

ENTERTAINING *OVER THE* HOLIDAYS

A RECIPE GUIDE TO A HAPPY
HEALTHY CHRISTMAS



THE LIFESTYLE DIETITIAN
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It's the most wonderful time of the year

Christmas time is a time to spend with close family and friends, taking a break and enjoying delicious food.

With so much to look forward to, this can also bring about stress and anxiety around maintaining healthy habits.

Now, while I am a big believer of 'everything in moderation' – When it comes to Christmas day, remember it is not what we eat at one meal or on one day, but the habits we establish over longer periods that set the tone for our health.

For this reason, we have brought together all of our festive favourites in this recipe e-book, demonstrating simple ways to entertain over the holiday period, without compromising your health or happiness.

Don't feel like you have to miss out over these holidays, small changes and eating mindfully can go a long way!

We would love to see you're cooking over the holidays - Tag @thelifestyledietitian_au with a snap of your creations!

Drinks on arrival

COCONUT WATER SPRITZ

Ingredients:

½ cup coconut water

½ cup soda water

Orange wedges

Fresh fruit (eg raspberries, blueberries), to serve

Method:

Combine coconut water and soda water. Add fresh fruit.

Best served chilled with ice

Tip: you can also add mint leaves, passionfruit or crush watermelon juice for a sweeter drink



Appetizers

ZUCCHINI FRITTERS

Ingredients:

- 3 zucchini, coarsely grated
- 3 tablespoons plain flour, sifted
- ¼ cup parmesan cheese
- 1 clove garlic, crushed
- 1 large egg, beaten
- 1 tablespoon fresh basil, roughly chopped
- Pinch of salt and pepper, to taste
- 2 tablespoons extra virgin olive oil



Method:

Squeeze grated zucchini to remove excess water. Combine zucchini, eggs, garlic, parmesan cheese, salt, pepper and basil in a large bowl. Using a wooden spoon, gently sprinkle flour over the mixture and stir to combine.

Heat oil in a large non-stick frying pan over low to medium heat. When the oil is hot, add individual portions of fritters (about 2 tablespoons per fritter) into the frying pan.

Cook until the underside is golden and crisp (around 3 minutes). Using a spatula, flip to cook the other side for another 2-3 minutes.

Serve with yoghurt and enjoy!

TOMATO BOCCONICINI SKEWERS

Ingredients:

Cherry bocconcini
Cherry tomatoes, halved
Fresh basil
Balsamic vinegar, to drizzle
Olive Oil, to drizzle



Method:

On a skewer, place a halved cherry tomato, bocconcini and a fresh basil leaf. Repeat until the skewer is full. Finish skewer with the remaining tomato half.

Drizzle lightly with balsamic vinegar and olive oil to serve.



SAUSAGE ROLLS

Ingredients:

- 2 slices wholegrain bread
- 4 tablespoons milk
- 400g lean beef mince
- 1 brown onion, finely diced
- 1 medium carrot, grated and squeezed of excess liquid
- 1 medium zucchini, grated and squeezed of excess liquid
- 2 sheets puff pastry
- 2 tablespoons plain flour
- 2 tablespoons milk, for glazing
- Sesame seeds, to sprinkle



Method:

Preheat oven to 200C. Soak bread in milk for 10 minutes; then squeeze out excess liquid and crumble into pieces. Combine mince, onion, carrot, zucchini and bread in a large bowl.

On a floured chopping board, cut pastry in half lengthways. Using a few tablespoons of mince mixture, roll to the same length as the pastry. Place rolled mince along the edge of one of half of the pastry.

Moisten edges of pastry with water. Roll pastry over the meat. Using a fork, gently close the pastry. Glaze with milk and sprinkle sesame seeds. Cut into 3-4 pieces. Repeat.

Place on a baking tray and cook for approximately 25 minutes or until golden.

Serve with tomato relish and enjoy!

Main

Roasted Chicken

Ingredients:

2 whole chickens (around 1.5 kg)	6 garlic cloves, peeled and crushed
2 tablespoon olive oil	1 lemon, quartered
2 teaspoons ground coriander	½ bunch rosemary sprigs
2 teaspoon dried oregano	½ bunch oregano sprigs
1 teaspoon cumin	1 garlic bulb, halved
2 brown onions	
4 carrots, peeled, roughly chopped	
2 medium sweet potatoes, quartered	
3 celery sticks, quartered	

Method:

Combine coriander, cumin, dried oregano. Rub chicken in olive oil and season with spice mixture and salt. In the cavity of the chicken, add spice mixture, garlic, lemon, half of the rosemary and oregano sprigs. Tie legs with kitchen string

Place chicken in a roasting tray. Arrange chopped vegetables, garlic bulb and remaining rosemary and oregano sprigs around the chicken. Drizzle vegetables with oil and a pinch of salt.

Roast chicken for around 1 hour or until the centre of the chicken reaches 75 degrees celsius and juices run clear when thickest part of chicken is pierced

Dessert

MANGO NICECREAM



Ingredients:

- 1 cups frozen banana chunks
- 1 cups frozen mango chunks
- 6 tablespoons unsweetened almond milk
- 2 tablespoons desiccated coconut
- 1 teaspoon honey

Method:

In a high-powered blender, blend all ingredients. If the mixture is too thick, add more almond milk, 1 tablespoon at a time.

MINI FRUIT SKEWERS (SANTA HATS)

Ingredients:

- 1 bunch of green grapes
- 2 punnets of strawberries, stems removed
- 2 large bananas, thinly sliced
- Yoghurt-covered raisins or mini marshmallows

Method:



To arrange skewers, first place a grape, followed by a banana slice, followed by a strawberry. Top off the skewer with a yoghurt-coated raisin or marshmallow

Gifts

BLISS BALLS

Ingredients:

- ¼ cup raw almonds
- ¼ cup raw walnuts
- ⅓ cup desiccated coconut, extra for coating
- 2 tablespoons chia seeds
- ½ cup of pitted medjool dates, pitted and chopped
- 2 tablespoons crunchy peanut butter
- 1 tablespoon coconut oil
- 2 teaspoons honey
- 1 tablespoon filtered water



Method:

Place almonds, walnuts and dates in a food processor and pulse until nuts are roughly chopped. Add remaining ingredients and pulse (note: if mixture is too dry add more water, one teaspoon at a time).

Roll mixture into balls and toss in coconut to coat.

ROSEMARY THYME INFUSED OIL

Ingredients:

$\frac{3}{4}$ cup extra virgin olive oil
3 Rosemary sprigs
2 lemon thyme sprigs
1 lemon peel

Method:

Combine oil, herbs and lemon peel in a small saucepan and warm over low heat. Allow the oil to simmer for approximately 15 minutes. Remove from heat and allow to cool.

Using a funnel, transfer the oil to a glass bottle

GARLIC CHILLI INFUSED OIL

Ingredients:

$\frac{3}{4}$ cup extra virgin olive oil
2 tablespoons dried chilli flakes
4 garlic cloves, peeled

Method:

Heat garlic, oil and chilli flakes in a saucepan over low heat for 10 minutes or until garlic has turned a light brown.

Remove from heat and allow to cool. Using a funnel, transfer the oil to a glass bottle



NUTTY GRANOLA

Ingredients:

½ cup walnuts, roughly chopped
½ cup hazelnuts, roughly chopped
½ cup raw almonds, roughly chopped
½ cup rolled oats
2 tablespoons pumpkin seeds
2 tablespoons pepitas
1 tablespoon goji berries

2 tablespoons shredded coconut
6 medjool dates, roughly chopped
½ cup coconut oil, melted
2 tablespoons honey
Cinnamon

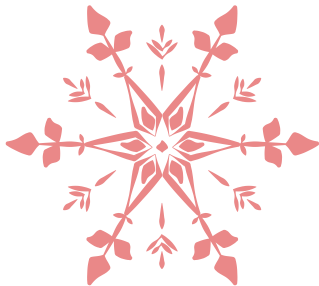
Method:

Preheat oven to 180C and line a baking tray.

Place nuts, seeds, coconut, goji berries, and dates in a large bowl. Pour coconut oil, honey and sprinkle cinnamon and over mixture. Stir to combine.

Spread over baking tray and bake for 15-25 minutes until golden





Here are our top tips for a happy healthy Christmas:

- Make catch-ups with friends/family activities instead of eating out eg go for a walk, play bowling or head to the beach!
- If you have a big event or are eating out - make sure you continue to feed your body regularly across the day leading up to the event. This will prevent over-eating
- Eat mindfully - ask yourself "am I actually hungry?" before starting a meal or reaching for a snack
- Stay Hydrated - be sure to bring your water bottle with you when racing around finishing the last minute Christmas shopping
- Take some time out for you - be sure schedule in time to rest and recharge

Merry Christmas and Happy New Year,

The Lifestyle Dietitian team

About Us



WHO WE ARE

We are Sydney based dietitians who dedicated to helping other achieve their health goals. With a passion for making a healthy lifestyle not only achievable but also sustainable. We know and understand that each client is unique and different and each hold their own goals and challenges. As Accredited Practicing Dietitians, our goal is to assist you in feeling your best through good food and a healthy lifestyle

WHAT WE DO

We believe that there are many ways for you to reach your goals. We are here to guide you to find a way that will not only be enjoyable and fit in with your lifestyle but also be easily maintained and sustainable for a lifetime. Through a grounding in science and the most up to date research, we ensure that you are taking the right step for you that will have a positive impact on your total health and well-being.



WHERE WE ARE

Providing face to face consultations across several studios in the Sutherland Shire, Inner West, eastern suburbs and northern suburbs of Sydney. We believe that location should be no barrier to receiving the best care. For this reason, we also offer virtual consultations online from anywhere in the world.