



# MindChamps

EARLY LEARNING & PRESCHOOL



**CHRISTMAS RECIPE BOOK**

*from MindChamps Nutrition Team*

The background of the page is a light cream color, decorated with several cookies of different shapes and designs. The cookies are scattered across the page, some partially visible at the edges. They include a round cookie with diagonal chocolate drizzle, a star-shaped cookie with chocolate drizzle and small colorful candies, a heart-shaped cookie with chocolate drizzle, and a round cookie with a swirl of chocolate drizzle. The cookies are in various shades of brown, tan, and white, with some having chocolate or white icing drizzles.

## MINDCHAMPS WHOLEFOOD PHILOSOPHY

Our philosophy is simple - introducing young children to a wide variety of nourishing wholesome foods in their early years, to support growth and development while nurturing lifelong healthy eating behaviours. With expertise in dietetics, nutrition science, recipe development and education we ensure every child receives the best possible start to lifetime of healthy nourishment.

All our ingredients are 100% whole foods, which means there is minimal processing, and they are free from additives and preservatives. All our meals are prepared fresh daily by our dedicated chefs using fruits and vegetables, wholegrains, grass-fed meat, free-range chicken, low-mercury fish, healthy fats, homemade dips and sauces.

Our menu is meticulously designed to meet 100% of your child's daily vitamin and mineral requirements each day, as well as 75% of their daily energy needs, ensuring their nutritional well-being, while fuelling their champion, learning and creative mind.



## *Dear Families*

Welcome to the MindChamps 2025 Christmas Recipe Collection!

This special festive e-book is filled with delicious, child-friendly recipes designed to bring families together in the kitchen during the most wonderful time of the year.

From nutritious twists on Christmas favourites to simple treats little hands will love to help make, each recipe has been created with growing bodies in mind.

We hope these recipes inspire joyful moments and meaningful connections; while helping you celebrate the magic of Christmas with your family.

Thank you for being a part of the MindChamps family. Wishing you a all safe and merry Christmas season!

*with love. from MindChamps*

# VANILLA RUDOLPH BITES

**Dietary:** VEG, DF, NF **Allergens:** Wheat, Eggs **Age group:** 12 months+ **Serves:** 20 **Prep:** 30 mins **Cook:** 15 mins  
**Equipment:** High-speed food processor

## Ingredients

5 Medjool dates, pitted  
1 egg, whisked  
1 tsp (5ml) vanilla extract  
¼ cup (60ml) coconut oil, melted  
¼ cup (65g) apple puree (unsweetened)  
½ cup (50g) cauliflower, steamed and drained  
¼ cup (60ml) maple syrup  
1 cup (130g) wholemeal flour  
½ tsp baking powder  
¼ tsp baking soda

## Toppings:

50g dark chocolate (>70%), melted  
125g raspberries, rinsed and top cut off  
50g pretzels, broken in halves

**Storing leftovers:** Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.

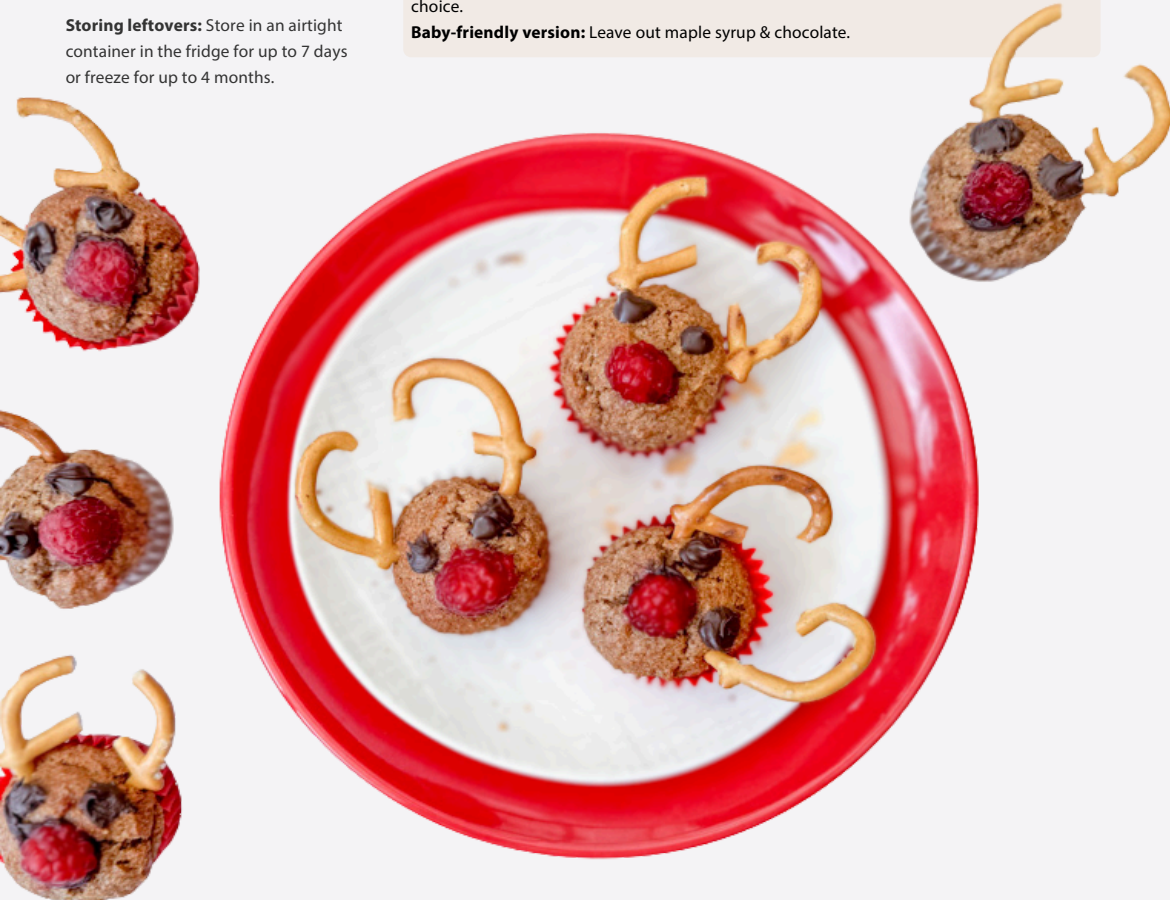
## Method

1. Preheat the oven to 180°C and line mini muffin trays with paper liners.
2. With the help of a food processor, combine the egg, vanilla extract, coconut oil, apple purée, steamed cauliflower, and maple syrup. Blend until silky smooth.
3. Add the wholemeal flour, baking powder, and baking soda to the wet mixture. Blend until a smooth batter forms.
4. Spoon the batter into the mini muffin liners, filling them ¾ full. Bake for 15 mins or until a skewer inserted into the center comes out clean. Let the muffins cool on a rack.
5. Once cooled, use a skewer dipped in melted dark chocolate to create three dots on the top of each muffin. Two dots form the reindeer's eyes, and the third acts as glue for a raspberry "nose."
6. Gently press two pretzel halves into the top of each muffin above the eyes to form Rudolph's antlers.

**Allergies:** For a gluten-free version: Swap wholemeal flour to a gluten-free flour. For an egg-free version: swap eggs for a store-bought egg-replacer.

**Easy ingredient swaps:** Swap maple syrup for honey. Swap apple puree for fruit puree of choice.

**Baby-friendly version:** Leave out maple syrup & chocolate.



# SNOWY CHRISTMAS FRUIT SLICE

**Dietary:** VEG, NF **Allergens:** Wheat, Eggs, Dairy **Age group:** 12 months+ **Difficulty level:** Beginner **Serves:** 30  
**Prep:** 15 mins (+30 mins soaking) **Cook:** 1 hour 10 mins **Equipment:** High-speed food processor, hand-held mixer

## Ingredients

### CAKE:

600g dried fruit of choice (sultanas, raisins, apricots, dates)  
1 cup (250g) unsalted butter, softened  
1 cup (150g) coconut sugar  
4 eggs  
1 ¾ cups (260g) wholemeal flour  
1 tsp (4g) baking powder  
¼ tsp (1g) baking soda  
1 tsp (5ml) vanilla extract  
½ tsp (1g) ground cinnamon  
¼ tsp (0.25g) all spice  
¼ tsp (0.25g) nutmeg

### CREAM CHEESE FROSTING:

1/3 cup (80g) unsalted butter, softened  
1 cup (250g) cream cheese, room temperature  
2 tbsp (40ml) maple syrup  
1 tsp (5ml) vanilla extract  
1 tsp (5ml) lemon juice  
¼ tsp (0.5g) lemon zest

**For a dairy-free version:** Swap butter with coconut oil and serve without the frosting.

**Easy ingredient swaps:** Swap dried fruit for unsweetened dried blueberries and cherries.

**Storing leftovers:** Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.

## Method

1. Place dates and dried apricots into a high-speed food processor and process until they reach a diced consistency. Add to a large bowl along with the raisins and cover with boiling water. Allow to soak for 30 mins. Drain and add back into the bowl.
2. Preheat oven to 160°C and line a baking dish with baking paper.
3. Place butter, sugar, eggs, flour, baking powder, baking soda, vanilla powder and spices into food processor, mix to combine.
4. Add the mixture into the bowl with the dried fruit and stir until well incorporated.
5. Spoon the batter into the prepared baking dish and bake in the oven for 30 mins or until a cake tester comes out clean.
6. Allow to cool in cake tin for 20 mins before turning onto a wire rack and cool completely.
7. To make the cream cheese frosting, add butter and cream cheese into a medium-sized bowl and using a hand mixer, whip until smooth and creamy.
8. Add in maple syrup, vanilla, lemon juice and zest and whip until well combined and creamy. Refrigerate frosting for half an hour to firm up if it seems a bit runny.
9. Use to frost completely cooled fruit cake.





## FESTIVE FLAVOURS, CREATIVE PLAY

Food is a language of its own. It carries memories, bridges cultures, and ignites imagination. At MindChamps, we nurture positive food experiences that inspire enjoyment and open doors to new flavours, helping children embrace the world one bite at a time.

**Food can be a wonderful subject for art experiences—especially when tied to festive traditions from around the world. By incorporating food with creativity, children not only explore shapes and colors but also learn about cultural stories and celebrations.**



*Fill me with fun*

# CHEESECAKE & STRAWBERRY SANTA HATS

**Dietary:** NF, VEG, GF **Allergens:** Dairy, Eggs **Age group:** 12 months+  
**Serves:** 30 **Prep:** 20 mins **Cook:** 30-35 mins **Equipment:** High-speed food processor

## Ingredients

### BASE

2 ½ cups (400g) wholemeal flour  
1 cup (150g) coconut sugar  
¾ cups + 2 tbsp (150g) unsalted butter, softened  
2 eggs

### FILLING

500g cream cheese  
2 eggs  
2 tbsp (60g) sour cream  
1/3 - ½ cup (~100ml) maple syrup  
1 tsp (5ml) vanilla extract

### TOPPING

260g Greek yoghurt, unsweetened  
500g strawberries (30), rinsed

## Method

1. Preheat oven to 180°C (160°C fan) and grease and line a 24x32cm baking dish with baking paper.
2. Place all base ingredients into a processor and process until a dough forms.
3. Press the dough firmly into the baking dish using a spoon or spatula.
4. To make the filling, place cream cheese, eggs, sour cream, maple syrup and vanilla into the processor and process until smooth.
5. Pour the mixture over the base.
6. Bake for 30-35 mins or until the edges are golden brown but there is still a wobble in the middle of the bake.
7. Allow to cool completely before transferring to the fridge for a couple of hours or overnight.
8. Cut into small squares, then top each square with a dollop of yoghurt.
9. Cut off the greens of the strawberries and place strawberries on top of the yoghurt. Top with a little more yoghurt so it resembles Santa's hat.

**Allergies:** For a gluten-free version: Swap wholemeal flour for 1 ½ cups of seed meal plus ½ cup cornflour. For an egg-free version: Swap egg for a store-bought egg replacer. For a dairy-free version: Swap yoghurt for whipped coconut cream.

**Prep tips:** Best to prep a day ahead and set in the fridge overnight.

**Steps for children:** Children can measure out ingredients and add to the processor. Children can help make & add the strawberry santa hats.

**Storing Leftovers:** Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.





## SANTA'S VEGGIE TIC TAC TOE

At MindChamps we encourage children to explore food with all their senses. Taste is just part of experiencing food.

By touching, smelling, listening and looking, children build familiarity and appreciation for different foods in a fun, pressure-free way.

Can you incorporate some Christmas colours or themes in vegetable play? Try our tic-tac-toe idea below!

**Play vegetable tic-tac-toe using green beans, asparagus, or celery for the board, and cherry tomatoes and peas as the noughts and crosses.**



# JOLLY GINGER COOKIES

**Dietary:** V, VEG, DF, EF, NF **Age group:** 12 months+ **Serves:** 25 **Prep:** 25 mins (+ 30 mins refrigeration)

**Cook:** 15-20 mins **Equipment:** High-speed food processor

## Ingredients

2 cups (320g) wholemeal flour  
1 cup (140g) pumpkin or sunflower seeds  
1 tsp (4g) baking powder  
2 tsp (5g) ground ginger  
1 tsp (3g) ground cinnamon  
½ cup (75g) coconut sugar  
1/3 cup (90g) apple sauce, unsweetened  
1/3 cup (80ml) coconut oil, melted  
2 tbsp (40ml) maple syrup

### Optional Toppers

Pumpkin seeds, sunflower seeds, buckwheat grouts, dark chocolate chips, quinoa puffs, dried fruit of choice (blueberries, raisins, cranberries, apricots etc.)

## Method

1. Preheat the oven to 160°C and line two large baking trays with baking paper.
2. In a high-speed food processor, blend the wholemeal flour, pumpkin/ sunflower seeds, baking powder, ginger, and cinnamon until the seeds reach a fine meal consistency.
3. Add coconut sugar, apple sauce, melted coconut oil, and maple syrup to the dry mix. Process or knead by hand until the dough forms a smooth, slightly sticky consistency. Kids can help shape it into a ball! Refrigerate dough for 30 mins.
4. Divide dough into two portions. Roll each portion on a lightly floured clean surface to about 3-4mm thickness – perfect for little chefs to help flatten and shape.
5. Use gingerbread man cookie cutters to make fun shapes. Let kids get creative by decorating the cookies with dried fruit, seeds, or dark chocolate chips.
6. Place cookies on the prepared trays and bake for 15-20 minutes or until golden. The cookies will be soft when they come out but will firm up as they cool on the tray.

**Prep tips:** For a special treat, drizzle some of the cookies with melted dark chocolate or make cookie sandwiches with berry chia jam in the middle.

**Allergies:** For a gluten-free version: Swap wholemeal flour to a gluten-free flour or seed meal.

**Easy Ingredient Swaps:** Swap maple syrup for raw honey.

**Storing leftovers:** Store in an airtight container in the fridge for up to 2 weeks or freeze for up to 4 months.





## STAMPED WITH HOLIDAY CHEER

Sensory play is more than just messy fun—it's a powerful way for children to learn and grow. By combining food and paint, little ones can explore textures, colours, and smells in a safe, creative environment.

Whether it's painting with vegetable stamps, finger-painting with edible colours, or exploring the squish of peas and the crunch of celery, these activities spark curiosity and imagination.

**Make festive stamps by cutting apples or potatoes in half and carving simple shapes into them. Dip in paint and press onto paper to create colourful, homemade wrapping paper full of holiday cheer.**



# GINGERBREAD GUMMIES

**Dietary:** NF, DF, GF, EF **Age group:** 12 months+ **Serves:** 15

**Prep:** 10 mins (+ 20-25 mins to set in freezer) **Cook:** 2 mins **Equipment:** High-speed food processor

## Ingredients

- 1 cup (265g) Medjool dates
- 3 tbsp (30g) gelatine powder
- ½ cup (125ml) filtered water
- 1 cup (250ml) coconut cream
- ¼ cup (60ml) maple syrup
- 1 tsp (5ml) vanilla extract
- ½ tsp (1g) ground cardamom
- ½ tsp (1g) ground cinnamon
- ¼ tsp (0.5g) ground clove

## Method

1. In a small bowl, blend gelatine powder with ½ cup water and allow to set.
2. In a small saucepan, add coconut cream, maple syrup, vanilla extract and spices and heat over medium heat.
3. Add in the gelatine mixture and stir using a spoon.
4. Blend well until the gelatine has dissolved into the mixture.
5. Pour the mixture into a small baking dish lined with baking paper or Christmas moulds of choice.
6. Allow the gummies to set in the fridge or place in the freezer for 20-25 mins to firm quickly.

**Prep tips:** Use Christmas cookie cutters to cut out funny shapes once the gummies have set.

**Easy ingredient swaps:** Swap coconut cream for full cream. Swap maple syrup for honey.

**Storing Leftovers:** Store in an airtight container in the fridge for up to 14 days or freeze for up to 4 months.



# SPICY PEAR CHRISTMAS LOAF

**Dietary:** NF, VEG **Allergens:** Wheat, Eggs, Dairy **Age group:** 12 months+ **Serves:** 16 **Prep:** 15 mins **Cook:** 50-60 mins

**Equipment:** High-speed food processor

## Ingredients

2 cups (280g) wholemeal flour  
1 tbsp (15g) flaxseed meal  
1 tsp (4g) baking powder  
½ tsp (2g) baking soda  
2 tbsp (16g) ground ginger  
1 tsp (2g) ground cinnamon  
¼ tsp (0.5g) ground all-spice  
1 tbsp (20ml) olive oil, melted  
2 large eggs  
¾ cup (180g) natural yoghurt  
½ cup (125ml) raw honey  
½ cup (125ml) milk of choice  
1 tsp (5ml) vanilla extract  
1 (120g) grated pear

### Optional Topper

½ pear (60g), sliced into Christmas tree shapes

**Storing Leftovers:** Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

## Method

1. Preheat oven to 160°C and line a 10x 22cm loaf tin with baking paper.
2. Place all ingredients (except for the pear) into a high-speed food processor and process until smooth.
3. Gently stir through grated pear and spoon the batter into the prepared loaf tin. As an optional addition, top with pear Christmas tree slices.
4. Bake in the oven for 50-60 mins or until a cake tester comes out clean.
5. Allow to cool in the tin for approximately 10 mins before transferring to a wire rack.
6. Cut into slices or squares and enjoy!

**Allergies:** For a dairy-free version: Swap yoghurt and milk with calcium fortified dairy-free alternatives such as soy, oat or coconut milk and yoghurt. For a gluten-free version: Swap wholemeal flour with brown rice flour. For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).

**Easy ingredient swaps:** Swap pears for apples. Swap for honey for maple syrup.

**Baby-friendly version:** Leave out honey. Serve mashed or in finger food-sized pieces.

**Prep tips:** To save time, swap grated pear for an unsweetened pear puree.





MindChamps®

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For enquiries please call 1300 646 324