

Your Partner in Early Years Nutrition

Christmas snack ideas

Food Foundations • another NAQ Nutrition program

These healthy snack ideas are ideal for hands on cooking activities with children in the lead up to Christmas, or why not serve them for your kids on Christmas day!

Christmas tree platter

Ingredients

- Celery
- Cherry tomatoes
- Green grapes
- Cheese cubes
- Herb sprigs

To assemble, cut grapes and cherry tomatoes in half. Cut 3cm piece of celery as the Christmas tree trunk. Above this layer sections of cherry tomatoes, grapes and cheese cubes in the shape of a Christmas tree. Add in some herb sprigs in different spots on the tree for decoration.





Watermelon Christmas trees

Ingredients for 30 balls

- Watermelon
- Natural greek yoghurt
- Cranberries

Cut watermelon into wedges. Cut off a third of the rind on each side of the wedge to make the tree trunk. Place watermelon on a tray lined with baking paper. Put yoghurt into a zip lock bag and cut off the corner to make a piping bag (or use an empty sauce bottle). Decorate watermelon with yoghurt, add on cranberries for decoration and place in freezer until yoghurt is firm.

Strawberry santas

Ingredients for 30 pieces

- Strawberries
- Banana
- Cream cheese
- Black gel icing pen

Slice the green top off the strawberries. Slice a layer off the top of the strawberry. Slice a disc from a banana and spread with a layer of cream cheese. Stick to slice of strawberry and then place the rest of the strawberry on top of the banana as a hat.



Use the black gel pen to add two dots to the side of the banana to look like eyes.



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