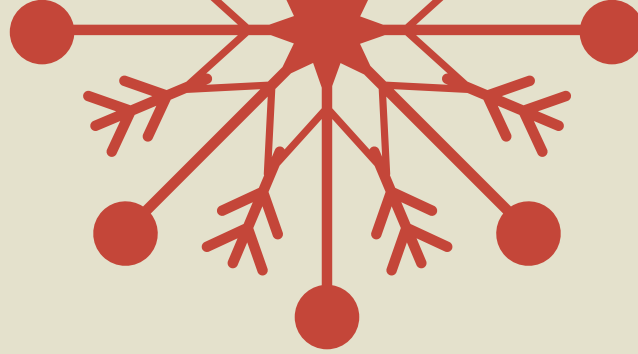




Christmas Stories



by Debbie Mauridou



Christmas in Brussels

These superfood chocolate bites make a healthy and easy homemade Christmas gift idea that's so easy that even kids could make. So quick to make and delicious to eat, these chocolate bites are suitable as a healthy snack for our little superheroes. For the big heroes, a glass of red wine or brandy is a perfect combination for those cold winter nights

Enjoy your trip to Brussels





Ingredients

250gr. dark chocolate

2 tbsp peanut butter or almond butter

Unsalted nuts (pecans, almonds, cashews, walnuts, pistachios)

Dried fruits (black currants, cranberries, goji berries, king dates)



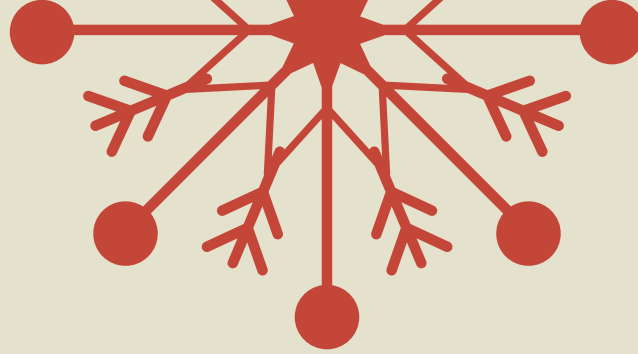


Preparation

1. Melt 200gr of the dark chocolate in a heatproof bowl set over a pan of boiling water (bain-marie). Don't let the base of the bowl touch the water.
2. Chop the rest 50gr of the chocolate into smaller pieces.
3. When the chocolate melts, add the rest 50gr. chopped chocolate and remove the bowl from heat.
4. Stir with a spatula until smooth.
5. Drop small spoonful of the chocolate into a silicone tart tray or cupcake cases, swirling it around with the spoon to cover the bottom of each cup. Pour some drops of peanut or almond butter over each chocolate.
6. Place 3 or 4 small pieces of mixed nuts and dried fruits in the middle of each chocolate button.
7. Once finished, place the chocolate buttons in the fridge to set for 10 to 15 minutes.
8. Once set, remove from the fridge, pop out of the molds, and store in an air-tight container.

Enjoy!





Christmas in Vienna

A quick and healthy cake with oats, bananas, and cinnamon is ideal for those who pay attention to their diet. It is one of the easiest cakes you can make because it only takes a few minutes to prepare.

It is low in calories and you can enjoy it as an intermediate snack either in the morning or in the afternoon with your coffee or tea. The aroma of cinnamon in combination with dried fruit is reminiscent of Christmas in Vienna.

Enjoy your trip to Vienna





Ingredients

1 cup of oat flakes

1 cup of whole wheat flour

1 ripe banana

3 eggs

1/2 cup sunflower oil

1 cup of almond milk without added sugar

1/2 cup of brown sugar

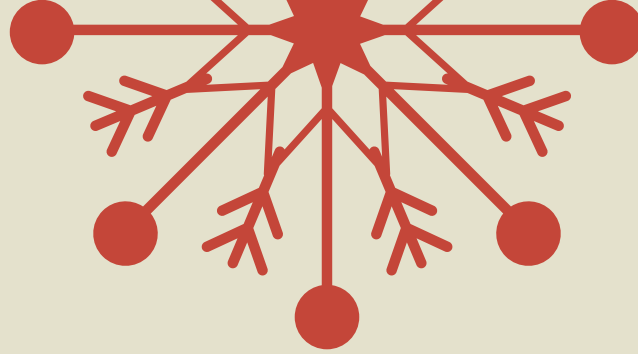
1/2 tsp. salt

1/2 tbsp. cinnamon

1 vanilla

2 tbsp. black currants & cranberries





Preparation

1. First, preheat the oven to 170 degrees.
2. Beat the banana in the mixer until it becomes creamy and throw it in a bowl.
3. Break the eggs and throw them in the bowl and stir until they become a mixture.
4. Then add the sunflower oil, almond milk, brown sugar, salt, vanilla, baking powder, raisins with cranberries and cinnamon and stir constantly until all ingredients become one.
5. Then beat the oat flakes in the mixer until they become flour.
6. Slowly add the oatmeal and wholemeal flour to the mixture and mix until smooth.
7. Pour the final mixture into a buttered pan with a diameter of 18-20cm. and bake at 170 degrees for 45 minutes.

Enjoy!



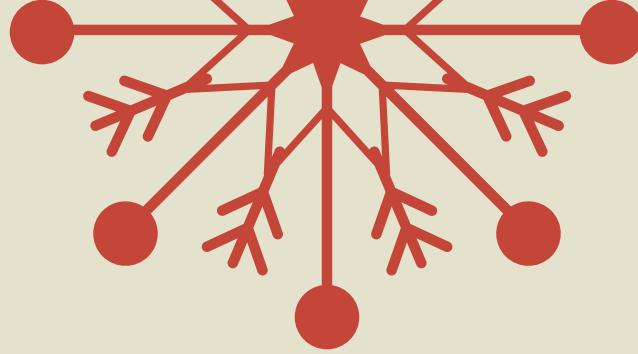


Christmas in Stockholm

These Christmas chocolate brownies are very special. They are packed full of superfood loveliness to give you the power and ginger spiciness to activate your metabolism. It's a healthy sweet because all the ingredients are superfoods. The taste of these brownies reminds me of beautiful Stockholm. I'm sure that they will be your favourite ones too.

Enjoy your trip to Stockholm





Ingredients

100gr. dark chocolate, broken into pieces

50gr. dried dates

150ml. just-boiled water

50gr. ground almonds

50gr. ground hazelnuts

50gr. pistachios

50gr. goji berries

30gr. cranberries

20gr. sunflower seeds

50gr. cocoa powder

1tbsp. ground cinnamon

1tbsp. ground ginger

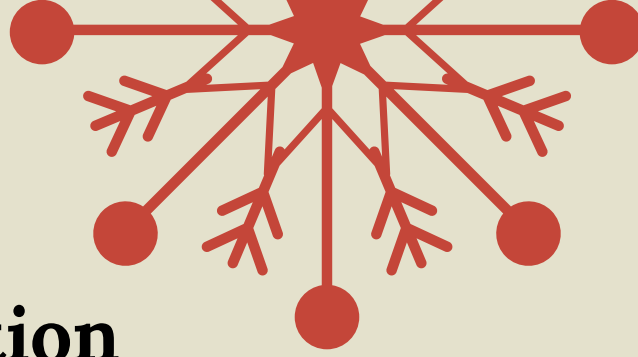
pinch salt

5tbsp. melted coconut oil

1tsp. vanilla extract

3tbsp. honey or maple syrup





Preparation

1. Soak the dates in the hot water for 90 minutes.
2. In a mixing bowl, thoroughly mix the ground almonds, ground hazelnuts, cocoa powder, ground cinnamon, ground ginger, and salt.
3. Using a blender, blitz the dates with the soaking water, melted coconut oil, vanilla, and 2 tablespoons of honey or maple syrup until smooth.
4. Stir the wet mixture into the dry mixture.
5. Next add the pistachios, goji berries, cranberries, and sunflower seeds. Taste and add more honey or maple syrup if you want it sweeter.
6. Pour the mixture into a 15x22cm baking dish and smooth over with a wet spatula.
7. Melt the chocolate in a heatproof bowl over a pan of boiling water (bain-marie). Don't let the base of the bowl touch the water.
8. Using a spoon, drizzle the melted chocolate over the mixture in the baking dish and put it in the fridge until set.
9. Once set, remove from the baking dish and cut into pieces with a sharp knife.
10. You can store it in a sealed container in the fridge for up to 6 days.



Enjoy!





Enjoy

*Seasons Greetings from
all of us at EatwithD*



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