# Christmas themed foods

**Candy cane breakfast treat**

A fun and simple festive breakfast or snack idea that is great for kids and adults in the Christmas season is this banana and strawberry treat!

It is so easy that all you need is bananas and strawberries.Slice these up into fairly equal sizes.

Shape these slices into the shape of a candy cane, and your done!

You can serve this alone, or with your favourite yogurt, nuts or other breakfast foods.

What a healthy treat that can be fun to make (get the kids involved!), is great on the eyes, and is yummy!

**Christmas tree brownies**

Why not serve up some yummy, healthy brownies at Christmas with this festive twist!

Make the brownies, and top with ganache if desired. My recipe for yummy and nutritious (and gluten/grain/dairy/egg free & low FODMAP) brownies can be read here.

Then slice the brownies into small triangles.

Gently push small pieces of the straight part of a candy cane into the bottom part of the brownie tree.

I used pre-made icing and drew tinsel on top of the ganache. You can choose any colour icing.

Sprinkle the top with sprinkles. My nephew helped me in this step – didn't he do a great job?!

**Red and green ice cream**

When making a yummy banana ice cream with my recipe that can be found here, why not be extra merry and make them green and red?!
Make the basic banana ice cream –> 1 – 1 1/2 frozen banana per person, blended, with optional cinnamon, coconut milk, or vanilla extract.

Split this in half.

Add to one portion, spinach, avocado and/or mint leaves, and blend.

To the other portion, add strawberries and/or raspberries, and

blend.