



# FESTIVE FOOD AT YOUR FINGERTIPS



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# CHOC MINT "GINGERBREAD"



Make them into balls or shapes - either way, they're a tasty chocolate bite full of protein and fibre

## MAKES

10-15 shapes/balls

## INGREDIENTS

- 1 cup (8oz) unsalted nuts (I use almonds and walnuts)
- 10 pitted dates (50g or 1.5 oz)
- 2 Tbs cacao / cocoa powder
- 4 drops peppermint oil or essence
- 1 Tbs maple syrup
- 2 Tbs hot water

## PROCEDURE

1. In a small food processor or blender, blend nuts until fine.
2. Add dates and cacao powder. Blend well to combine.
3. Add maple syrup, peppermint and water. Blend until well combined and soft.
4. Pinch mixture to see if it sticks well. Add more water if needed.
5. Mould mixture into a ball and place on baking paper. Place another sheet of baking paper on top and roll out into 0.5cm thick.
6. Cut into shapes and continue moulding and rolling out mixture until all used. Or you can roll remaining off cuts into small balls and roll in sprinkles.

# SPICED CHIA JAM



Perfect start to the day on toast, made as gifts or topped on shortbread!

## MAKES

300g jar full

## INGREDIENTS

- 3 cups frozen berries (We like raspberries and blueberries)
- 1 acai smoothie sachet (optional)
- 5-6 dessert spoons chia seeds
- 1 tsp ground cinnamon
- 1/2 -1 tsp Mixed Spice (to suit taste buds)
- 1 tsp vanilla essence

## PROCEDURE

1. Melt berries in a medium saucepan over low heat until broken down well. A few lumps if fine.
2. Roughly break acai packet into 4 or 6 and add to saucepan. Stir until melted.
3. Add spices, vanilla and chia seeds.
4. Mix well and taste to see if it suits taste buds. Add more spices if needed.
5. Simmer for a few minutes until it's thickened like jam consistency. Add another tablespoon of chia seeds if it hasn't.
6. Remove from heat and stand for 10 minutes before transferring to jar.

# PAVLOVA SMOOTHIE



Enjoy the taste of a summer Christmas anytime with this delicious creamy smoothie

## NUMBER OF SERVINGS

1

## INGREDIENTS

- 1 frozen banana (or fresh + ice cubes)
- ¼ cup frozen mango (or pineapple)
- ¾ cup milk
- 2 Tbs yoghurt (Greek or coconut)
- 1 Tbs shredded coconut
- 1 Tbs almonds or rolled oats
- ½ tsp vanilla essence or honey
- 1 tsp chia seeds (optional)
- 1 Tbs passionfruit
- 1 slice kiwi fruit, to serve
- Optional toppings: 1 Tbs crushed meringue to serve or berries

## PROCEDURE

1. Place all ingredients in a blender, except for the passionfruit, kiwi fruit and optional toppings.
2. Blend until well combined.
3. Add more milk if needed or more ice to make it thicker.
4. Cut your slice of kiwi fruit half way up the middle. Sit on the side of your smoothie cup.
5. Drizzle passionfruit around the cup and pour in smoothie (or spoon passionfruit on top).
6. Serve and drink immediately.

# SPICED PUMPKIN DIP



Spice up the platter with a simple nourishing homemade dip - sure to impress!

MAKES

1 SMALL DIP

## INGREDIENTS

- ¼ of a medium sized Jap Pumpkin, skin on, seeds removed and chopped into small pieces
- 2 tbs olive oil
- 5 threads of Saffron
- ½ tsp cinnamon
- 1 tsp sweet Ras el hanout (or Mixed Spice)
- 2 tbs Quark Cheese or lactose free yoghurt

## PROCEDURE

1. Pre-heat the oven to 180C/350F. Scrub the skin of the pumpkin before chopping it into medium-sized chunks (skin, seeds and all!)
2. Drizzle half the oil over the pumpkin and roast until soft and the edges become crispy (30 - 40 minutes)
3. Once the pumpkin has roasted nicely, set aside to cool. When cool, use a stick blender (or blender) to
4. mash the seeds and skin in with the pumpkin. Add the remaining olive oil and ras el hanout/ mixed spice to blend one last time. To finish, stir in the pinch of Saffron.
5. Serve with veggie sticks & crackers

# BULKED SALAD



Refreshing and filling yet light - this makes the perfect side or base for a meal

## NUMBER OF SERVINGS

3-4

(Double it if entertaining)

## INGREDIENTS

- 1 cup uncooked brown rice (or quinoa)
- 1 medium sweet potato
- 1 small red capsicum
- 3 cups spinach (or other leafy greens)
- 150g (5.3oz) cherry tomatoes (or whole punnet if you like lots!)
- 1 can (400g/ 16oz) chickpeas/ kidney beans, rinsed and drained
- ½ block feta, crumbled

### *Dressing:*

- 1/3 cup yoghurt + 1/2 lemon juiced + tsp mint
- OR balsamic vinegar

## PROCEDURE

1. Preheat oven to 200°C fan-forced.
2. Peel and dice sweet potato. Slice capsicum into long strips about 1 cm wide. Lightly drizzle with 1 tsp extra virgin olive oil and roast until soft and golden (~30-45mins).
3. Meanwhile, cook brown rice or quinoa according to packet instructions.
4. Whilst step 2 and 3 are cooking, prepare rest of salad ingredients.
5. In a large bowl or big serving plate, spread spinach along the bottom. Toss through brown rice.
6. Layer with sweet potato, capsicum, cherry tomatoes, chickpeas/kidney beans.
7. Crumble feta over the top and drizzle dressing over the top.
8. Serve and enjoy!

# PEARL COUSCOUS SALAD



Bring the flavour and nourishment with this simple *fancy looking* salad

## NUMBER OF SERVINGS

4-6

## INGREDIENTS

- 1 ½ cups uncooked pearl couscous
- ½ medium Lebanese cucumber, diced
- 80-100g (~3 oz) cherry tomatoes, quartered
- 1 small-medium capsicum (bell pepper), sliced
- 60-90g (2-3 oz) feta cheese, crumbled
- ¼ cup sultanas (or dried apricots or dried cranberries)
- ½ cup fresh coriander, roughly chopped (less or more depending on taste preferences) - can also use parsley or basil
- 1 Tbs lemon juice (+ 2 extra Tbs for the dressing)

### *Dressing:*

- 2 Tbs lemon juice
- 2 Tbs macadamia oil or extra virgin olive oil
- ½ tsp honey (or maple syrup)

## PROCEDURE

1. Cook pearl couscous to packet instructions (roughly 10 minutes). Add 1 Tbs of lemon and a pinch of salt to the water for the couscous to absorb.
2. Meanwhile, fry capsicum in a small frypan over high heat to soften. Cook until slightly charred. Remove from heat.
3. Prepare other vegetables and make dressing.
4. Once couscous is cooked, transfer to a large serving bowl. Using hands or serving spoons, mix through all other ingredients.
5. Pour over salad dressing and toss to coat.
6. Serve with meat, fish, or tofu.



# EASY VEGGIE BAKE



A tasty colourful alternative to cream packed potato bakes... and is still creamy!

## NUMBER OF SERVINGS

4-5

## INGREDIENTS

- 1-2 potatoes
- 1 medium sweet potato
- 1 zucchini
- 1 large carrot
- 1 broccoli head (or 1-2 cups frozen)
- 1/2 cup frozen peas
- 3-4 button mushrooms

or any other veg you like!

Cheesy white sauce:

- 40g (1.5oz) butter
- 1/4 cup plain flour
- 2 cups (16 fl oz) milk
- Pinch salt
- 1/2 cup grated cheese
- Dried rosemary or sweet paprika to taste

## PROCEDURE

1. Prepare vegetables and large baking dish. Grease with oil.
2. Layer vegetables starting with potatoes.
3. Pre-heat oven to 200C / 392F.
4. Over low heat in saucepan, melt butter.
5. Add flour and mix to paste.
6. Still on low heat, gradually pour in milk, constantly whisking well.
7. Continue whisking until there are no clumps and texture is smooth.
8. Add pinch salt and herbs/ spice.
9. Stir in cheese and mix well.
10. Simmer for a few minutes until slightly thickened and continue stirring.
11. Pour over veggies and bake for ~40-45 mins or until veggies are soft. Stand for 15 mins before serving. It might be slightly "watery" but this will thicken and is even better as leftovers the next day. *Tip:* cover with foil for first 20 mins then remove to golden.

# OMELETTE LEFTOVERS



A great way to use up leftover meats, veggies or other bits and pieces.

## NUMBER OF SERVINGS

1

## INGREDIENTS

- 2-3 extra large eggs, whole
- 1/4 cup cheese (optional)
- 1-2 slices toast or veggies to serve, such as:
  - Spinach
  - Mushrooms
  - Cherry tomatoes
  - Broccolini
  - Capsicum / peppers
- Dash of milk (optional)
- Herbs or spices
  - Mixed herbs
  - Basil
  - Parsley
  - Paprika

## PROCEDURE

1. In a small bowl, whisk eggs and optional milk.
2. Heat a small fry pan over medium heat and pour in eggs.
3. Swirl pan gently to cover base with egg.
4. Turn heat down and cook for one minute.
5. If you'd like to add anything inside like cheese or leftover fillings - do so now, covering one half.
6. Cook for a 2-4 more minutes.
7. Using a spatula, gently lift half of one side up and flip over to the other half to cover - like a half circle.
8. Cook for a further minute and then serve how you like!

# MANGO ICE CREAMS



A creamy tasty and refreshing way to enjoy seasonal summer produce

NUMBER OF SERVINGS

4

## INGREDIENTS

- Flesh of 1 medium-large mango (or about 3/4 -1 cup diced mango)
- 1/2 cup Greek or vanilla bean yoghurt
- 1/2 cup milk (cow's, soy or coconut)
- Optional chopped macadamias or almonds

## PROCEDURE

1. In a blender or small food processor, blend all ingredients (except nuts) well until smooth and creamy.
2. Mix through optional nuts.
3. Pour into ice cream moulds and freeze for 3-4 hours until set.

# MINI FRUIT & NUT LOAVES



I love this fun alternative to dress up a muffin. Adding a dollop of Greek yoghurt on top completes it!

## MAKES

12-15 muffins

## INGREDIENTS

- 1 ¼ cup wholemeal self-raising flour
- ¼ cup rolled oats, roughly chopped
- 2 tsp mixed spice
- 2 Tbs shredded coconut
- ¼ cup raw sugar + extra 1 Tbs
- 1 orange, ½ cup juiced + 1 tsp zest
- ¼ Tbs hot water
- 1 cup milk
- 1 egg, lightly beaten
- ½ cup mixed nuts, roughly chopped (almonds, walnuts, pistachios, macadamias)
- ¾ cup mixed fruit, roughly chopped (cranberries, sultanas, apricots, figs)

## PROCEDURE

1. Preheat oven to 160°C (fan-forced).
2. In a small saucepan, over medium heat, dissolve ¼ cup sugar in orange juice, zest and water. Stir until dissolved.
3. Simmer gently for 7-10 minutes, until mixture becomes a thin syrup. Remove from heat. (Note, it will continue to gel once removed from heat).
4. Meanwhile, in a large bowl, mix flour, chopped oats, spice, 1 Tbs raw sugar and shredded coconut.
5. Mix nuts and dried fruit through.
6. In a small bowl, lightly beat egg and add milk.
7. Make a well in the centre of the dry mix, and pour in egg mix and ¼ cup syrup (reserve the rest to drizzle on the top of the loaves).
8. Gently fold through, and do not over mix.
9. Scoop into muffin tins, filling only half way.
10. Bake for 10 minutes, and then drizzle 1 tsp of the syrup over each muffin.
11. Continue baking for 5-10 minutes (15-20 minutes total), or until muffins are golden and inserted skewer is clean.
12. Cool on a wire rack for 10 minutes.
13. Serve upside down, with a dollop of Greek yoghurt or your favourite cream cheese frosting.



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