



Festive food ideas

The end of the year is a time for celebrating!

When providing food, try some of these 'everyday' food ideas which have a festive twist:

- **Melon sliced with cutters** into star or Christmas tree shapes – use the leftovers in a smoothie
- **Frozen bananas** on an ice-cream stick rolled in low-fat yoghurt 'snow.'
- **Fruit kebabs** using green and red fruits for example kiwi fruit, green apples, chopped grapes, strawberries and watermelon
- **Raw or fresh vegetable kebabs** using green and red vegetables for example chopped cherry tomatoes, capsicum, snow peas, cucumber
- **Mini pizzas** made with English muffins and topped with green and red vegetables for example zucchini, red and green capsicum, chopped cherry tomatoes, spinach and cheese
- **Fruit or vegetable pikelets** or scones served on festive plates
- **Cups of low-fat yoghurt 'snow'** topped with chopped fresh or tinned fruit or berries
- **Dips** for example hommus, tzatziki, guacamole served with biscuits, cheese and sliced red and green vegetables for example capsicum, cucumber and celery
- **Fruit or vegetable muffins** in festive paper cases. For a bit of extra Christmas cheer, top with light spreadable cream cheese and strawberries or raspberries.
- **'Snowmen'** –spread a pikelet with cream cheese, top with raisins for eyes, melon for the nose and a piece of capsicum for the scarf
- **Freeze fruit icypoles** – mix watermelon or kiwi fruit with apple juice fruit punch: by mix soda water with pineapple juice, chopped strawberries, kiwifruit, grapes, pineapple and mint



Drinks: Always have cold water available. Or for something different, try unflavoured soda or mineral water.