



¹⁰ christmas treats

let's end this year with something sweet.



Rudolph Celery

Nutrition Info:

168
calories

3.9g
protein

20g
carbs

8.1g
fats

makes 2 servings. nutrition info per serving.

What you'll need

- 2 Celery Stalks
- 1 tbsp Nutella
- 1 tbsp Peanut Butter, smooth
- 2 Pretzels
- 2 Cranberries
- 4 Edible Eyes

How to make it

1. Cut the celery into 3-4 inch pieces
2. Fill some peanut butter and some with nutella
3. Break the pretzels in half and place near the top as antlers
4. Add the eyes and a cranberry for the nose





Christmas Slaw

Nutrition Info:

176
calories

1.8g
protein

13g
carbs

12g
fats

makes 6 servings. nutrition info per serving.

What you'll need

- 2 Carrots, halved
- 1/2 White Cabbage, shredded
- 100g Pecan Nuts, chopped
- Spring Onions, sliced
- 2 Red Peppers, sliced
- 2 tbsp Honey
- 2 tsp Dijon Mustard
- 3 tbsp Olive Oil
- 2 tbsp Cider Vinegar

How to make it

1. Peel the carrots then mix with all the other veggies in a bowl
2. Combine with honey, mustard, olive oil and vinegar
3. Mix well
4. Serve as a side or store for later





Hasselback Potato Gratin

Nutrition Info:

246
calories

3.1g
protein

25g
carbs

14g
fats

makes 6 servings. nutrition info per serving.

What you'll need

- 1kg Maris Piper Potatoes
- 50g Butter, softened
- 3 tbsp Olive Oil
- 2 tbsp Thyme
- 2 tbsp Rosemary
- 3-4 Bay Leaves

How to make it

1. Lightly grease an oval baking dish
2. Slice the potatoes into thin slices
3. Coat with melted butter, oil, herbs & seasoning
4. Tightly pack the potatoes upright into the dish & top with any remaining butter
5. Cook for 30mins or until golden





Santa Skewers

Nutrition Info:

161
calories

1.7g
protein

36g
carbs

0.5g
fats

makes 1 serving.

What you'll need

- 1 Banana
- 1 Strawberry
- 1 large Marshmallow
- 1 small Marshmallow
- 2 Unicorn Sprinkles
- 1 red M&M or Skittle

How to make it

1. Chop the banana in half and place on skewer
2. Skewer large Marshmallow on top of banana
3. Chop the top off a strawberry and skew on top of the marshmallow for the hat
4. Place a small marshmallow on top of the strawberry
5. Place the red sweet for the nose & use 2 brown unicorn sprinkles for the eyes


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Banana Snowmen

Nutrition Info:

151
calories

1.7g
protein

33g
carbs

0.5g
fats

5mins prep time.

What you'll need

- 1 Bananas
- 1/4 Carrot
- 5 Currents or Raisins
- 1 Strawberry
- 1 Grape
- 1 Skewer

How to make it

1. Cut the bananas into thick slices
2. Peel the carrot and cut into small triangles for a pointy nose
3. Cut the strawberries in half to make a hat
4. Cut the grapes in half
5. To assemble the snowmen place 3 slices of banana on a skewer followed by a strawberry hat and a grape half
6. Press the currents into the banana slices to create eyes and buttons on the body
7. Place the carrot triangles as noses


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Reindeer Poo

Nutrition Info:

171
calories

1.1g
protein

25g
carbs

2g
fats

makes 15 servings. nutrition info per serving.

What you'll need

- 5 Medjool Dates
- 6 tbsp Raisins or Sultanas
- 35g Dried Cranberries
- 1 tbsp Boiling Water
- 50g Ground Almonds
- 2 tbsp Cocoa
- 2 tbsp Oats
- 2 tsp Orange Juice
- 6 tbsp Desiccated Coconut

How to make it

1. Place all the dried fruit in a blender or food processor then blend until chopped
2. Pour boiling water over and wait for 1 minute
3. Add all the other ingredients and mix until it forms a paste
4. Roll into small balls & cover in desiccated coconut
5. Store in the fridge





Watermelon Xmas Trees

Nutrition Info:

17
calories

1.1g
protein

1.3g
carbs

0.8g
fats

What you'll need

- 15g seedless Watermelon
- 1 tbsp Plain Yogurt

How to make it

1. Cut the watermelon into triangle pieces
2. To make the base of the tree, slice the watermelon rind into thirds
3. Place your Christmas trees onto a tray that will fit into the freezer
4. Add yogurt to a piping bag and decorate your trees
5. A plastic bag with a whole cut in will also work
6. Freeze everything for 1-2hrs before serving





Pitta Bread Christmas Trees

Nutrition Info:

238
calories

8.2g
protein

24g
carbs

11g
fats

What you'll need

- 1 Pitta Bread
- 11g Grated Cheese
- 1/4 Avocado, mashed
- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- 1 Orange Bell Pepper

How to make it

1. Cut the pitta bread into triangle pieces
2. Sprinkle some grated cheese on top
3. Melt the cheese in the oven
4. Once cool, top with mashed avocado
5. Add red, yellow & orange pepper pieces for decorations
6. Enjoy!


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Healthy Mince Pies

Nutrition Info:

275
calories

3.1g
protein

37g
carbs

12g
fats

makes 12. nutrition info per one.

What you'll need

- 1 tbsp Coconut Oil
- 6 tbsp Raisins
- 6 tbsp Currants
- 6 tbsp Dried Cranberries
- 1 Braeburn Apple
- 1 tbsp brown Sugar
- Lemon Zest
- 1 roll Shortcrust Pastry
- Flour, for dusting
- 1 tsp Vanilla Essence
- 1 tbsp Mixed Spice

How to make it

1. Pre-heat the oven
2. Heat the coconut oil in a pan and add the chopped apple
3. Fry for 3mins then add the raisins, currants, cranberries, orange juice, vanilla, mixed spice, brown sugar & lemon zest
4. Lay out your pastry on a lightly floured surface
5. Using a cookie cutter, cut 12 circles from the pastry and set aside
6. Roll the remaining pastry up again, flatten it and cut out 12 stars
7. Build your mince pies inside a muffin tray by adding the circles, then the fruit mixture
8. Bake until golden brown

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White Chocolate Protein Snowballs

Nutrition Info:

72
calories

6.4g
protein

3.9g
carbs

3.8g
fats

makes 12. nutrition info per one.

What you'll need

- 90g Protein White Chocolate Spread
- 80g Vanilla Whey Protein
- 1 tbsp Coconut Flour
- 1 tbsp Desiccated Coconut

How to make it

1. Combine everything except the desiccated coconut in a bowl
2. take about 1tbsp of mixture at a time and roll into balls
3. roll each ball in the desiccated coconut
4. Enjoy straight away or keep in the fridge


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