmas just around the corner, it's the perfect time to get your Champs involved in creating tasty, festive foods. This recipe booklet is packed with delightful ideas to help you make everything from sweet to savoury, all with a merry twist!

Whether you're hosting a holiday gathering or simply looking to add some Christmas cheer to family meals, these recipes are sure to bring joy to the table. Plus, they're a fantastic way to introduce healthy ingredients while celebrating the festive season!

At MindChamps, we're committed to developing positive eating habits in the early years. That's why we've invested in the [MindChamps ChampionGold™ Standard Nutrition Programme](#) - ensuring our Champs grow up with a love for nourishing, nutritious foods that support their growth and wellbeing.

Thank you for being a part of the MindChamps family. Wishing you a delicious and joyful Christmas season!

*With Love,
MindChamps*



HEALTHIER ROCKY ROAD WITH MARSHMALLOW GUMMIES

Dietary: DF, GF, EF, NF
Age group: 12 months +
Difficulty level: Beginner

Serves: 16
Prep: 30 mins (+ 20-25 mins for gummies to set in freezer)

Ingredients

MARSHMALLOW GUMMIES:

- 3 tbsp (30g) gelatine powder
- ½ cup (125ml) filtered water
- 1 cup (250ml) coconut cream
- ¼ cup (60ml) maple syrup
- 1 tsp (5ml) vanilla extract

ROCKY ROAD:

- ¾ cup (100g) dried apricots (sulphur-free)
- ½ cup (70g) pumpkin seeds
- ¼ cup (25g) goji berries
- 1 cup (70g) coconut flakes
- 540g dark chocolate (>70%), roughly chopped
- 1/3 cup (80ml) coconut oil
- 1 tsp (5ml) vanilla extract
- 2 tbsp (15g) shredded coconut, to sprinkle on top (optional)

Method

To make marshmallow gummies:

1. In a small bowl, blend gelatine powder with water and allow to set into a thick gel.
2. In a small saucepan, add coconut cream, maple syrup and vanilla extract and heat over medium to low heat.
3. Add in the gelatine mixture and stir using a spoon.
4. Blend well until the gelatine has dissolved into the mixture.
5. Pour the mixture into a loaf tin.
6. Place in the fridge and allow to set or place in the freezer for 20-25 mins to firm quickly.

To make the rocky road:

1. Prepare a 25x25cm baking dish with baking paper.
2. Place apricots, pumpkin seeds, goji berries and coconut flakes in a large bowl and mix together using a spoon.
3. Slice the gummies into medium-sized squares and place into the baking dish - you can use as many or as little marshmallows as you like.
4. In a medium-sized saucepan, add the chocolate and allow to slowly melt over medium to low heat.
5. Add coconut oil and vanilla extract and stir well using a spoon or spatula.
6. Take off the heat and pour chocolate mixture into the bowl with seeds and dried fruit. Blend together well.
7. Pour the mixture into the baking dish on top of the gummies (they will start to melt, this is ok).
8. Top with shredded coconut (optional).
9. Place in the freezer and allow to set for at least 20 mins or until firm.

Storing leftovers: Store in an airtight container in the fridge for up to 14 days or in the freezer for up to 4 months.



To reduce prep time, prep the gummies the day before.



Easy ingredient swaps:

Swap seeds and dried fruit for seeds and unsweetened dried fruit of choice.

SNOWY CHRISTMAS FRUIT SLICE

Dietary: VEG, NF

Allergens: Wheat, Eggs, Dairy

Age group: 12 months +

Difficulty level: Beginner

Serves: 30

Prep: 15 mins (+30 mins soaking)

Cook: 1 hour 10 mins

Equipment: High-speed food processor, hand-held mixer

Ingredients

CAKE:

- 600g dried fruit of choice (sultanas, raisins, apricots, dates)
- 1 cup (250g) unsalted butter, softened
- 1 cup (150g) coconut sugar
- 4 eggs
- 1 ¼ cups (260g) wholemeal flour
- 1 tsp (4g) baking powder
- ¼ tsp (1g) baking soda
- 1 tsp (5ml) vanilla extract
- ½ tsp (1g) ground cinnamon
- ¼ tsp (0.25g) all spice
- ¼ tsp (0.25g) nutmeg

CREAM CHEESE FROSTING

- 1/3 cup (80g) unsalted butter, softened
- 1 cup (250g) cream cheese, room temperature
- 2 tbsp (40ml) maple syrup
- 1 tsp (5ml) vanilla extract
- 1 tsp (5ml) lemon juice
- ¼ tsp (0.5g) lemon zest

Method

1. Place dates and dried apricots into a high-speed food processor and process until they reach a diced consistency. Add to a large bowl along with the raisins and cover with boiling water. Allow to soak for 30 mins. Drain and add back into the bowl.
2. Preheat oven to 160°C and line a baking dish with baking paper.
3. Place butter, sugar, eggs, flour, baking powder, baking soda, vanilla powder and spices into food processor, mix to combine.
4. Add the mixture into the bowl with the dried fruit and stir until well incorporated.
5. Spoon the batter into the prepared baking dish and bake in the oven for 30 mins or until a cake tester comes out clean.
6. Allow to cool in cake tin for 20 mins before turning onto a wire rack and cool completely.
7. To make the cream cheese frosting, add butter and cream cheese into a medium-sized bowl and using a hand mixer, whip until smooth and creamy.
8. Add in maple syrup, vanilla, lemon juice and zest and whip until well combined and creamy. Refrigerate frosting for half an hour to firm up if it seems a bit runny.
9. Use to frost completely cooled fruit cake.

Storing leftovers: Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.



For a dairy-free version:
Swap butter with coconut oil and serve without the frosting.



Easy ingredient swaps:

Swap dried fruit for unsweetened dried blueberries and cherries.

BLACK BEAN BROWNIES WITH STRAWBERRY CREAM SANTA HATS

Dietary: VEG, GF, NF
Allergens: Eggs, Dairy
Age group: 12 months +
Difficulty level: Beginner

Serves: 16
Prep: 10 mins
Cook: 20-25 mins

Equipment: High-speed food processor

Ingredients

- 400g canned black beans, rinsed and drained
- 3 eggs
- 3 tbsps (60ml) coconut oil, melted
- 2 tsp (10ml) vanilla extract
- ½ -¾ cup (75-110g) coconut sugar
- 3 tbsps (30g) cacao powder
- 2 tbsps (20g) carob powder
- 1 tsp (4g) baking powder

TOPPING

- 260g Greek yoghurt, unsweetened
- 240g strawberries (16), rinsed

Method

1. Preheat oven to 180°C and line a small 20cmx20cm baking dish with baking paper.
2. Place beans, eggs, coconut oil and vanilla extract into a high-speed food processor and process until smooth, scraping down the sides once or twice to help blend evenly.
3. Add the rest of the ingredients and process until well combined and smooth.
4. Pour the mixture into the prepared baking dish.
5. Place in oven and bake for 20-25 mins or until a cake tester or knife comes out clean.
6. Allow to cool completely and cut into small squares.
7. To decorate, top each square with a dollop of yoghurt.
8. Cut off the greens of the strawberries and place strawberries on top of the yoghurt. Top with a little more yoghurt so it resembles Santa's hat.

Storing leftovers: Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.



For a dairy-free version:
Swap Greek yoghurt with whipped coconut cream.



Additional boosters:
Add chia seeds to the batter. Sprinkle unbaked batter with crushed seeds.

CRISPY COCONUT GINGERBREAD BITES

Dietary: VEG, EF, NF

Allergens: Wheat, Dairy

Age group: 12 months +

Difficulty level: Beginner

Serves: 40

Prep: 30 mins (+ 1 hour freezing time)

Cook: 20-25 mins

Equipment: High-speed food processor

Ingredients

BASE

- 250g unsalted butter, cold, diced
- 2/3 cup (120g) coconut sugar
- 2 ½ cups (360g) wholemeal spelt flour
- 1 tsp (4g) baking soda
- 2 tsp (6g) ground ginger

TOPPING

- 1 cup (260g) Medjool dates, pitted
- ¼ cup + 2 tbs (100ml) boiling water
- ¼ cup (60ml) coconut oil, melted
- ¼ cup (60ml) coconut milk
- 1 tsp (3g) ground ginger
- 2 tsp (10 ml) maple syrup

½ cup (40g) desiccated coconut, to sprinkle on top (optional)

Method

1. To make the base, preheat oven to 180°C and line a 25x25cm baking dish with baking paper.
2. Place all base ingredients to a food processor and process until combined. If needed add 1 tbs of cold water to help bind. Alternatively, you can use your hands and knead together.
3. Press into prepared tin, bake for 25-30 mins or until golden brown. Allow to cool completely.
4. To make the topping, soak the dates in ¼ cup boiling water for 10 mins.
5. Add remaining ingredients and remaining 2 tbs water (except for desiccated coconut) and process in a high-speed food processor or blender until smooth and creamy.
6. Spread onto slice base and sprinkle with desiccated coconut. Place in the freezer for an hour. Take out of the freezer and cut into slices.

Storing leftovers: Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.



For a dairy-free version: Swap butter for coconut oil.



Easy ingredient swaps:

Swap maple syrup for raw honey.
Swap coconut milk for milk of choice.

GINGERBREAD DATE BALLS

Dietary: V, VEG, DF, GF, EF, NF

Age group: 8 months +

Difficulty level: Beginner

Serves: 20

Prep: 20 mins

Equipment: High-speed food processor

Ingredients

- 1 cup (265g) Medjool dates, pitted
- 2 tbsp (40ml) coconut oil, melted
- 1 tbsp (20ml) filtered water
- 130g pumpkin seed meal (+ more for topping)
- 1 tsp (2g) ground cinnamon
- ½ tsp (1g) ground ginger
- ¼ tsp (0.5g) ground cloves

Optional toppings:

Pumpkin seed meal, desiccated coconut, to roll balls in

Method

1. Place dates and coconut oil into a high-speed food processor and process until smooth.
2. Add rest of the ingredients and process until well combined.
3. Roll the mixture into small, bite-sized balls.
4. Roll half the balls in pumpkin seed meal and the other half in desiccated coconut until evenly coated.

Storing leftovers: Store in an airtight container in the fridge for up to 14 days or freeze for up to 4 months.



Add a little more coconut oil, or water to help bind mixture if it feels too dry.



Easy ingredient swaps:

Swap spices for spices of choice such as vanilla, cardamom, all spice etc.

CHRISTMAS SMOOTHIE

Dietary: VEG, GF, EF, NF

Allergens: Dairy, Sesame

Age group: 8 months +

Difficulty level: Beginner

Serves: 4

Prep: 10 mins

Equipment: High-speed blender

Ingredients

- 1 ripe banana, frozen
- ½ cup (50g) sweet potato, peeled, diced and steamed or roasted
- 1 cup (250ml) milk of choice
- 2 Medjool dates (40g), pitted
- 2 tbsp (30g) hulled tahini
- ½ tsp (2g) ground cinnamon
- ½ tsp (1g) ground ginger
- ¼ tsp (2g) all spice

Method

1. Place all ingredients into a blender and mix until smooth and creamy.
2. Pour into small individual cups.

Storing leftovers:

Store in an airtight glass-jar in the fridge for up to 2 days or freeze leftover smoothie in popsicle moulds for up to 4 months.



For fussy eaters:

Reduce spices and serve in cute Christmas cups.



Easy ingredient swaps:

Swap sweet potato for pumpkin.
Swap tahini for seed butter.



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CHAMPION GOLD STANDARD
FOR CHILDHOOD NUTRITION

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