

THE GIFT OF CHRISTMAS



- THE HEALTH HUB -

MENU

BREAKFAST

Tropical French Toast
Summer Smoothie
Candy Cane Smoothie
Christmas Pancakes
Pumpkin Pie Waffles
Green Omelette

MAINS

Avocado Herb Butter
BBQ Prawns
Roast Chicken
Lamb Shoulder
Roast Pumpkin + Cumin Yoghurt
Christmas Salad
Whole BBQ Fish
Caramelised Fig + Goats Curd Salad
Kale Cesar Salad

SWEETS

Chocolate Rum Balls
Candy Cane Gummies
Gingerbread
Chocolate Ganache Cake
Deconstructed Pavlova
Raw Cheesecake
Choc Chip Almond Cookies
Choc Mint Slice
Sticky Date Cookies

DRINKS

Gingerbeer
Mojito
Summer Punch

GIFTS TO GIVE

Christmas Craft
Choc chip Cookies
Rocky Road

A top-down view of a breakfast meal. Several golden-brown waffles are arranged on a white plate, topped with melted butter and pecan halves. A bowl of light-colored smoothie is on the right, and a silver fork is on the left. The word "BREAKFAST" is centered in a black serif font.

BREAKFAST

Tropical French Toast



INGREDIENTS

4 slices of good quality sour-dough
4 organic egg
1/4 cup almond or coconut milk
Dash vanilla extract
1 tsp cinnamon
2 mangos, diced
2 passionfruit, pulp removed
1 tbsp finely cut fresh mint
Coconut yoghurt to serve
Maple syrup to serve

METHOD

Mix eggs, cinnamon, milk and vanilla extract in a bowl
Add a slice of bread and soak each side until soggy from the egg mixture
Heat coconut oil in a pan. Add a piece of the bread and cook until lightly brown on both sides
While the bread is cooking, add the mango, passionfruit and mint to a bowl with a dash of maple syrup and stir to combine
Top cooked piece of French toast with coconut yoghurt, mango mixture and a dash of maple syrup

Summer Smoothie



INGREDIENTS

1 sachet vanilla Complete Protein
Handful frozen pineapple
3 cubes frozen passionfruit
2 big handfuls spinach leaves
Coconut water

METHOD

Add all ingredients to a blender
Add more coconut water as desired
Serve in a tall glass

Candy Cane Smoothie



INGREDIENTS

1 sachet chocolate Complete Protein
1 tbsp cacao
1 drop food grade
Peppermint essential oil
2 Medjool pitted dates
1 tsp desiccated coconut
Coconut milk or almond milk
Handful ice

METHOD

Add all ingredients to a blender (start with a cup of coconut or almond milk) and blend until smooth
Add more milk to desired consistency



‘Health is the greatest gift,
contentment is the greatest wealth’

-Buddha

Christmas Pancakes



INGREDIENTS

1 sachet vanilla Complete Protein
2 eggs
1 banana, mashed
1 tsp cinnamon
1/4 cup buckwheat flour
1 tsp bicarbonate soda
Dash almond or coconut milk
100g pistachios
10 fresh dates, pitted and sliced
Coconut yoghurt

METHOD

Blend pistachios and reserve 2 tbsp for serving
Add the rest of the pancake ingredients (except the dates and coconut yoghurt) to a blender and blend until smooth
Heat coconut oil in a pan and cook pancakes for a minute or two on each side until lightly brown
Once cooked, top with reserved pistachios crumb, sliced dates and coconut yoghurt until smooth
Add more milk to desired consistency

Pumpkin Pie Waffles

INGREDIENTS

2 big tbsp vanilla Complete Protein
2 cups oat flour (you can blend normal oats)
4 tsp baking powder
2 tsp cinnamon
1 tsp all spice
1 tsp nutmeg
1 tsp salt
2 cups pumpkin purée
2 eggs
3/4 cup almond milk
4 tbsp maple syrup
2 tbsp coconut oil

METHOD

Heat waffle iron

Mix dry ingredients in a bowl. In a separate bowl mix the wet ingredients

Combine wet and dry ingredients

Spray waffle iron with coconut oil spray or brush in coconut oil

Add about 3 tbsp (depending on size of waffle iron) to each side Cook until set, about 3-4 mins or until the green light shows on your waffle iron

Serve with 100% maple syrup and coconut yoghurt



GREEN OMELETTE

INGREDIENTS

3 eggs
1 cup of kale, sliced
2 mushrooms, sliced
1 clove of garlic, crushed
1/4 cup parsley



METHOD

Heat a little coconut oil in a pan on medium and add the mushroom and garlic to the pan and sauté until soft. In a bowl, whisk the eggs and add in the chopped parsley and kale. Whisk again. Add the sautéed mushroom and garlic to the egg mix and combine. In a hot pan, pour in the egg mixture and swirl it around the pan continually until it is cooked. Fold in half and serve with avocado.

Serves 1



MAINS



*Fall in love with taking
care of yourself*

AVOCADO HERB BUTTER



INGREDIENTS

2 ripe avocados, mashed
1 clove of garlic, minced
4 tbsp of mixed herbs, finely dice. Parsley and chives work well
Salt to season

METHOD

Add all ingredients to a blender and blend to "whip" butter until combined and light
Add a little olive oil if you prefer a runnier consistency
Seafood - Choose preferred seafood. Fish, prawns, calamari or scallops work well
BBQ the seafood until cooked and top with avocado butter.

BBQ PRAWNS



INGREDIENTS

1kg prawns
2 garlic, crushed
Handful flat leaf parsley, chopped
Juice of 1/2 lemon
Zest of half a lemon
1 tbsp olive oil

METHOD

Add garlic, parsley, lemon juice and lemon zest to a bowl and stir to combine
Toss prawns through the marinade and store in fridge for an hour
Heat BBQ to high and cook until browned on each side
Serve with fresh lemon wedges

ROAST CHICKEN



INGREDIENTS

1 Organic free-range chicken
1 large lemon
1/2 whole garlic bulb
1 handful fresh thyme Coconut or olive oil
Pink salt flakes
Ground black pepper

METHOD

Season the chicken well inside and out with salt and pepper and rub with olive oil

Preheat your oven to 190C

Slice the lemon in half and stuff the lemon, thyme and garlic bulbs into the cavity

Put the chicken into a roasting tray and cook the oven for around 1 to 1 hour and a half. You can tell the chicken is cooked when the thigh meat pulls easily away from the bone and the juices run clear

LAMB SHOULDER



INGREDIENTS

1 lamb shoulder, on the bone
1/2 cup water
5 sprigs rosemary
1 whole bulb garlic
1 lemon, sliced
Pink salt and pepper

METHOD

Preheat oven to 220C
Make lots of little pockets in the lamb with a sharp knife, and fill with slices of garlic and rosemary
Rub the lamb all over with olive oil and season well
Place in a baking tray with the water, scatter with lemon and remaining garlic and cover tightly with foil
Cook for 30 minutes, then turn the oven down to 130C for 6-8 hours or until lamb pulls easily away from the bone

ROAST PUMPKIN + CUMIN YOGHURT



INGREDIENTS

1.5kg pumpkin, deseeded and cut into wedges
1 tbsp coconut oil
1 tbsp maple syrup
1/2 cup pumpkin seeds
1 pomegranate, seeds removed
1 cup coconut yoghurt
2 tbsp lemon juice
1 tsp ground cumin
Sea salt flakes
2 tsbp rosemary
2 tbsp parsley
2 tbsp coriander

METHOD

Preheat oven to 200C. Line oven tray with baking paper
Slice pumpkin into wedges
Season with sea salt flakes, rosemary, whole garlic cloves and coconut oil
Roast pumpkin until brown. Drizzle some maple syrup over the top and return to oven for 10 mins to caramelise
Whilst the pumpkin is roasting, prepare cumin yoghurt in a bowl.
Combine yoghurt, ground cumin, fresh parsley and lemon juice
Serve on a board, top with cumin yogurt and pomegranate and drizzle
sprinkle with coriander and parsley



CHRISTMAS SALAD

INGREDIENTS

Half a pumpkin, sliced into wedges
Olive oil
Maple syrup for roasting
Bag of mixed greens
Rocket or baby spinach
Cup of sprouts or baby herbs
Seeds from 1 pomegranate or dried cranberries
1 cup cooked and cooled tri colour quinoa
Handful fresh mint, chopped finely Handful fresh parsley, chopped finely
1 candy stripe beetroot, shaved as thinly as possible
1/2 cup mixed toasted nuts and seeds such as black and yellow sesame seeds, slivered almonds, pumpkin seeds and pine nuts

DRESSING

1 large handful basil leaves
1/3 cup raw cashews
1/4 cup good quality olive oil
Juice of one large lemon
Good pinch pink salt, to taste
Good splash maple syrup, to your taste

METHOD

Coat the pumpkin in olive oil and season well
Roast at 180C until it starts to caramelize. Drizzle with maple syrup for the final 5 minutes of cooking.
Mix chopped herbs and half the pomegranate and half the toasted nuts and seeds through the quinoa
Once everything is cool, start layering the pumpkin, greens and quinoa. finishing with a scattering of toasted seeds and nuts, pomegranate seeds and some baby herbs or sprouts to garnish.
To make the dressing, Throw basil into a pot of boiling water then immediately scoop it out and place into ice cold water to stop the cooking. Squeeze out the excess water and place basil in your high power blender with remaining ingredients. Blend until smooth
Dress salad with dressing,

WHOLE BBQ FISH

INGREDIENTS

1 large fish (snapper or trout work well too)
1 lemon, thinly sliced
6 garlic cloves, skin on and crushed with a knife
Bunch of your favourite fresh herbs
Extra virgin olive oil
Pink salt

METHOD

Use a sharp knife to make slips in the fish skin. Rub the fish all over and inside the cavity with olive oil, salt and pepper.

Lay the lemon and herbs inside the cavity.

Preheat a BBQ on medium / high heat with hood closed.

Place 1 sheet of baking paper in the centre of 1 piece of foil and roll it up towards the centre. Roll up the remaining ends of the foil to enclose the fish

BBQ the fish, with the hood closed for 8 to 10 minutes or until cooked.



CARAMELISED FIG + GOATS CURD SALAD

INGREDIENTS

1 tbsp Manuka honey
Fresh thyme
1 tsp Apple Cider Vinegar
Zest of half an orange
Juice of half a lemon
6 figs
1 tbsp pinenuts
1 tbsp walnuts
2 cups rocket
Half a Nashi pear
50g Goats cheese

METHOD

Warm Manuka honey and thyme in a saucepan, then set aside to infuse
Heat a griddle pan over high heat, halve and place the figs on the griddle
Toast walnuts and pinenuts in a dry pan
Layer a board with fresh rocket, sliced pear, figs, toasted nuts and Goats cheese
Drizzle salad with infused honey
Sprinkle over orange zest
Add a fresh squeeze of lemon and a pinch of salt and pepper to taste



KALE CESAR SALAD

INGREDIENTS

1 tin chickpeas, rinsed
1/2 tsp paprika
Sea salt flakes to taste
1 tbsp olive oil
1 small cos lettuce
1 bunch kale

DRESSING

1/2 cup raw cashews
2 tbsp nutritional yeast
Juice 1 lemon
1/2 cup olive oil
2 tsp capers
1 clove garlic
1 tbsp Dijon mustard
1/2 cup water as needed
1/2 tsp onion powder
Salt and pepper



METHOD

Preheat oven to 200C

Dry the rinsed chickpeas in a tea towel and place on a lined baking tray. Sprinkle paprika and sea salt to taste and drizzle olive oil over the top. Toss to coat and cook for 20 minutes. Toss again and cook for a further 10-20 minutes until crispy.

Meanwhile, rinse kale and cos lettuce. Remove the tough stems of the kale and shred both into pieces. Add leaves to a large bowl and dress with dressing.

Pop into fridge and allow to marinate while chickpeas are cooking. Sprinkle paprika and sea salt to taste and drizzle olive oil over the top.



SWEETS

CHOCOLATE RUM BALLS

INGREDIENTS

1 sachet chocolate Complete Protein
3 tbsp cacao
3/4 cup almond meal
11 Medjool dates
1 tbsp coconut oil, melted
1 tbsp maple syrup
1 tbsp rum (optional)

METHOD

Add all dry ingredients to a blender and blend
Add the wet ingredients and blend.
Add a little more coconut oil or almond meal if the mixture is a little too wet or dry
Blend until mixture can be rolled to form balls
Roll into small balls and roll in cacao or desiccated coconut



CANDY CANE GUMMIES

INGREDIENTS

1 cup tinned coconut milk
2 tbsp cacao
4 tbsp maple syrup
2 drops food grade peppermint essential oil
3 1/2 tbsp beef gelatine

METHOD

Add coconut milk, cacao and maple syrup to a pot
Cook, stirring on low to medium until combined. Cook for 4-5 minutes on low/medium.
Slowly add the gelatine, stir the pot and whisk as you continue to add the gelatine.
Once combined and warm, add mixture to moulds and refrigerate until set



GINGERBREAD

INGREDIENTS

125g butter or coconut oil
1/2 cup raw honey
1 egg
2 1/2 cups unbleached spelt flour
1/2 tsp baking powder
1 tbsp powdered ginger
1 tsp real vanilla extract
1 tsp cinnamon
Dates, dried cherries or
apricots

METHOD

Preheat oven to 160C
Cream butter and honey with an electric mixer. Add egg and continue beating for 30 seconds.
Stir through remaining ingredients and knead until smooth
Cover and rest in the fridge for 20 minutes
Roll out on a floured surface to about 1/2cm thick.
Use desired cookie cutter and place on a baking tray lined with baking paper
Gently press chosen dried fruit to form a face and buttons.
Bake for 15 minutes or until very lightly golden





CHOCOLATE GANACHE CAKE

CHOCOLATE GANACHE CAKE

INGREDIENTS

1/3 cup raw cacao
1/3 cup hot filtered water
160g 70-85% dark chocolate
150g organic butter
3/4 cup pure maple syrup
1 1/3 cup almond meal
4 organic eggs, separated
250g frozen or fresh raspberries
chocolate

ICING

250ml 100% full cream coconut milk
250g 70-85% organic chocolate

METHOD

Preheat oven to 170C

Grease a 22cm springform cake tin and line the base with baking paper

Combine cacao and water in a small bowl

Melt chocolate and butter together in a heatproof bowl over a saucepan of simmering water.

Remove from heat and stir in the water mixture, maple syrup, almond meal and egg yolks

Beat egg whites in a clean bowl with an electric mixer until soft peaks form. Gently fold whites into the chocolate mixture.

Pour mix into cake tin and bake for approximately 1 1/4 hours.

Check with a skewer after 1 hour. Cake is ready when skewer comes out clean

Allow to stand for 15 minutes before cooling on a wire rack

For the icing, chop or shave chocolate really finely. Gently heat milk over a medium heat just before boiling – do not boil! Remove from the heat

Add the chocolate to the cream and a pinch of pink salt flakes. Stand for 3 minutes without stirring

Stir gently until smooth. You don't want to overwork the ganache. The mix should look glossy and smooth. Allow to cool

Drizzle over ganache icing then arrange cherries

Make 2 batches of cake and layer them with ganache in the centre.
Freeze cake to allow for easy stacking

DECONSTRUCTED PAVOLVA

INGREDIENTS

MERINGUE COOKIES

2 egg whites, at room temperature
1/8 tsp cream of tartar
1 cup hazelnut meal
1/2 teaspoon vanilla extract
1/3 maple syrup

WHIPPED COCONUT CREAM

1 can full-fat coconut cream, refrigerated overnight
2 tsp honey or maple syrup
1 tsp vanilla extract
Fresh berries or mango and passionfruit

METHOD

TO MAKE THE COOKIES - Preheat your oven to 170C, no fan
Prepare a baking tray with baking paper.
In a large bowl, beat together egg whites and cream of tartar until soft, foamy peaks form
Beat in syrup 1 tbsp at a time, until stiff, glossy and soft peaks form - about 5 minutes. Fold in vanilla and hazelnut meal gently
Spoon out balls of meringue onto the baking paper
Bake for 20 min or until crisp outside but still soft in the centre. Do not open the oven while cooking
Leave to cool on the tray
to make the coconut cream - Place a metal bowl in the freezer for 5 minutes
Take care not to shake the can. Scoop the thickened cream from the top of the chilled can and Place into the bowl
Use a hand blender to whip the cream, vanilla, and honey together for about one minute or until smooth
refrigerate until ready to serve
To assemble, layer your favourite fresh fruit combination with crumbled meringues and coconut cream.



RAW CHEESECAKE

INGREDIENTS

Base

1/3 cup almond meal
1/3 cup oats
1/3 cup dates
1 tbsp coconut oil

Top

2 bananas
2 tbsp refined sugar free hazelnut spread
2 tbsp smooth peanut butter
2 tbsp coconut cream
1 tbsp coconut oil

Method

Blitz all base ingredients together in a blender.
Spread evenly onto a lined 16cm spring tin.
Place in the freezer to set.

Blitz all top ingredients together in a blender
Spread evenly on top of base. Once set,
place in freezer for up to four hours.
Sprinkle with shredded coconut and fresh berries.



CHOC CHIP ALMOND COOKIES



INGREDIENTS

1 egg, room temp
3/4 cup almond butter
1/2 cup rice malt syrup
1/2-3/4 cup almond meal
1 tsp baking soda
1 tsp vanilla extract
1 cup dark choc chips (keep a few in reserve to use at the end)

METHOD

Preheat oven to 180C and line a cookie sheet with baking paper
In a bowl, whisk the egg until beaten
Add in the almond butter, rice malt syrup, vanilla extract, baking soda and almond meal
Mix until totally combined. It should be quite a thick mixture, if not, add a little more almond meal
Add in the choc chips and stir until combined
With a tablespoon, scoop out some mixture and place on baking tray
Bake for 10-12 mins until lightly browned
Allow to rest on the baking tray for 10 minutes. While on the tray, push a couple of leftover choc chips into the cookies (purely for aesthetics) before transferring to a wire rack to cool

CHOC MINT SLICE

INGREDIENTS

14 medjool dates, seed removed
2 cups desiccated coconut
2 tbsp cacao
1 tbsp Chia seeds
1 tbsp maple syrup
2 tsp coconut oil
5 drops food grade peppermint oil

METHOD

Blend all ingredients except for peppermint oil in a food processor for 1-2 minutes
Add peppermint oil and blend for 10 seconds
Line baking tray and push mixture down firmly into tray
refrigerate for 1 hour
Cut into squares to serve



STICKY DATE COOKIES

INGREDIENTS

1.5 cups pitted dates
1/2 cup coconut sugar
1 cup melted organic butter or coconut oil
1 tsp baking soda
1 tsp cinnamon
1 cup oats
1 cup spelt flour
1/2 tsp - 1 tsp vanilla extract
1 egg
Pinch salt

METHOD

Preheat oven to 180 degrees and grease a cookie tray. Add dates, butter/coconut oil and coconut sugar to a small saucepan and gentle simmer for about five minutes until ingredients have melted, stirring continually. Remove from heat and add the baking soda and stir. Allow to rest. In a bowl combine oats, flour, cinnamon and salt. Add the egg, vanilla extract and date mixture and combine. Once combined, roll into small balls and place on cookie tray, pressing down with a fork. Bake for 12 minutes and remove from oven.







DRINKS

GINGERBEER

INGREDIENTS

1 shot Vodka
Gingerbeer flavoured
Kombucha
Sparkling water
Ice

METHOD

In a glass, add ice.
Pour in one shot of Vodka and top with
equal parts Kombucha and sparkling
water.



INGREDIENTS

1 shot white rum
Sprig fresh mint
4 slices fresh lime
Sparkling water
1 tsp rice malt syrup

Method

Layer a glass with ice, mint and lime
wedges (squeeze slightly to release
juices)
Add in the rice malt syrup and stir
Top with rum and sparkling water
serve

SUMMER PUNCH

INGREDIENTS

2kg seedless watermelon
Juice of 2 limes
2L's sparkling mineral water (for alcohol version, use 1L mineral water and 375ml vodka and 750ml champagne)
1 bunch fresh mint leaves
1/3 cup maple syrup

METHOD

Line a baking tray with baking paper
Cut the watermelon in half and dice one half into 1cm pieces
Place on watermelon pieces onto the tray and freeze for an hour
Chop the other half of the watermelon and place into a blender. Blend until smooth and strain the blended watermelon purée into a jug and chill in the fridge
Combine the maple syrup and lime juice in a large bowl. Add the watermelon juice and sparkling water (and alcohol if adding)
Add the frozen watermelon pieces and fresh mint to serve





GIFTS TO GIVE

CHRISTMAS CRAFT

INGREDIENTS

2kg seedless watermelon
Juice of 2 limes
2L's sparkling mineral water (for alcohol version, use 1L mineral water and 375ml vodka and 750ml champagne)
1 bunch fresh mint leaves
1/3 cup maple syrup

METHOD

Mix all the ingredients until it forms a dough
Roll the dough out and cut with cookie cutters into desired shapes
Use a skewer to create a hole at the top
Bake on low for 3-4 hours
Once cook, thread ribbon or string through to desired length and decorate with paint or marker



CHOC CHIP COOKIES

INGREDIENTS

1 cup coconut oil, melted
1 & 1/4 cup coconut sugar
1 egg plus 1 egg yolk
1 tbsp vanilla extract
1 cup organic oats
2 cups wholemeal spelt flour
3/4 tsp pink Himalayan salt
1 tsp baking soda
1 tsp baking powder
1 & 1/2 cups dark choc chips or dark choc block cut into small chunks

METHOD

Preheat oven to 160 degrees
Line multiple baking trays with baking paper and lightly grease with coconut oil
Add coconut oil & coconut sugar to a blender and blend until creamed (or use a hand mixer), I used a Vitamix
Add eggs and vanilla and blend until combined In a bowl, combine oats, flour, salt, baking soda and powder
Once combined add in the wet ingredients and mix until combined ensuring to scrape the sides of the bowl
Add in the chocolate and stir until combined. Roll tablespoon sized balls and place on to baking tray. (Wet hands help to roll the dough easier)
Cook for 12-16 minutes, checking to ensure they don't burn. They are cooked when lightly browned on the outside and still a little soft on the inside
Once removed from the oven, allow them to rest to cook and harden a little



ROCKY ROAD


INGREDIENTS

1/4 Cup whole grain rice puffs or buckinis
4 cup dried blueberries
4 cup Juice Plus chews
4 Cup shredded coconut
2 blocks Dairy Free 70% Dark Chocolate
(Optional - pistachios and/or macadamias)

METHOD

Pat all dry ingredients.
Melt chocolate slowly over a low heat.
Mix ingredients together and place in a baking tray and pop in either a fridge or freezer to set
Cut into slices





We wish you a beautiful
Christmas with those you
love and a wonderful 2022.



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