



NUTRITIONAL
MATTERS

12days of Christmas Recipes

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Pomegranate Yoghurt Bark

9 servings

2 hours

Ingredients

- 1 cup Plain Greek Yoghurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds

Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Spread the yoghurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds ovetop.
- 3 Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

Notes

Leftovers, Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

Serving Size, Each serving equals approximately one 3 x 2.5" piece.

Dairy-Free, Use coconut yogurt instead.

More Flavor, Add vanilla extract and your sweetener of choice.

Additional Toppings, Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.



Cherry Blueberry Coconut Popsicles

6 servings

4 hours

Ingredients

- 1/2 cup Frozen Cherries (roughly chopped)
- 1/2 cup Blueberries
- 1/2 cup Organic Coconut Milk

Directions

- 1 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 2 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 3 Place in freezer for 4 hours or until completely frozen.
- 4 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy, Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk, Use almond milk or any other dairy milk alternative.



Crispy Smashed Potatoes

4 servings
20 minutes

Ingredients

4 cups Mini Potatoes (halved)
2 tbsps Extra Virgin Olive Oil
2 Garlic (cloves, minced)
1 tbsp Rosemary (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Preheat oven at 180°C.
- 4 Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
- 5 Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Cook in the oven until crispy, about 3-5 minutes.

Notes

No Potatoes, Use sweet potatoes or cauliflower instead.

More Toppings, Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.

Serve it With, Our Everything Bagel Seasoned Chicken, Chili Lime Drumsticks with Zucchini, 15 Minute Grilled Steak with Mint Pesto or Slow Cooker Maple Mustard Chicken.

Leftovers, Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.



Kale & Eggs Boxing Day Brekkie

1 serving
10 minutes

Ingredients

1/2 tsp Ghee
3 cups Kale Leaves (roughly chopped)
2 Egg
2 tbsps Pitted Kalamata Olives
1 tbsp Nutritional Yeast
1/8 tsp Sea Salt

Directions

- 1 Heat a pan over medium heat and add the ghee. Once the pan is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 2 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 3 Add the kale, olives and eggs to a plate. Serve and enjoy!

Notes

No Kale, Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

No Ghee, Use organic butter, avocado oil or olive oil.

More Flavor, Add extra seasonings such as garlic.



Gingerbread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 1/2 tsps Blackstrap Molasses
- 1/2 tsp Ginger (fresh, minced)
- 1/4 tsp Cinnamon (ground)
- 1/8 tsp Ground Cloves

Directions

1

Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds, Use flax seeds instead.

No Blackstrap Molasses, Use maple syrup instead.

Nut-Free, Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies, Add frozen cauliflower.



Herb Roasted Turnip

4 servings

20 minutes

Ingredients

- 3 Turnip (peeled, diced)
- 2 tbsps Avocado Oil
- 2 tbsps Rosemary (chopped)
- 2 tbsps Parsley (chopped, divided)
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a baking dish, coat the turnip in avocado oil, rosemary, half the parsley, and salt. Bake for 20 to 25 minutes, or until golden and tender.
- 3 Divide onto plates and garnish with remaining parsley. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving equals approximately 1/2 to 3/4 of a cup of roasted diced turnips.

Additional Toppings, Roast the turnips with onions, garlic, peppers, bacon or parmesan.



Savory Sweet Potato & Sage Mash

4 servings
25 minutes

Ingredients

4 Sweet Potato (medium sized, peeled and chopped into cubes)
1 tsp Sea Salt (divided)
1/2 tsp Avocado Oil
1/4 cup Fresh Sage (loosely packed)
2 tbsps Ghee

Directions

- 1 In a large pot, add the sweet potato and half of the sea salt. Fill the pot with water and bring to a boil. Reduce to a simmer and cook for 10 to 12 minutes, until the potatoes are fork-tender. Drain and mash with a potato ricer.
- 2 In a skillet, add the avocado oil and sage and fry until crispy, about 2 to 3 minutes. Remove the sage and chop finely. Add the sage, ghee and remaining sea salt to the mashed sweet potatoes and mix together. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

Serving Size, One serving is equal to approximately 1/2 cup of mashed potato.

Dairy-Free, Use extra virgin olive oil, avocado oil, coconut oil or vegan butter instead of ghee.

No Sage, Use another fresh herb such as rosemary or thyme.



Spicy Prawns with Pesto Noodles

4 servings
25 minutes

Ingredients

454 grams Prawns (peeled, deveined)
2 1/2 tsps Chili Powder
1 tsp Garlic Powder
1 tsp Dried Thyme
1 tsp Sea Salt (divided)
1/8 tsp Cayenne Pepper
1 tbsp Avocado Oil
2 cups Basil Leaves
1 cup Baby Spinach
1/4 cup Almonds
2 tbsps Water
1 Garlic (clove)
3 tbsps Lemon Juice
1/3 cup Extra Virgin Olive Oil (divided)
4 Zucchini (small, spiralized into noodles)
1/2 cup Cherry Tomatoes (halved)

Directions

- 1 In a large mixing bowl add the prawns, chili powder, garlic powder, thyme, half the sea salt, cayenne and avocado oil. Stir to coat the shrimp evenly. Set aside.
- 2 To the bowl of a food processor, add the basil, spinach, almonds, water, garlic, lemon juice, extra virgin olive oil and remaining sea salt. Turn the food processor on and blend until mostly smooth, scraping down the sides of the bowl if needed. Set aside.
- 3 Heat a large pan over medium-high heat. Add the seasoned prawns to the pan, being sure to scrape all the spices and oil into the pan with the shrimp. Depending on the size of your prawns cook 1 to 3 minutes per side or until the prawns are no longer translucent. Remove from pan.
- 4 In the same pan that the prawns were cooked, add the zucchini noodles and cook for about 1 minute, or just until warmed through. Toss the noodles with the pesto.
- 5 Divide the pesto zucchini noodles into bowls then top with cooked prawns and cherry tomatoes. Enjoy!

Notes

Likes it Spicy, Add more cayenne.

Leftovers, This recipe is best served immediately. Store leftover ingredients separately in the fridge and assemble before cooking.

Less Watery, To help prevent watery zucchini noodles, remove any noodles that contain fragments of the zucchini seeds. Using smaller-sized zucchini are best to keep seed fragments and water content low.

Cold Version, This recipe can also be served cold with raw zucchini noodles instead of warm zucchini noodles. Just skip step 5.



Cinnamon Roasted Pumpkin

4 servings

35 minutes

Ingredients

1 Butternut Squash (peeled, seeds removed)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Cinnamon
1 1/2 tsps Turmeric
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
- 2 Slice the pumpkin (squash) into 1/4 inch wedges and toss in a bowl with olive oil.
- 3 Add in the cinnamon, turmeric and sea salt, and toss together until evenly combined. Add the pumpkin slices to the baking sheet and bake for 30 minutes, flipping halfway.
- 4 Remove from the oven, divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving size is approximately four slices of squash.

More Flavor, Add garlic powder.



Rainbow Lettuce Wraps with Spicy Mango Dressing

4 servings

15 minutes

Ingredients

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Bell Pepper (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Green Onion (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tsps Sesame Seeds
- 1/4 cup Corriander

Directions

- 1 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 2 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 3 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, coriander and spicy mango dressing. Serve immediately and enjoy!

Notes

Leftovers, Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

Serving Size, One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

Additional Toppings, For extra crunch add sliced almonds or pumpkin seeds.

More Protein, Add cooked chicken, shrimp or tofu.



Chocolate Nutty Baked Pears

6 servings

35 minutes

Ingredients

- 3 Pear (sliced in half, cored)
- 1/4 tsp Cinnamon
- 1/4 cup Walnuts (chopped)
- 1 1/2 tbsps Maple Syrup (Optional)
- 2 tbsps Pomegranate Seeds
- 1 tbsp Organic Dark Chocolate Chips (for drizzling)
- 1/2 tsp Coconut Oil (for drizzling)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
- 3 In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
- 4 Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

Serving Size, One serving is equal to one pear half.

Nut-Free, Omit the walnuts and top with nut-free granola or use pumpkin seeds.

No Pomegranate, Use fresh cranberries instead.



Roasted Broccoli Salad with Lemon Dressing

4 servings
30 minutes

Ingredients

- 3 cups Broccoli (florets, chopped)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 3 cups Baby Kale
- 3 tbsps Pomegranate Seeds
- 2 tbsps Pumpkin Seeds
- 1/4 cup Feta Cheese (crumbled)

Directions

- 1 Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Add the broccoli, avocado oil and half the sea salt to the sheet and toss to combine. Bake for 15 to 20 minutes, until crispy.
- 2 In a small bowl, add the extra virgin olive oil, lemon juice and the remaining sea salt.
- 3 Add the kale to a large bowl along with the broccoli, pomegranate seeds, pumpkin seeds and feta. Drizzle the dressing over top and toss to combine. Serve and enjoy!

Notes

Leftovers, Refrigerate the salad contents and dressing in separate airtight containers for up three days.

Dairy-Free, Omit the feta or use a dairy-free cheese.

No Avocado Oil, Use olive oil instead.

Additional Toppings, Add chickpeas, edamame, cooked chicken or salmon to make it a meal.