

THE ENRICHMENT PROJECT

Badge Program

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Christmas Recipes

Feasts have played a large part in winter solstice celebrations. This has carried over to Christmas traditions. Each family / culture has their own recipes. Why not explore what others make and try something new this year?

CHRISTMAS RECIPES

Steps

1. Christmas Eve or Christmas.

The foods you choose may change depending on when you serve them. On Christmas Eve, we typically serve appetizers and light foods so if anyone visits, we have something for them to enjoy. On Christmas, my family normally does a late lunch together, but we have experimented with family breakfast as well. Do you celebrate the eve, morning, or day? Look at what foods you would serve depending on your choice.

2. Cookies.

When I think of Christmas, cookies immediately come to mind. We try to make personal favorites. Make a list of cookies you make during the holidays. Find if there are others you might want to add or some you want to take out of your list. Make sure you have copies of your cookie recipes to share in case someone wants to try yours!

3. Candy.

While this is not high on our Christmas list, I know families that make candies during the holidays. Candies can be given as gifts or served as a small sweet treat after a filling meal. What candies do you make? If you don't make candies, check out a few recipes and see if perhaps this is something you'd like to try.

4. Peppermint.

The red and white striped candies are very popular during the holidays. They might be candy canes or wrapped candies. Try using peppermint in your hot chocolate, cookies or even use them as part of your crafting fun.

5. Ornaments.

Ornaments can be made with salt dough, cinnamon dough, gingerbread dough and more. Before you experiment with making ornaments with dough and cookie cutters, make sure no one in your house has a problem with the ingredients. For example, my sister gets migraines from the overpowering scent of cinnamon, so we don't use this when we make ornaments.

6. Special drinks.

What is your favorite drink around Christmas? Here's a few to start with. If you haven't tried one of these, do so.

- Hot chocolate
- Mulled wine
- Specialty coffee
- Spiced tea
- Warm eggnog
- Wassail



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7. Stollen, fruitcake and more.

When I was growing up, we called this dessert nut or poppy seed roll (depending on the filling in the roll). My husband called it stollen. It's interesting that our families made the same thing but called it different names. This is one of our desserts that we only made for Christmas. Some people make fruitcake as a special Christmas treat. Perhaps gingerbread cookies and houses are your chosen fun. Do you have a favorite family dessert for Christmas? Can you adjust an everyday dessert to make it special?

8. Recipe cards.

Create recipe cards or even a recipe book of your traditional recipes to hand down to your kids. Ask your entire family to participate in this tradition.

Sites to Explore

en.wikipedia.org/wiki/List_of_Christmas_dishes

www.parents.com/holiday/christmas/recipes

www.kidspot.com.au/christmas/subsection+647+Christmas-recipes-Christmas-kids-cooking.htm

www.kraftrecipes.com/recipes/holidays-and-entertaining/holidays/christmas/christmas-dinner-menu.aspx

www.myrecipes.com/holidays-and-occasions/christmas-recipes/traditional-christmas-dinner-menus

www.parents.com/holiday/christmas/recipes

theimaginationtree.com/2011/12/easy-salt-dough-ornaments.html

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