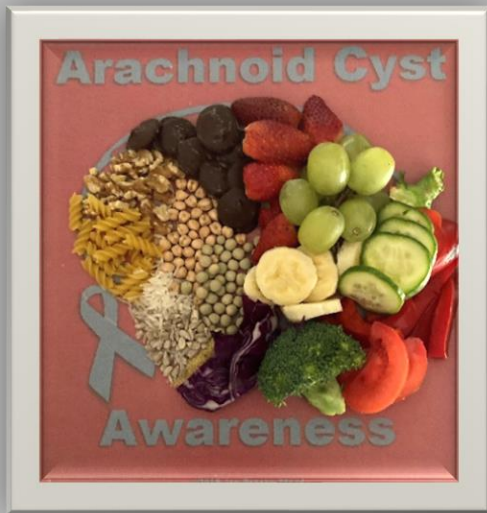


Christmas Foods to fuel your Brain!



What better time to make some healthy brain fuel Christmas dishes with the very foods that are so extra good to form healthy brains for our families!

Strawberries or any berry has high levels of antioxidants to boost brain function.

Grapes are fantastic for memory, cognitive ability and language.

Capsicum binds to pain receptors in the brain. Your brain releases endorphins and dopamine.

Eating Cucumber will protect nerve cells from decline due to aging and also improves energy.

Tomatoes help protect brain cells by producing lycopene and beta-carotene. These are essential to protect brain cells and prevent damage.

Broccoli has high levels of vitamin K and choline; it will also keep your memory sharp.

Banana has vitamin B6, potassium and folic acid which increase serotonin and boosts mood

Red Cabbage gives us powerful antioxidants, helping with brain function, concentration and the prevention of nerve damage.

Eating wholegrains provides folate, B6 and thiamine. Enhances memory and focus.

Legumes are a rich source of folic acid and can improve verbal and memory performance

Walnuts are the top nut for brain health, they have significantly high concentration of DHA which improves brain health and cognitive performance

Dark Chocolate stimulates increased blood flow from its antioxidants and flavonoids, improves memory & concentration



Walnut, Sultana and Banana
Mini-Cupcake's with vanilla
Frosting.



Add flour, milk, walnuts and nutmeg and mix thoroughly
Spoon into mini cupcake cases

Bake for 180° for 8 minutes
Cool cupcakes on wire rack before frosting

Frosting

1 cup icing sugar

1 tbs margarine

1 tsp vanilla essence

Cream icing sugar and margarine

Add vanilla essence

Mix until smooth

3 tbs oil

1 egg

½ cup sugar

2 ripe bananas (mashed)

½ cup sultanas

1 ½ cups whole meal self-rising flour

½ cup milk

½ tsp ground nutmeg

1/3 cup walnuts

Cream oil and sugar then add egg and combine

Fold in 2 bananas and sultanas

Chocolate Strawberry Mice.



The kids can help with these.

8 strawberries (rinsed and dried)

300g quality dark chocolate buttons

handful licorice twists

Slithered almonds.

Hull strawberries.

Melt chocolate in microwave in 30 second bursts. Or you can melt while stirring gently in a pot, over another pot of boiling water.

Dip bottom of strawberry half way into chocolate twist and set aside to harden.

Cut licorice into thin strips, then

use a small amount of chocolate to attach a licorice tail. Poke slithered almonds into strawberries for ears.

Then using chocolate attach tiny pieces of licorice for eyes

Christmas Caterpillars



6 wooden skewers (cut in half)

Bag of grapes

Candy eyes

Raspberry Gummies

White icing

Your children can also help with this too!

Thread 5 grapes onto skewer
Add candy eyes with white icing

Slice raspberry gummies to form your Santa's hat

Using white icing, add a pompom to your hat and attach to caterpillar.

If you cut a v shape on your caterpillar's head and remove the contents, your Santa hat for your caterpillar will sit better on his head.

Tzatziki Dip



1 Cucumber
Tub Greek Yoghurt
2 tbs Lemon juice
1 tsp minced garlic

Pour yoghurt into bowl
Grate in cucumber
Add garlic and lemon juice
Stir thoroughly.

Hummus and Red Capsicum Dip.



1 drizzle of olive oil
420g can chickpeas
½ red capsicum (diced)
½ tsp paprika
1 tsp minced garlic
1 tsp coriander
Lemon juice to taste
1 tsp salt

Drain chickpeas and leave ¼ cup juice set aside
In food processor, puree chickpeas, garlic, capsicum, paprika, coriander and salt
Gradually add olive oil and juice until desired consistency
Once combined stir lemon juice through to taste.
Best made the day before, so flavors can combine.

Red lentil, Parmesan and Cashew Dip



250g red lentils
1 tsp minced garlic
Handful of cashew nuts
½ cup parmesan cheese
1 tbs chicken stock powder
1 tbs olive oil
Lemon Juice.

Simmer red lentils in 2 cups hot water until softened
Drain and reserve a small amount of liquid.

In food processor blend cashew nuts.

Add red lentils and chicken stock and blend while adding a small amount of reserved liquid.

Add parmesan, garlic and

olive oil while blending until desired consistency.

Add lemon juice to taste.

Store in the fridge until cooled.

Best made the day before for flavors to combine.



Christmas Pasta Salad.



Simmer pasta spirals until cooked, then drain and allow to cool.

In a bowl combine pasta, tomato, onion, pineapple and parsley, ham and cheese.

In a jug make the dressing by stirring together mayonnaise, sour cream and tomato sauce, pour over pasta salad and thoroughly mix through.

- 250gm pasta spirals,
- 1 x tomato diced,
- 1 diced onion
- 1 handful of parsley chopped
- 1 tin pineapple pieces
- 2 x slices of ham cut into thin slices and about 2 inches in length
- 2/3 cup craft cheddar cheese

Dressing.

- 1 tbs of tomato sauce
- 2 tbs of mayonnaise
- 1 tbs of Greek yogurt

Red and Green Crunchy Christmas Colslaw.



Half a Red cabbage sliced or grated

1 stick of celery chopped

4-5 lengths of spring onion

3 rosettes of broccoli broken into smaller rosettes and halved

Pine nuts

Mayonnaise

Cracked black pepper

In a bowl combine all ingredients except for the pine nuts and dressing.

Once combined stir through dressing and sprinkle the pine nuts over the top.

Rice Salad.

1 1/2 cups of cooked rice drained and cooled

1 cup of combined peas, corn and capsicum

1 onion diced

3 tbs of powdered chicken stock

1/3 cup of oil mixed with 1/3 cup of white vinegar.

In a bowl combine the rice, the peas corn and capsicum, the onion and powdered chicken stock. Then pour over dressing and combine and refrigerate.



I wish all our wonderful Australian Families a wonderful Christmas 2021.

Thank you so much for your support and friendship.

