



Family holiday baking



Winter break is certainly an exciting time for kids! This holiday season, why not get your child involved in baking some healthy treats.

- Use dates, figs, and banana's to sweeten fruit cakes and muffins with natural sugar.
- Add whole wheat, spelt, multi grain flour, and flax seeds to cake mixes or puddings to boost fiber intake.
- Experiment making Christmas lighting and trees with dark chocolate covered fruit, and honey glazed nuts as ornaments.

Gathering ingredients for the recipe

Gathering ingredients like bowls, pie plates, measuring spoons and ingredients is a task that can be done by most children, with a little help reading any complicated ingredients.

Stirring the sauce or pudding!

This is a great step to get kids involved in. They enjoy stirring anything from cake batters to home-made sauce, so giving them this responsibility will keep them busy and leave you time to focus on the more complicated preparation steps.

Rolling the dough

Teach children how to work the dough into pie plates or use cookie cutters to make some fun shapes.

Decoration time!

This one's probably a favourite for kids of all ages. Let their creativity come to life with some edible cookie decorations and icing pens.

December

WE WHISK YOU A MERRY CHRISTMAS!



Seek support

from a Dietitian near you:
www.dietitians.ca/find

Some holiday themed recipes:

- [Christmas Snacks](#)
- [Fun holiday treats](#)
- [Strategies to eat healthy](#)
- [Healthy party foods](#)

- 1) Nourish Interactive. Retrieved from <http://www.nourishinteractive.com/free-healthy-recipes/category/29-holiday-themed-recipes-kids>
- 2) Nutrition Tools and Resources. U.S. Department of Health and Human Resources. Retrieved from <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-eat-healthy.pdf>
- 3) Eat Well and Be Active Presentation. Health Canada. Retrieved from <https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/educators-communicators/eat-well-active-educational-toolkit/well-active-presentation.html>