

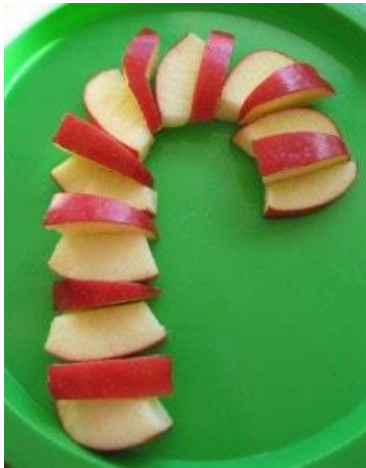
CHRISTMAS SNACKS AND PARTY FOOD



Banana Santas

- bananas, peeled
 - punnet of strawberries
 - wooden skewers
1. Cut the bananas into 2 or 3 depending on the size. Cut a small disc to act as the fur rim of the hat.
 2. Cut the wide end of the strawberries to make it flat
 3. Arrange on skewer as shown
 4. Can use currants to make the face instead of smarties

6g carbs per snowman



Apple 'Candy' Cane

- 1 red apple
1. Slice the apple and arrange as shown in the picture

Carb count the apple. If has 10g carbs or less, can be eaten as a snack



Strawberry Santas

- A few strawberries
 - 1 banana
 - Cream cheese eg ricotta
1. Slice the fruit and arrange as shown in the picture

5g of carbs per 3 santa's

CHRISTMAS TREE'S GALORE!!



Veggie Christmas Trees
carb free

Fruit Christmas Trees
Carb count your portion





Fruity Snowmen

- 1 banana
 - A few blueberries
 - Stick Pretzels or Twiglets
1. Cut the bananas into discs and arrange as shown in the picture
 2. Decorate with the fruit and pretzels
 3. Carb count the fruit and pretzels

5g of carbs per snowman



Orangey Reindeers

- 1 orange
 - Skin from 1 apple
 - Currants for eyes
1. Slice the orange into thin discs and arrange as shown in the picture
 2. Using small pieces of orange strips of orange rind and the apple skin, decorate as shown in the picture

5g carbs



Babybel Reindeer

- Babybel Cheese (0g)
 - 2 Pretzels (7g)
 - Pomegranate seed or small piece of red pepper for the nose (0g)
 - Currants for the eyes
1. Make as shown in the picture

7g carbs per reindeer



Penguin Porridge

(to warm you up on those cold winter mornings)

- Oats 10g)
 - Semi skimmed milk
 - Blueberries, 2 tangerine segments, strawberry (cut in half lengthways)
1. Make porridge as you normally would.
 2. Arrange fruit as shown in the picture
- **80g cooked porridge = 10g carbs**
 - **20g blueberries = 2g carbs**



Santa Belts

- Pack of babybel edam cheese
 - Black and yellow paper
1. Cut strips of black paper for santas belt and cut buckles out of the yellow paper

Carb free



Cheesy snowmen

- Pack of cheesestings
1. Simply decorate like snowmen!!

Carb free



Chocolate Orange Bites

- Satsumas, mandarins or clementines
 - 70% dark chocolate
 - Unsweetened desiccated coconut (optional)
1. Peel and segment the citrus fruit
 2. Melt the chocolate in a bowl over a pan of boiling water
 3. Dip the segment in the chocolate until it is half covered
 4. If you are using coconut, sprinkle over the chocolate before it sets
 5. Allow to cool and set

5g carbs per 5 segments

Chocolate Mousse (4 pots)

- 50g cocoa powder (**0g**)
 - 2 ripe avocados (**6g**)
 - 20g xylitol (**10g**)
 - 2 teaspoons of vanilla extract (**0g**)
1. Scoop the avocado into a blender and add the cocoa powder and vanilla extract.
 2. Melt the xylitol into liquid form and add to the blender
 3. Blend until smooth and serve into 4 small pots or glasses

(16g ÷ 4) 4g carbs per pot

Alternatives instead of vanilla extract:

- Add orange zest from 1 – 2 oranges (**0g**) and then decorate with orange peel/zest
- Or add ¼ teaspoon peppermint extract (**0g**) and decorate with a couple of fresh mint leaves
- Or sprinkle with toasted chopped nuts or cinnamon powder for a Christmassy flavour
- All mousses can be served with fresh berries or clementine segments



Chocolate Truffles (makes 12)

- 100g 70% Lindt dark chocolate (**34g**)
 - 150ml double or whipping cream (**0g**)
 - 50g unsweetened cocoa powder/chopped nuts/desiccated coconut (for rolling your truffles in at the end) (**0g**)
1. Heat the cream (do not boil). Take off the heat and add chocolate to melt into the warm cream.
 2. Place in a bowl and place in the fridge until firm. Use a teaspoon to scoop 12 walnut sized truffles. Roll the truffles into a bowl and then a coating of your choice
 3. If you are using chopped nuts and/or coconut to coat your truffles, toast them gently in a dry frying pan to give a fuller flavour. They do not take long to toast so keep them moving and don't leave the pan or they will burn quickly.
 4. Once coated, refrigerate to keep the truffles firm (and to keep the cream fresh)

Alternatives:

- You could push a whole hazelnut or almond into the centre of the truffle (0g carbs). Roll in coating as above
- Add orange zest from 1 orange or ¼ teaspoon peppermint extract at point 1) for orange chocolate or mint chocolate truffles. Roll in coating of your choice
- You can add a large pinch of cinnamon powder or mixed spice to the cocoa powder to give a Christmassy flavour

3g carbs per truffle





Table Centrepiece Edible Wreaths

- Cherry tomatoes
 - Mini mozzarella balls
 - Olives
 - Basil leaves
 - Rosemary sprigs (decoration only)
1. Arrange ingredients in a wreath shape as shown in the pictures

Carb Free



Creamy Cheese Snowmen

- Low fat cream cheese (can use flavoured cream cheese or goats cheese or ricotta or a mixture)
1. Mould your cheese into different sized balls as shown in the picture and decorate with currants or veg
 2. Serve with veg sticks and/or crackers

Snowmen are Carb free (carb count the crackers)



Veggie Bites

- Cucumber
 - Cherry tomatoes
 - Cream Cheese
1. Cut the top of the tomatoes off and scoop out the seeds
 2. Peel the cucumber into stripes (see picture). Cut the cucumber into chunks and scoop out the seeds.
 3. Fill with cream cheese mixture

Carb free