

happy&healthy
*Christmas
Recipes*





Berry Parfait

Ingredients

BERRY COMPOTE

400g mixed frozen berries

2 tbsp honey

1 tablespoon lemon juice

PARFAIT

Greek Yoghurt

Vanilla extract

Berries of choice.

You can add some chopped
mango if you like

Toasted nuts like pistachios for
the green colour

Method

- Starting with the compote, place the frozen berries, honey, and lemon juice in a saucepan. Slowly bring up to the boil and simmer for about 15 -20 minutes until the syrup is reduced and sticky. Stir regularly. Set aside to cool completely.
- Mix vanilla extract into yoghurt. Spoon a layer of compote at the bottom of a beautiful glass bowl, OR you can use 6 glasses. Follow with a layer of yoghurt, then some fruit. Add some more yoghurt, then compote, then fruit and finish with a dollop of yoghurt.
- Top with toasted nuts.

PREP: Compote can be made in advance, nuts can be chopped (toasted if you like), and yoghurt can be mixed with vanilla.



Gingerbread Granola

Ingredients

3 cups rolled oats
1 cup desiccated coconut
1 1/2 cups coconut flakes
3/4 cup sunflower seeds
1 1/2 cups pecan nuts, roughly chopped
1/2 cup walnuts, roughly chopped
3 1/4 tsp ground ginger
2 tsp ground cinnamon
1 1/2 tsp mixed spice
Generous pinch of salt
1/2 cup + 1 tbsp olive oil
1/3 cup honey, maple syrup or monk fruit
1/4 cup molasses
3 tbsp water
Dried berries of choice

Method

- Preheat oven to 160°C.
- Combine all dry ingredients in a bowl.
- Mix together to ensure that the spices are evenly distributed.
- Heat olive oil, honey, maple syrup, and water together (or just use boiling water). Add warm liquid mixture to oats mixture and lightly toss together, ensuring that everything is well coated.
- Spread the mixture out onto a large (or two smaller) baking sheet.
- Bake until the granola is golden, turning it over several times. Add berries.
- Cool completely.



Shakshuka

Ingredients

30ml (2 tbsp) olive oil
125g spicy chorizo sausage, sliced
1 onion, finely diced
1 clove garlic, minced
1 tsp paprika
2 tsp ground cumin
½ tsp dried red chilli flakes
1 tin chopped tomatoes
125ml tomato passata
100ml stock of choice
400g tin chickpeas, rinsed and drained
4 free-range eggs
125ml (½ cup) Greek yoghurt
handful of chives, roughly chopped
Toasted sourdough (optional)

NOTES : For a vegetarian option, replace the chorizo with red peppers or aubergine. The chickpeas can be replaced with lentils. The shakshuka can be prepared in advance. When ready to use re-heat the sauce, crack in the eggs and serve with the yoghurt.

Method

- Heat 1 tbsp of olive oil in a large-based pan and fry the chorizo over a high heat until the pan oil turns red, about 2-3 minutes. Remove and set aside until later.
- Turn the heat down and add another tbsp of oil to the pan along with the onions. Sauté until softened, 8-10 minutes.
- Stir in the garlic and spices and cook for another 2 minutes.
- Stir in the chopped tomatoes, passata, stock, salt and pepper. Cover and simmer for about 20 -25 minutes until the sauce thickens and reduces.
- Add the chorizo back into the sauce along with the chickpeas and heat through.
- Make 4 hollows in the sauce with the back of a spoon and carefully break the eggs into each.
- Cover with a lid and cook the eggs to your liking.
- Swirl the yoghurt over the top and scatter with chives, or serve the yoghurt separately.
- Serve (with sourdough toast).



Tuna, basil & caper pâté

Ingredients

1 tin of solid packed tuna in olive oil or brine drained
A handful of basil leaves
Several sprigs of flat leaf parsley, destalked & chopped
Zest of half a lemon
Squeeze of lemon juice
1 tsp capers drained - if salted, rinsed
3 tbsp cream cheese
2 tbsp butter softened
1 tbsp good quality mayonnaise
Salt and pepper

Method

- Blend together the tuna, herbs, lemon zest, juice & capers.
- Add the cream cheese, butter, mayo, salt and pepper, then blend again until the mixture is really smooth and creamy.
- Cover & chill until ready to serve.
- Serve with vegetable crudité's and/or thin slices of toasted sourdough or top on cucumber slices or fill mini peppers or stuff baby tomatoes.
- Garnish with extra parsley and a wedge of lemon.



Sardine pâté

Ingredients

1 tin sardines in olive oil (drained weight 100g)
3 or 4 firm tomatoes (different coloured ones if available) cut into 1.5 cm slices
1 tbsp olive oil
100g cream cheese
Small bunch of spring onions, finely chopped or 1 shallot 1 tbsp finely chopped
2 tbsp capers finely chopped
flat leaf parsley (reserve some for garnish)
1 tsp fresh lemon juice zest of 1/2 a lemon
pinch of chilli flakes or cayenne pepper
Sea salt

Method

- Mix together the cream cheese, spring onions, capers, parsley, pepper/chilli & salt.
- Drain the sardines (save some of the oil for drizzling on top). Mash the sardines with a fork until you have a chunky texture, and then stir into the cream cheese mixture.
- Heat a large non-stick pan, add olive oil, and pan-fry the tomato slices. Don't overcook them, as they will become soft and mushy.
- Spread the tomato slices on a platter, dollop some pâté on each slice.
- Sprinkle with reserved parsley and drizzle with a little bit of the sardine olive oil.



Slow cooked turkey leg

Ingredients

900 g turkey leg
1 tsp salt & 1 tsp pepper
1 tbsp dried thyme or 2 tbsp fresh
2 -3 bay leaves
1 tsp cayenne powder
8 - 10 cloves of garlic
2 tbsp olive oil
3 med onion cut into wedges
2 tbsp honey
150 ml stock

Method

- Preheat oven to 190°C.
- Season turkey leg with salt and pepper.
- Heat a heavy bottomed, oven proof. casserole with oil and brown the turkey leg
- Add onions, garlic, cayenne , honey and thyme Cook for 2 minutes stirring gently and then deglaze with the stock.
- Add bay leaves.
- Cover & cook in oven for 190°C for 4-5 hours or 150°C for 6-8 hours.
- Baste regularly with juices.
- Check seasoning when cooked.
- Turkey meat should fall apart easily.
- Transfer to a serving platter & shred with 2 forks.



Whole roasted turkey

INGREDIENTS

1 x 5- 5.5kg turkey at room temperature and patted dry with paper towel
 1 onion peeled & quartered
 1 lemon quartered
 1 apple quartered
 1 punnet each rosemary, thyme and sage (for herbed butter and stuffing turkey)

HERBED BUTTER:

1 cup butter softened
 salt and pepper
 6 - 8 cloves minced garlic
 freshly chopped herbs

METHOD

- Preheat the oven to 200°C.
- Make herb butter by mixing together butter, garlic, salt, pepper, 1 tbsp chopped rosemary, 1 tbsp chopped thyme, and 1/2 tbsp chopped sage.
- Season the cavity of the turkey with salt and pepper and stuff with onion, lemon, apple, and leftover herbs. Using your fingers, carefully loosen and lift the skin above the breasts and smooth a few tbsp of herb butter underneath.
- Tuck turkey wings underneath the turkey and place them on a roasting rack inside a roasting pan.
- Baste the turkey with the remaining herb butter (melt it slightly).
- Roast at 200°C for 15 minutes and then turn the temperature down to 180°C. Baste with juices.
- Cooking time is about 2 and 1/2 hours, but ovens and altitudes vary.
- If it is cooked, the juices will run clear.
- Once cooked, remove from oven, cover and let it rest for 20 - 30 minutes before carving.

Carrots with toasted walnuts in orange juice

Ingredients

300g fresh baby carrots, peeled
(the heirloom ones are lovely)
2 large ripe oranges
100g chopped walnuts
50g butter or use olive oil
Salt and pepper
Parsley leaves

Method

- Preheat the oven to 180°C.
- Zest one of the oranges.
- Squeeze juice from both.
- Place carrots, nuts and zest in an ovenproof dish and pour the orange juice over.
- Dot the carrots with butter or drizzle over olive oil.
- Season appropriately.
- Cover and bake at 180°C until tender.





Sweet potato wedges with dukkah, goat's cheese and fresh herbs

INGREDIENTS

2 large sweet potatoes cut lengthways into about 2 cm thick wedges
Olive oil
Goat's cheese or feta cheese
1 large handful each of flat leaf parsley & mint, roughly chopped
Dukkah (store bought or)
1/2 cup almonds toasted
2 tsp sesame seeds
1 tsp chilli flakes
1 tsp coriander seeds
1 tsp cumin seeds
salt & pepper

METHOD

- Preheat oven to 200°C.
- Arrange sweet potatoes on a large baking tray and drizzle with olive oil and season.
- To make the dukkah, dry fry the sesame seeds, chilli, coriander and cumin seeds on low heat until the sesame seeds are lightly toasted and the spices fragrant. Using a mortar and pestle, crush the toasted almonds, sesame seeds, chilli and spices until coarsely ground, or you can grind them in a spice or coffee grinder.
- Season with salt and pepper.
- Transfer the roasted sweet potato onto a serving plate.
- Crumble over the cheese, sprinkle with dukkah and scatter with herbs.



Roasted caramelised butternut salad

Ingredients

600g Butternut or pumpkin, peeled
Olive oil
1 Avocado, sliced
Feta
Pumpkin, sunflower, black sesame seeds, toasted
Small handful of wild rocket
Knob of butter
Ground cumin, cinnamon and fresh or dried thyme
Salt & Pepper
Microherbs for garnishing
DRESSING
10 ml olive oil
10 ml fresh lemon juice
1/3 cup Greek yoghurt
10 ml honey / 2tsp xylitol
salt and pepper

Method

- Preheat oven to 180°C.
- Cut butternut/pumpkin into desired shape and size.
- Drizzle with olive oil and season with cinnamon, cumin, thyme, salt & pepper.
- Dot with butter and roast until butternut begins to brown on the edges (toss halfway through cooking).
- Combine dressing ingredients and refrigerate until required.
- Arrange butternut/pumpkin on a serving platter.
- Top with sliced avocado and feta.
- Drizzle with olive oil and sprinkle seeds on top.
- Garnish with rocket and microherbs.
- Serve the dressing on the side or drizzle a bit over the top.





Walnut quinoa salad with spicy butternut & miso tahini dressing

Ingredients

500 g butternut or pumpkin chunks
500 g sweet potatoes skin on & roughly chopped
3 large carrots cut into batons
2 red onions sliced into wedges
Olive oil for roasting
1/2 tsp mixed spice
1/4 tsp chilli flakes
1/2 tbsp warm honey/xylitol
1 cup cooked quinoa handful of each chopped parsley and mint
1/2 cup toasted walnuts
1/3 cup dried cranberries or sour cherries roughly chopped
Zest of 1/2 a lemon plus 3 tbsp of lemon juice 2 tbsp olive oil

DRESSING:

2 tbsp tahini
1 heaped tbsp miso paste
3 tbsp Greek yoghurt
1/4 cup water
Pepper

Method

- Preheat oven to 200°C.
- Drizzle veggies with olive oil and season with salt, pepper, spices and chilli.
- Roast until cooked.
- Drizzle honey over and roast for another 5 - 10 minutes.
- Combine quinoa with herbs, walnuts, cranberries, and lemon zest.
- Pour over lemon juice and olive oil. Season. Spread quinoa on a platter and top with roast veggies. Drizzle with miso dressing.
- PREP: Cook quinoa and reheat or bring to room temperature before assembling.
- Roast veggies until just cooked and then roast with honey before assembling.
- Dressing can be prepped and kept in the fridge until ready to use.
- Serve the salad warm or at room temperature.

Note: The salad can be used as stuffing for your turkey or chicken.



Beetroot & lentil salad

INGREDIENTS

2 small bunches of beetroot,
cooked/roasted & quartered
1 tin lentils rinsed & drained
Small packet of radishes or halve
bigger ones
1 tbsp olive oil
Packet of rocket
Roasted pumpkin seeds
Toasted walnuts
Crunchy chickpeas (optional)*
Hummus (homemade or store-
bought) or a bean purée (optional)
Salt & pepper

DRESSING

2 tbsp apple cider vinegar
3 tbsp lemon juice
3 tbsp olive oil
2 tsp honey/xylitol
1 tsp dijon mustard salt & pepper

METHOD

- Preheat oven to 200°C.
- Drizzle the radishes with olive oil, season and roast for about 20 minutes.
- Whisk together all the dressing ingredients.
- Combine beetroot, lentils, cooled radishes, and rocket. Pour enough dressing over and toss to coat.
- Pile onto a platter, and before serving, top with crispy chickpeas (if using), pumpkin seeds and walnuts.
- If using hummus or bean purée - spread onto a platter and then pile the salad on top and scatter with chickpeas, pumpkin seeds and walnuts.

PREP :

Everything can be prepared in advance, then brought to room temperature and assembled.

For a warm salad - reheat radishes, beetroot and lentils, dress and then top with rocket, chickpeas, pumpkin seeds, and walnuts or pile warm salad on top of hummus or purée.



Romesco Sauce

Ingredients

120 g (3/4 cup) roasted red peppers (you can either roast the peppers yourself or buy them in a jar)

50 g tomato paste

40 g blanched almonds

1 garlic clove

1/4 tsp cayenne pepper

1/4 tsp chilli flakes

1 tsp paprika (optional - smokey flavour)

1 tsp xylitol

handful flat leaf parsley

1 tbsp red wine vinegar

1/4 cup olive oil

salt & pepper

Method

- Blitz together all ingredients except the last 3.
- Once well blitzed, add the last 3 ingredients and blitz again.
- The sauce will have a bit of texture due to the almonds.
- Pour into a sterilised jar, seal it, and keep it in the fridge until needed, or it can be frozen.

Top tip

Sauce can be kept in the fridge for a few days or frozen

HOW TO USE :

1. Serve it with fish or chicken.
2. Drizzle over roasted veggies like whole roasted cauliflower, roasted broccoli, roasted Brussel sprouts or roasted aubergine.
3. Use as a dip or spread.
4. Use as a sauce with zucchini noodles.
5. Spread the sauce onto a platter, top with smashed roast sweet potatoes and garnish with parsley or coriander.



Sweet Potato & Beetroot Chips with Matcha, Lime & Chilli Salt

Ingredients

1 large sweet potato washed & dried
1 large beetroot washed and dried
1&1/2 tbsp melted coconut oil or olive oil or avocado oil
Matcha, lime & chilli salt
1 tbsp finely grated lime zest
1 tsp Himalayan or flaky sea salt
1/2 tsp matcha powder
chilli flakes

Method

- Preheat oven to 160°C.
- Lightly grease 2 large baking trays or use baking paper.
- Thinly slice the sweet potato using either a mandolin or a sharp knife.
- Put in a bowl and drizzle with oil.
- Thinly slice the beetroot using either a mandolin or a sharp knife.
- Put in another bowl and drizzle with oil. Arrange the veggies on the baking trays. Bake for about 20 minutes, checking regularly that they don't burn. Turn occasionally until they are crisp.
- Cool completely.
- Blend the ingredients for the salt in a mortar and pestle or grinder.
- Sprinkle the salt over the chips.

NOTE: The veggie chips can be done in the air fryer as well. If they soften before using just crisp up in a low oven or re-heat in the air fryer.





This cake was devised for those with blood sugar problems and digestive issues such as irritable bowel syndrome, but it is also great as a delicious, blood sugar balancing substitute for the real thing, as long as you keep to a small/medium slice, Note that because it has a low sugar and alcohol content, it will not keep for more than a week but can be frozen.

Low Sugar Christmas Cake

INGREDIENTS

170g pitted prunes
 115g dried apple rings
 115g dried apricots
 50ml brandy or tea
 1 small apple, washed and grated
 Zest and juice of 1 orange
 1tsp ground ginger
 ½ tsp ground cinnamon
 ½ tsp fresh grated nutmeg
 1 tsp vanilla essence
 170g soft butter
 85g xylitol
 4 medium eggs
 85g ground almonds
 85g rice bran (or wholemeal flour)
 1tsp gluten free baking powder

METHOD

- The day before you make the cake, chop the dried fruit into a bowl and soak in brandy/tea. Leave overnight (stirring occasionally)
- Line a 20cm deep cake tin with a double layer of greaseproof paper.
- Set the oven to 150°C fan assisted or 160°C if not fan assisted. Cream the butter and xylitol, then stir in the chopped fruit, orange zest and grated apple. Add the vanilla and spices and beat the eggs in, one at a time. (Don't worry if it looks a bit curdled, it will be fine!)
- Thoroughly stir in the ground almonds, rice bran and baking powder.
- Finally stir in the juice from half the orange to start with, adding more if necessary to make a soft consistency. Pour into the cake tin and level the top. Tie a double thickness of baking paper around the outside with string.
- Bake for 1 and a half hours – 2 hours until a skewer comes out clean. If the top is getting too dark, put a piece of baking paper over it.
- As soon as it is cool enough to touch, put a piece of baking paper tightly over the top and leave until completely cold (this softens the top of the cake.). Remove from the tin and wrap in a double thickness of baking paper.



Hibiscus Iced berry Cooler

Ingredients

- 2 cinnamon sticks
- 3-star anise
- 6 whole cloves
- 7 whole black peppercorns
- 3 cups of water
- 3 hibiscus teabags (or any berry-flavoured tea bags)
- Honey / xylitol to taste
- Crushed ice
- Punnet of blueberries (125g)*
- Punnet of strawberries (250g)*
- Punnet of raspberries (125g)*
- 750 ml sparkling water *
- You can use frozen mixed berries

Method

- Dry roast the spices for a minute until fragrant.
- Pour in water and bring to a boil. Decrease heat and simmer for 5 minutes.
- Remove from heat and add tea bags. Let it seep for about 5 minutes, then discard the tea bags.
- Add honey or xylitol to taste.

When ready to serve, fill a large jug or individual glasses with crushed ice, top with berries, pour over chilled spiced tea and top with sparkling water.

Cool, then refrigerate.
Serve chilled.



Cucumber & Mint Green Tea



Ingredients

- 1 English cucumber chopped
- 1/4 cup of mint leaves picked
- 1/3 cup fresh lemon juice
- 1 litre green tea (about 6 teabags or 2 tbsp loose-leafed tea)
- 2 tbsp honey or xylitol
- Sparkling water
- * extra cucumber ribbons, lemon, and mint to serve
- *You can use a lemon and ginger kombucha or water kefir instead of sparkling water

Method

- Blend the cucumber, lemon juice and mint until smooth.
- Press the mixture through a sieve into a large jug, discarding any solids.
- Add the honey to the tea and stir to combine. Add the tea to the jug.
- When ready to serve, give it a good stir and add sparkling water /kombucha/kefir.
- Pour over crushed ice into serving glasses and add ribboned cucumber, mint and a slice of lemon.





Blueberry Ginger Mocktail

Ingredients

- 2 cups of water
- 1 & 1/4 cup fresh or frozen blueberries
- 2 tbsp stemmed and chopped rosemary
- 3 tbsp finely chopped ginger
- Lemon zest
- 1/4 cup of lemon juice
- 1/4 cup of maple syrup/xylitol
- Sparkling water
- Extra blueberries and rosemary sprig to serve
- Angostura Orange Bitters (optional)

Method

- In a small saucepan, add water, blueberries, rosemary and ginger.
- Bring to a boil, turn down the heat, put the lid on, and simmer for about 20 minutes until the liquid is dark and fragrant.
- Strain the mixture into a jar or bottle.
- Add the lemon juice and maple syrup and stir to combine.
- Refrigerate until ready to use.
- Pour over crushed ice, add a few drops of Orange bitters (if using) and top with sparkling water.
- Add a few fresh berries and a sprig of rosemary.

NOTES: Syrup will keep in the fridge for a week or you can freeze into ice cubes. For the alcoholic version: Use champagne instead of sparkling water.



Spiced Gluwein

Ingredients

2 cups of water
2 & 1/2 cups of fresh or frozen
blueberries or blackberries
1 -2 cloves
1 - 2 cinnamon sticks
1- 2 star anise
2 -3 cardamon pods, slightly
crushed
Nutmeg
3 tbsp finely chopped ginger
Orange zest
1/4 cup of freshly squeezed
orange juice
1/4 cup of maple syrup
Orange
slices

Method

- In a small saucepan, add water, blueberries, spices and ginger.
- Bring to a boil and then turn down the heat, put the lid on and simmer for about 20 minutes until the liquid is dark and fragrant.
- Strain the mixture into a jug.
- Add the orange juice and maple syrup and stir to combine.
- Taste and adjust sweetness or add more water to tone down flavours.
- Serve warm with orange slices and a cinnamon stick.

