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***3<sup>ο</sup> Δημοτικό Σχολείο Αμαλιάδας***  
***3<sup>rd</sup> Primary School Of Amaliada***  
***Greece***

***Heritage Recipes***  
***“The Christopsomo ”***







Σταρίκις  
ΥΕΥΣΕΙΣ  
ΛΕΥΚΟΙ ΜΑΚΕΔΟΝΙΚΟΙ  
ΦΥΣΙΣΤΕΡΕ ΠΡΟ ΟΙΚΟΝΟΜΙΑΣ ΟΡΓΑΝΙΣΜΟΣ





















Christopsomo literally means "Christ's Bread", which we make a few days before Christmas. Making Christopsomo is a tradition that dates back thousands of years and is considered sacred in Greece. For the Greeks, making this Christmas bread is like making an offering to Christ. We make this offering with special care and love. We feel it will strengthen the wellbeing, health and happiness of our household. Traditionally the lady of the house makes the bread. She mixes wonderful ingredients like walnuts and raisins into the dough. To make the bread sweeter she adds some sugar or honey.