



12 DAYS OF

Christmas



A WHOLEFOODS RECIPE BOOK
BY SOPHIE GUIDOLIN

Each day includes

Starter, main, side and dessert!



Christmas is the perfect occasion to enjoy food and celebrate everything that life has to offer while surrounded by family, friends and loved ones.

The festive season can often go on for weeks. Mountains of food are served at every celebration, party and event you attend and can leave you feeling less than 'summer ready' when the New Year clocks over.

12 Days of Christmas was developed to give you and your family the best of both worlds; delicious, mouth-watering meals that are also healthy and nourishing to your body.

May every Christmas be a happy, joyous occasion surrounded by your loved ones with laughter and great food!

Sophie xo

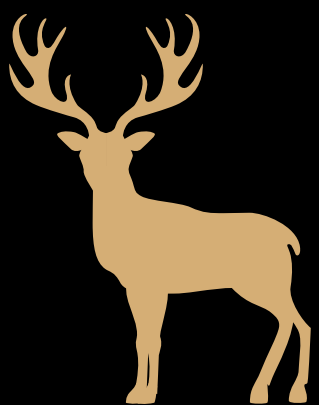


WHAT'S COOKING?

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Main Honey & Macadamia Turkey		Main Tomato & Pine Nut Atlantic Salmon		Main Quinoa & Celery Stuffed Turkey		Main Chilli & Coriander King Prawns	
Side Avocado & Mango Salad		Side Prawn, Chilli & Mango Salad		Side Sweet Potato Jackets		Side Ginger & Soy Asparagus	
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Starter Couscous & Pomegranate Salad		Starter BBQ Calamari		Starter Avocado & Prawn Rice Paper Rolls		Starter Smoked Salmon Mini Muffins	
Main A Hint of Peach Roast Chicken		Main Baked Whole Snapper Pocket with Asian Dressing		Main Lamb Burgers with Mint Sauce		Main Pecan & Fig-Stuffed Turkey Roll	
Side Crispy Roast Potatoes & Chicken Gravy		Side Crispy Asian Salad		Side Spinach, Cranberry & Quinoa Salad		Side Baked Jacket Potatoes	
Dessert Trifle Cups		Dessert Rhubarb Cups		Dessert Fruit Salad		Dessert Gingerbread Cookies	



DAY ONE



12 DAYS OF CHRISTMAS



01 / STARTER

Smoked Salmon Pikelet Rolls

INGREDIENTS

Pikelets

3 eggs
200g natural yoghurt
50g water
125g wholemeal flour
1 pinch Himalayan salt
1 teaspoon olive oil

Filling

200g smoked salmon
20g capers
3 tablespoons cream cheese

DIRECTIONS

1. Using a food processor, blitz the eggs, yoghurt, water, salt and flour together for 30 seconds until smooth.
2. Allow the mixture to rest for 10-15 minutes.
3. Using a non-stick pan, heat the olive oil to medium heat.
4. Pour a small amount of the batter into the pan and flip when bubbles begin to appear.
5. Cook both sides of the pikelet until brown.
6. Repeat until there is no mixture left, ensuring the same size pikelets are achieved.
7. Allow to cool.
8. Spread even amounts of cream cheese onto the pikelets, layering with the smoked salmon before adding the capers.
9. Roll the pikelets and secure using a toothpick.





Note

To prepare the breadcrumbs, use fresh rye or wholemeal bread (you can combine the two!).

Using a baking tray, line the tray with baking paper and place the slices in an open oven until they're just dry (usually around 150°C fan-forced for 15 minutes, turning the slices half way).

Blitz the bread in a food processor until they turn into perfect breadcrumbs!

01 / SIDE

Avocado & Mango Salad

INGREDIENTS

2 avocados, peeled, seeds removed
and cubed

2 mangos, peeled, seeds removed
and chopped

1 green oak lettuce, chopped

¼ cup dried cranberries

DIRECTIONS

Combine all of the ingredients into a large mixing bowl and toss.





01 / DESSERT

Cacao Truffles

INGREDIENTS

- ¼ cup almonds
- ¼ cup cashews
- ½ cup Medjool dates, pitted
- ¼ cup cranberries
- ½ cup shredded coconut
- ¼ cup sunflower seeds
- ¼ cup pepitas
- 2 teaspoons cacao powder
- 1 teaspoon honey

DIRECTIONS

1. Add in all of the ingredients (except the coconut) in a food processor and blitz. This process may take 4-5 minutes.
2. Regularly stop the food processor and scrape down the sides to ensure an even consistency is achieved.
3. Roll the mixture into even-sized balls.
4. Pour the shredded coconut evenly onto a plate and roll the balls into the coconut, pressing firmly.







02 / STARTER

Ginger, Soy & Chilli Oysters

INGREDIENTS

12 oysters, freshly shucked
1 teaspoon fresh ginger, minced
1 small red chilli, deseeded
6 tablespoons apple cider vinegar
1 tablespoon coriander, chopped
1 teaspoon honey
1 garlic clove

DIRECTIONS

1. Place the ginger, chilli, vinegar, coriander, honey and garlic in a food processor and blitz until thoroughly combined.
2. Place the mixture evenly over the freshly shucked oysters before serving in their shells.





02 / SIDE

Prawn, Chilli & Mango Salad

INGREDIENTS

Salad

2 mangos, peeled, seeds removed and chopped
2 avocados, peeled, seeds removed and chopped
2 cups fresh iceberg lettuce, shredded
1/3 cup fresh coriander, finely chopped
4 spring onions, finely chopped
400g cooked prawns, peeled with tails on

Dressing

¼ cup olive oil
1 garlic clove, minced
1 red chilli, deseeded and finely chopped
¼ cup fresh lime juice
1 tablespoon honey

DIRECTIONS

1. Combine all of the salad ingredients into a large serving bowl.
2. Using an airtight jar, combine the dressing ingredients together and shake well.
3. Pour the salad dressing over the salad prior to serving and toss well.



02 / DESSERT

Rocky Road

INGREDIENTS

1 cup coconut oil
1 cup cacao butter
1 cup pure maple syrup
1 tablespoon hulled tahini
1 pinch cinnamon
1 pinch Himalayan salt
1 teaspoon vanilla extract
1 tablespoon cacao powder
1 tablespoon shredded coconut
¼ cup fresh cherries, pitted and chopped
½ cup pistachio kernels

DIRECTIONS

1. Using a food processor, blitz the cacao butter, coconut oil, maple syrup, tahini, cinnamon, salt, vanilla extract and cacao powder together until smooth.
2. Combine the mixture with the cherries, coconut and pistachios in a bowl.
3. Line a tray with baking paper and carefully pour the mixture out evenly or use a mould.
4. Freeze the chocolate for 20 minutes until set.



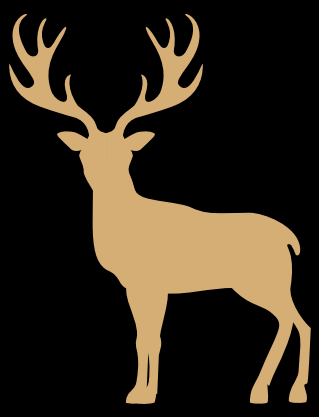
Note

Wrap your rocky road in bags for perfect homemade gifts or store in an airtight container to keep as a quick, sweet treat.

Here are some Rocky Road mix-in ideas to add colour, texture, flavour and crunch: dried fruit, nuts, cinnamon, coconut flakes, peppermint oil, rose water, orange juice, almonds, figs, peanut butter.



DAY THREE



12 DAYS OF CHRISTMAS





03 / STARTER

Poached Salmon, Orange & Avocado Salad

INGREDIENTS

Poached Salmon

200g Atlantic salmon fillet, skinless
200g coconut cream
1 tablespoon fresh ginger, minced
1 tablespoon fresh lime juice

Salad

2 oranges, peeled and cubed
2 avocados, peeled, seeds removed
and chopped
200g rocket leaves
½ cup spring onion, chopped

DIRECTIONS

1. Using a non-stick pan, combine the coconut cream, ginger and lime juice together and bring to the boil.
2. Reduce the heat and place the salmon in the pan allowing it to simmer until cooked through.
3. Remove the salmon fillet from the sauce and allow to cool.
4. In a salad bowl, toss the orange, avocado, spring onion and rocket together.
5. Once the salmon has cooled, break the fillet up and mix it through the salad.



03 / MAIN

Quinoa & Celery Stuffed Turkey

INGREDIENTS

Stuffing

- 1 cup quinoa, cooked
- 1 onion, finely chopped
- 1 tablespoon olive oil
- 1 cup celery stalks, finely chopped
- 1 tablespoon fresh sage, finely chopped
- 1 tablespoon fresh flat-leaf parsley, finely chopped
- 6 fresh figs, finely chopped
- ½ cup pistachios, chopped

Turkey

- 4kg whole turkey
- 30cm kitchen string

DIRECTIONS

1. Preheat a fan-forced oven to 180°C.
2. Rinse the turkey under cold water, remove the giblets and place in a shallow roasting pan.
3. Using a non-stick pan, heat the olive oil and sauté the onion and celery until soft.
4. Add in the quinoa, sage, parsley, figs and pistachios and allow to cook for 2 minutes, stirring continuously.
5. Allow the stuffing to cool before stuffing the turkey and securing the legs with kitchen string.
6. Cover the turkey with aluminium foil and bake for 3-4 hours, removing the foil for the last hour of cooking.



03 / SIDE

Sweet Potato Jackets

INGREDIENTS

4 sweet potatoes, washed, skin on.

DIRECTIONS

1. Preheat a fan-forced oven to 180°C.
2. Line a baking tray with baking paper.
3. Place the sweet potatoes on the tray and allow them to bake for 1-1.5 hours until cooked through.
4. Turn the sweet potatoes halfway to ensure an even consistency is achieved.



03 / DESSERT

Pecan Pies

INGREDIENTS

½ cup maple syrup
1 tablespoon molasses
½ teaspoon cinnamon
1 pinch Himalayan salt
1 tablespoon hulled tahini
2 teaspoons vanilla extract
¼ cup coconut oil
1 cup pecans

DIRECTIONS

1. Using a food processor, blitz ½ cup of the pecans and 1 teaspoon of coconut oil until a smooth consistency is achieved.
2. Chop the remaining pecans in halves.
3. In a frying pan, heat the remaining coconut oil, molasses, cinnamon and maple syrup together.
4. Stir in the pecan paste, tahini and vanilla extract.
5. Spoon the mixture into patty pans and place the chopped pecans on top.
6. Place the Pecan Pies in the fridge to set.







04 / STARTER

Zucchini & Corn Fritters

INGREDIENTS

300g corn kernels
150g zucchini, grated and
excess liquid drained
2 eggs, beaten
1/3 cup natural yoghurt
1 cup wholemeal self-raising flour
Himalayan salt and pepper to taste

DIRECTIONS

1. In a mixing bowl, combine the eggs and yoghurt.
2. Add in the remaining ingredients and stir until combined.
3. In a non-stick pan, spoon a tablespoon of mixture and cook both sides on medium to high heat until golden.
4. Repeat this until there is no mixture left.



04 / MAIN

Chilli & Coriander King Prawns

INGREDIENTS

1 ½ cups coriander, finely chopped
¼ cup olive oil
2 garlic cloves, finely chopped
1 stem lemongrass, thinly sliced
1 tablespoon ginger, finely grated
2 red chillies, deseeded and thinly sliced
Juice of 2 fresh limes
1kg green king prawns, peeled with tails on

DIRECTIONS

1. In a large mixing bowl, combine the coriander, olive oil, garlic, lemongrass, ginger, chillies and lime juice together.
2. Add in the prawns and coat them, allowing to marinate for 30 minutes in the fridge.
3. Preheat a greased barbeque and cook both sides of the prawns before serving.



04 / SIDE

Ginger & Soy Asparagus

INGREDIENTS

1 tablespoon soy sauce
(alternative: coconut aminos)
1 teaspoon honey
1 teaspoon sesame oil
1 tablespoon peanut oil
1/3 cup raw cashews
110cm fresh ginger chunk,
peeled and thinly cut
1 garlic clove, finely chopped
2 bunches asparagus, trimmed

DIRECTIONS

1. In a large non-stick pan, heat the soy sauce, honey, sesame oil, peanut oil, ginger and garlic together while continuously stirring.
2. Add in the asparagus and cashews and sauté for 3-5 minutes.



04 / DESSERT

Raw Christmas Cake

INGREDIENTS

- 2 cups mixed dried fruit
- 1 pinch cinnamon
- 1 pinch nutmeg
- 1 tablespoon orange rind, grated
- 2 tablespoons coconut oil
- 1 cup walnuts
- 2 cups cashews, soaked
- 1 cup Medjool dates, pitted and soaked
- 2 tablespoons pure maple syrup
- 1 teaspoon orange juice
- 3 tablespoons coconut cream

DIRECTIONS

Base

1. Using a round, springform cake tin, cut baking paper to suit and line the bottom of the tin.
2. Blitz the mixed fruit, cinnamon, nutmeg, orange rind and walnuts together in a food processor. Ensure the mixture is chunky but combined.
3. Add in the coconut oil and mix.
4. Press the mixture into the tin. The easiest way is to get another piece of baking paper and a potato masher, pushing the ingredients down.
5. Place the base in the fridge to set while you prepare the filling.

Filling

1. Drain the cashews.
2. Drain the dates (set the water aside in case you need to use it to extend the mixture).
3. Using a food processor (I used my Thermomix, which has super powers, so you may need to blitz a little longer to reach a smooth consistency), blitz the dates until a smooth consistency is achieved. Add in as much water as you need to create a paste-date paste!
4. Blitz the cashews, orange juice, maple syrup and coconut cream with the date paste in the food processor until completely smooth. This may take up to 15 minutes. (In the Thermomix it took 8 minutes.)
5. Place the filling evenly onto the top of the base.
6. Cover the tin and place the cake back in the fridge for 8 hours to set.

Optional

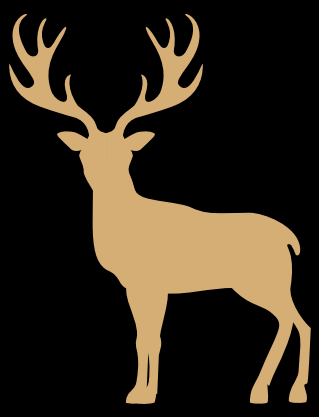
Using my raw chocolate recipe (found in Eat Clean, live Lean and My Kids Eat), pour the mixture onto the top of the set Raw Christmas Cake and place back in the fridge to set the topping.

Top the cake with shredded coconut, cherries, strawberries and/or stewed apricots to serve.



DAY FIVE

12 DAYS OF CHRISTMAS





05 / STARTER

Christmas Stuffing Bowls

INGREDIENTS

2 cups quinoa, cooked
1 cup fresh breadcrumbs (see note)
1 onion, finely chopped
1 tablespoon olive oil
1 tablespoon orange rind, grated
1 tablespoon fresh sage,
finely chopped
½ cup cranberries
½ cup pepitas

DIRECTIONS

1. Using a non-stick pan, heat the olive oil and cook the onion on medium heat until soft.
2. Add in the remaining ingredients and allow to cook for 2 minutes, stirring continuously.

Note

To prepare the breadcrumbs, use fresh rye or wholemeal bread (you can combine the two!).

Using a baking tray, line the tray with baking paper and place the slices in an open oven until they're just dry (usually around 150°C fan-forced for 15 minutes, turning the slices half way).

Blitz the bread in a food processor until they turn into perfect breadcrumbs!



05 / MAIN

Honey Glazed Lamb Leg

INGREDIENTS

2kg lamb leg
2 garlic cloves, minced
2 tablespoons olive oil
½ cup honey
½ cup macadamia nuts, chopped
¼ cup fresh mint, chopped

DIRECTIONS

1. Preheat a fan-forced oven to 180°C.
2. Using a non-stick pan, heat 1 tablespoon of olive oil, garlic and 2 tablespoons of honey until thickened.
3. Using a large deep roasting dish, place the lamb leg in the pan.
4. Coat the lamb leg with the mixture and bake for 2 hours while basting the lamb every 30 minutes while cooking.
5. Meanwhile, in a non-stick pan, heat the remaining olive oil, honey and macadamia nuts and cook until the nuts are fully coated.
6. Mix through the mint.
7. Once the lamb leg is cooked, remove from the oven and allow it to rest for 20 minutes.
8. Cover the lamb leg with the macadamia nut mixture and serve.



05 / SIDE

Green Beans & Flaked Almonds

INGREDIENTS

300g green beans, ends trimmed
50g flaked almonds
2 tablespoons olive oil
2 tablespoons fresh lemon juice
1 pinch Himalayan salt and pepper

DIRECTIONS

1. Cook the beans in a saucepan of boiling water, just until they turn bright green.
2. Drain, and set the beans aside in a serving bowl.
3. In a non-stick pan, heat the remaining ingredients and pour the mixture over the green beans before serving.



05 / DESSERT

Christmas Pudding

INGREDIENTS

1 cup sultanas
1 cup currants
1 cup prunes, pitted and finely chopped
1 ¾ cups Medjool dates, pitted and finely chopped
Juice and rind of 2 oranges
1 ½ cups almond meal
½ cup hazelnut meal
140g white quinoa, cooked
1 teaspoon cinnamon
1 teaspoon mixed spice
¼ cup coconut oil
3 eggs, whisked

DIRECTIONS

1. Place the sultanas, currants, prunes, dates, orange juice and rind in a mixing bowl.
2. Cover and place the mixture in the fridge overnight.
3. Coat a pudding basin with coconut oil and line with baking paper.
4. Add the almond meal, hazelnut meal, quinoa, cinnamon, mixed spice, coconut oil and eggs to the overnight mixture and stir.
5. Carefully place the mixture into the basin and secure with baking paper and string.
6. Place the basin in a saucepan.
7. Pour boiling water over half the pudding.
8. Cover and cook the pudding on medium heat for 3 hours, ensuring the water is always half full (refill as required).
9. Stand for 10 minutes before serving.



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DAY SIX

12 DAYS OF CHRISTMAS



06 / STARTER

Sweet Potato Chips

INGREDIENTS

2 large sweet potatoes, washed
1 teaspoon Himalayan salt
1 teaspoon pepper
1 teaspoon paprika
1 tablespoon olive oil

DIRECTIONS

1. Preheat a fan-forced oven to 200°C.
2. Line a baking tray with non-stick paper.
3. Chop the sweet potatoes into wedges ensuring they're roughly the same size.
4. Using a mixing bowl, combine the salt, pepper, paprika and olive oil together.
5. Line the potatoes on the tray in a single layer and coat the potato wedges with the mixture.
6. Bake the sweet potato wedges in the oven for 45 minutes, coating them again with the mixture halfway through cooking.





06 / SIDE

Maple Glazed Roast Pumpkin

INGREDIENTS

500g Kent pumpkin, cut into wedges
1 teaspoon cinnamon
1 teaspoon turmeric
1 teaspoon cumin
¼ cup pure maple syrup
1 tablespoon olive oil

DIRECTIONS

1. Preheat a fan-forced oven to 220°C.
2. Line a baking tray with non-stick paper and set aside.
3. In a non-stick pan, heat the olive oil, maple syrup and spices together until it begins to thicken.
4. Cut the pumpkin into wedges and coat them in the mixture before lining them evenly onto the baking tray.
5. Bake the wedges for 30-45 minutes, coating them every 10 minutes.



06 / DESSERT

Strawberry Santas

INGREDIENTS

1 cup thick natural yoghurt

2 cups strawberries

½ cup sultanas, halved

DIRECTIONS

1. Remove the green ends from the strawberries by cutting flat across the bottom, allowing the strawberries to stand.
2. Chop the tips (halfway) off the strawberries and set them aside.
3. Dollop the yoghurt onto the strawberries and carefully place the tips back on.
4. Use the sultanas for the Santa eyes.





DAY SEVEN



12 DAYS OF CHRISTMAS



07 / STARTER

Antipasto Plate

INGREDIENTS

100g semi-dried tomatoes
100g olives
100g marinated artichokes
300g cooked chicken breast
300g cooked turkey breast

DIRECTIONS

Arrange the antipasto ingredients on a large serving plate to share.



07 / MAIN

Slow Roasted Lamb

INGREDIENTS

2kg lamb leg
6 garlic cloves, finely sliced
6 sprigs rosemary
2 tablespoons olive oil
1 teaspoon Himalayan salt

DIRECTIONS

1. Preheat a fan-forced oven to 140°C.
2. Place the lamb leg in a deep dish.
3. Rub the lamb leg with olive oil and salt.
4. Using a knife, make small incisions in the lamb leg and poke garlic and rosemary into each hole.
5. Repeat this step until there is no more garlic and rosemary left.
6. Place the lamb leg in the oven to cook for 8-10 hours until the meat is falling off the bone.



07 / SIDE

Roasted Root Vegetables

INGREDIENTS

Bunch of beetroot, trimmed and roughly cut

4 potatoes, roughly cut

Bunch of carrots, trimmed

1 tablespoon olive oil

1 tablespoon thyme

1 tablespoon tarragon

1 tablespoon sage

1 teaspoon Himalayan salt

DIRECTIONS

1. Preheat a fan-forced oven to 180°C.
2. Combine the herbs, salt and oil together and coat the vegetables.
3. Line a baking tray with non-stick paper and spread the vegetables out onto the tray.
4. Cook for 45 minutes until roasted and serve.



07 / DESSERT

Coconut Snowdrop Balls

INGREDIENTS

1 cup dried apricots
1 cup almonds
1 cup cashews, soaked
1 cup coconut flakes
½ cup honey
½ cup desiccated coconut (to roll)

DIRECTIONS

1. Blitz the apricots in a food processor, blending until the apricots are finely chopped and beginning to ball together.
2. Add in the almonds, cashews, coconut flakes and honey and combine until the consistency is easy to roll into balls. If it's too dry to roll balls, add a little bit more honey. If it's too wet, add more almonds.
3. Roll the mixture into balls and press them into the desiccated coconut to create your snowdrops.





DAY EIGHT

12 DAYS OF CHRISTMAS



08 / STARTER

Beetroot Chips with Hummus

INGREDIENTS

Beetroot Chips

250g beetroot, peeled
1 tablespoon thyme leaves
1 teaspoon Himalayan Salt
1 tablespoon olive oil

Hummus

400g chickpeas
2 tablespoons hulled tahini
Juice of 1 fresh lemon
1 teaspoon paprika
1 tablespoon olive oil
2 garlic cloves, minced

DIRECTIONS

1. Preheat a fan-forced oven to 200°C and line a baking tray with baking paper.
2. Slice the beetroot into thin slices.
3. In a bowl, combine the olive oil, salt and thyme.
4. Coat the slices of beetroot and evenly space them out on the lined tray.
5. Bake the beetroot in the oven for 15 minutes (you may need to turn the slices to cook evenly).
6. Meanwhile, combine all of the hummus ingredients in a food processor and blitz until smooth. Add more olive oil if required.



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Mustard & Herb Crusted Beef

INGREDIENTS

1.5kg beef eye fillet
2 tablespoons olive oil
3 tablespoons wholegrain mustard
2 garlic cloves, minced
½ cup quinoa flakes
2 tablespoons flat-leaf parsley, chopped
2 tablespoons chives, chopped
2 tablespoons oregano leaves, chopped
1 pinch Himalayan salt and pepper

DIRECTIONS

1. Preheat a fan-forced oven to 160°C.
2. Line a large deep-dish baking tray with baking paper.
3. In a large mixing bowl, combine the quinoa flakes, parsley, chives, oregano, garlic, salt and pepper.
4. Pat any excess moisture off the beef using paper towel and coat it evenly in the wholegrain mustard. If the mustard is not sticking, use 1 tablespoon of the olive oil to coat the beef first.
5. Roll the beef in the quinoa mixture, pressing the beef firmly into the coating.
6. Place the beef on the prepared baking tray and roast for 30 minutes.
7. Remove the beef and pour over the remaining olive oil.
8. Roast the beef for a further 45-60 minutes until cooked to your liking.
9. Allow the beef to rest for 10-15 minutes prior to carving.



08 / SIDE

BBQ Sweet Corn

INGREDIENTS

4 corn cobs, trimmed
2 tablespoons honey
1 tablespoon olive oil
1 garlic clove, crushed
1 tablespoon soy sauce

DIRECTIONS

1. Preheat the plate on your barbeque.
2. In a large mixing bowl, combine the honey, olive oil, garlic and soy sauce.
3. Coat the corn cobs in the mixture evenly.
4. Place the corn on the barbeque ensuring that you continue to coat the cobs with the mixture and turn them regularly until cooked.



08 / DESSERT

Almond Clusters

INGREDIENTS

2 cups dry roasted almonds
1 cup coconut oil
1 cup cacao butter
1 cup maple syrup
1 tablespoon hulled tahini
1 pinch cinnamon
1 pinch Himalayan salt
1 teaspoon vanilla extract
1 tablespoon cacao powder

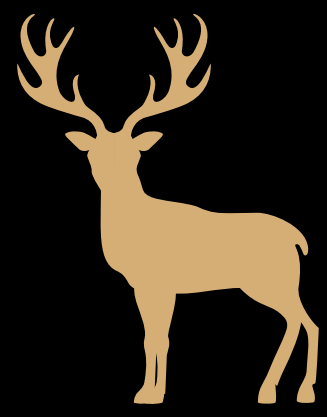
DIRECTIONS

1. Using a food processor, blitz the cacao butter, coconut oil, maple syrup, tahini, cinnamon, salt, vanilla extract and cacao powder together in a food processor until smooth.
2. Using a non-stick muffin tray, cluster 5-6 almonds in the centre of each hole of the tray.
3. Pour the chocolate mixture over the almonds.
4. Place the Almond Clusters into the freezer for 20 minutes until set.





DAY NINE



12 DAYS OF CHRISTMAS





Couscous & Pomegranate Salad

INGREDIENTS

2 cups couscous, prepared as per instructions

1 pomegranate, seeds harvested

1 cup mint leaves, chopped

1 cup flat-leaf parsley, chopped

2 tablespoons olive oil

1 cucumber, chopped

½ cup almonds, chopped

Juice of 1 fresh lemon

DIRECTIONS

1. In a large salad bowl, combine the couscous, pomegranate seeds, mint, parsley, cucumber and almonds together.
2. In a separate bowl, combine the lemon juice and olive oil together before pouring over the salad and tossing.



Note

If pomegranates are
out of season, replace
with raspberries

09 / MAIN

A Hint of Peach Roast Chicken

INGREDIENTS

1.5kg whole chicken, skin on
2 tablespoons olive oil
1 onion, finely chopped
4 cups fresh breadcrumbs (see note)
2 peaches, deseeded and chopped
2 tablespoons pistachios, chopped
Rind of one orange
2 tablespoons flat-leaf parsley
1 egg, beaten

DIRECTIONS

1. Preheat a fan-forced oven to 180°C.
2. Clean out the roast chicken under cold water, patting dry with paper towel.
3. Place the chicken in a shallow roasting pan.
4. Using a frying pan, heat the olive oil, adding in the onion and sautéing until cooked through.
5. Allow the onion to cool before mixing through the remaining ingredients.
6. Stuff the chicken with the mixture securing it with toothpicks.
7. Roast the chicken for 60-90 minutes until completely cooked through.

Note

To prepare the breadcrumbs, use fresh rye or wholemeal bread (you can combine the two!).

Using a baking tray, line the tray with baking paper and place the slices in an open oven until they're just dry (usually around 150°C fan-forced for 15 minutes, turning the slices half way).

Blitz the bread in a food processor until they turn into perfect breadcrumbs!



Crispy Roast Potatoes & Chicken Gravy

INGREDIENTS

500g potatoes, peeled and chopped
in halves
2 cups chicken stock
2 tablespoons plain flour
3 tablespoons olive oil
1 pinch Himalayan salt and pepper

DIRECTIONS

1. Preheat a fan-forced oven to 180°C.
2. Place the potatoes in a roasting dish with 1 tablespoon of olive oil and allow them to roast for 90 minutes.
3. Remove the potatoes from the oven and transfer them to a large frying pan.
4. Heat the remaining oil and cook the potatoes until brown and crispy.
5. Season the potatoes with the salt and pepper and set aside.
6. In the same pan, pour any of the roast chicken juices (taken from A Hint of Peach Roast Chicken recipe) into the frying pan, along with the chicken stock.
7. Bring the liquid to the boil and add the flour slowly, continuously stirring until thickened.



09 / DESSERT

Trifle Cups

INGREDIENTS

1 cup Christmas Pudding
(recipe on page 52)

1 cup natural yoghurt

½ cup raspberries

½ cup strawberries, halved

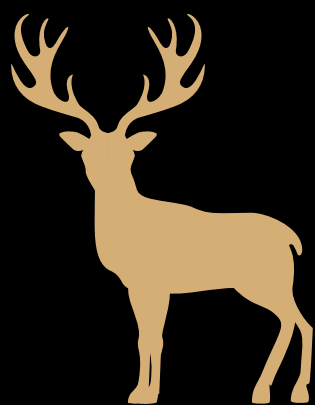
DIRECTIONS

Using a tall glass, layer the Christmas Pudding with the yoghurt, strawberries and raspberries until you reach the top.





DAY TEN



12 DAYS OF CHRISTMAS





10 / STARTER

BBQ Calamari

INGREDIENTS

3 tablespoons olive oil
2 garlic cloves, minced
Rind and juice of 1 fresh lemon
1 red chilli, deseeded and chopped
2 tablespoons oregano, chopped
1 pinch Himalayan salt and pepper
400g calamari tubes, scored and cut crosswise

DIRECTIONS

1. Preheat the plate on the barbeque.
2. In a bowl, mix together the oil, garlic, lemon, chilli, oregano, salt and pepper.
3. Coat the calamari in the mixture before placing the tubes onto the barbeque plate.
4. Continue to brush the mixture over the tubes while you cook them.



10 / MAIN

Baked Whole Snapper Pocket with Asian Dressing

INGREDIENTS

1.5kg whole snapper, scaled and cleaned
2 tablespoons olive oil
3 garlic cloves, crushed
Juice of 2 fresh limes
2 tablespoons soy sauce
2 fresh limes, juiced
3cm ginger chunk, peeled and cut into wafer thin strips
1 red chilli, deseeded and chopped
1 cup coriander
1 cup spring onion, finely sliced

DIRECTIONS

1. Preheat a fan-forced oven to 180°C.
2. Using a large baking tray, create a 'pocket' for the fish to cook using two overlapping pieces of foil.
3. Line the inside of the pocket with a sheet of baking paper.
4. Score the fish on both sides before coating it in the garlic and 1 tablespoon of olive oil.
5. Carefully place the lemon slices into the fish pocket.
6. Bake the fish for 45 minutes until cooked through.
7. Meanwhile, in a frying pan cook the remaining olive oil, ginger, chilli, soy sauce and lime juice together.
8. Pour the liquid over the whole fish to serve and top with the coriander and spring onion.



10 / SIDE

Crispy Asian Salad

INGREDIENTS

1 wombok cabbage, shredded
50g snow peas, trimmed and chopped
1 carrot, peeled and chopped
1 red capsicum, deseeded and thinly sliced
1 cucumber, thinly sliced
1 cup coriander leaves
1 cup spring onion, chopped
1 red chilli, deseeded and chopped
1 garlic clove, crushed
Rind and juice of 2 fresh limes
1 tablespoon grated ginger
½ cup mint leaves
2 tablespoons peanut oil
1 cup peanuts, chopped
1 tablespoon honey

DIRECTIONS

1. Combine the cabbage, snow peas, peanuts, cucumber, spring onions, carrot, capsicum, coriander, mint together in a bowl and toss.
2. In an airtight jar, mix the lime juice, rind, peanut oil, honey, chilli, garlic and ginger together and shake well.
3. Pour the dressing over the salad prior to serving.



10 / DESSERT

Rhubarb Cups

INGREDIENTS

2 cups natural yoghurt
Rind and juice of 2 oranges
250g rhubarb, trimmed and chopped
¼ cup honey
1 teaspoon ground ginger

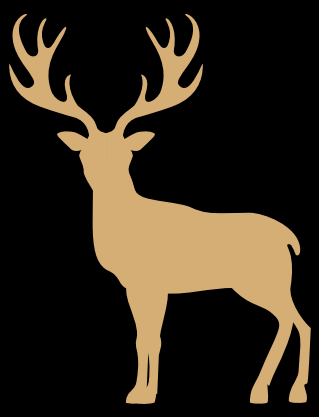
DIRECTIONS

1. Using a small saucepan, heat the orange juice, rind, rhubarb, honey and ginger until boiling.
2. Reduce the heat and allow to simmer until thickened.
3. Set aside and allow the mixture to cool.
4. Using tall glasses, layer the yoghurt and rhubarb mixture until the glass is full.





DAY ELEVEN



12 DAYS OF CHRISTMAS



11 / STARTER

Avocado & Prawn Rice Paper Rolls

INGREDIENTS

- 12 rice paper rounds
- 1 green oak lettuce, shredded
- 2 avocados, peeled, seeds removed and thinly sliced
- 24 cooked tiger prawns, peeled and tails removed
- 1 cucumber, cut into thin slices
- 2 tablespoons sweet chilli sauce, to serve

DIRECTIONS

1. Fill a large bowl with warm water and gently dip in one rice round and remove once soft.
2. Fill the round evenly with the lettuce, avocado, prawns and cucumber then roll.
3. Continue the above steps until all 12 rounds are filled and rolled.
4. Transfer the round to a clean surface and cover with a damp cloth to prevent the paper roll drying out.



11 / MAIN

Lamb Burgers with Mint Sauce

INGREDIENTS

Lamb Burgers

700g lamb mince
1 onion, chopped
2 garlic cloves, minced
2 teaspoons ground coriander
1 teaspoon ground cinnamon
1 teaspoon ground allspice
3 tablespoons flat-leaf parsley, chopped
1 egg, lightly beaten
1 pinch Himalayan salt and pepper

Mint Sauce

1 cup natural yoghurt
1 Lebanese cucumber, grated
2 garlic cloves, minced
2 tablespoons mint leaves, finely chopped

DIRECTIONS

1. Combine all of the Lamb Burger ingredients together in a bowl.
2. Using your hands, mould the lamb mixture into even balls.
3. Place the balls onto a plate and set aside in the fridge for 30 minutes.
4. Meanwhile, combine the yoghurt, cucumber, garlic and mint together to make the sauce.
5. Cook the patties on both sides until brown and serve with the Mint Sauce on wholemeal bread rolls.



Note

You can add as much salad and vegetables to your burgers as you like.

11 / SIDE

Spinach, Cranberry & Quinoa Salad

INGREDIENTS

Salad

250g fresh baby spinach
50g flaked almonds
50g dried cranberries
200g quinoa, cooked and cooled

Dressing

½ cup olive oil
1/3 cup fresh orange juice
¼ cup apple cider vinegar
1 tablespoon honey

DIRECTIONS

1. Combine the salad ingredients together in a bowl.
2. Using a jar, combine the dressing ingredients together and shake well.
3. Pour the dressing over the salad just prior to serving.



11 / DESSERT

Fruit Salad

INGREDIENTS

1 pomegranate, seeds harvested
3 kiwi fruits, peeled and chopped
1 cup fresh raspberries
3 cups watermelon, skin removed
and chopped
1 cup fresh blueberries
½ cup mint leaves

DIRECTIONS

In a large salad bowl, combine the ingredients together and toss.







12 / STARTER

Smoked Salmon Mini Muffins

INGREDIENTS

½ cup olive oil
2 cups wholemeal self-raising flour
1 egg, beaten
1 cup yoghurt
½ cup chives, chopped
1 tablespoon dill, chopped
125g smoked salmon, chopped

DIRECTIONS

1. Preheat a fan-forced oven to 200°C.
2. Grease a muffin tray with 1 teaspoon of olive oil.
3. In a large mixing bowl, combine the egg, yoghurt, chives, dill and the remaining olive oil together.
4. Stir through the flour.
5. Fold in the salmon and spoon the mixture into the muffin tray holes.
6. Bake the muffins for 15-20 minutes until brown and serve warm.



Pecan & Fig-Stuffed Turkey Roll

INGREDIENTS

Stuffing

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 4 fresh figs, chopped
- 2 cups fresh breadcrumbs (see note)
- ½ cup pecans, chopped

Turkey

- 1.5kg large turkey breast fillet
- 60cm kitchen string

DIRECTIONS

1. Preheat a fan-forced oven to 200°C.
2. Clean the turkey breast with cold water and set aside on paper towel to dry.
3. Using a frying pan, heat 1 tablespoon of olive oil and cook the onion and garlic until soft.
4. Add in the figs and pecans and remove from the heat and allow to cool.
5. Stir through the breadcrumbs, salt and pepper.
6. Place the turkey breast skin side down onto a clean surface.
7. Use a knife to cut the centre of the breast outwards ensuring that you don't cut all the way through.
8. Spoon the stuffing inside the breast and roll it into a tight roll.
9. Secure the roll with kitchen string.
10. Using a wire rack and a roasting pan, place the turkey on the rack with the pan below the rack to catch excess liquid.
11. Coat the turkey roll with the remaining olive oil.
12. Roast the turkey for 90 minutes until cooked through.
13. Remove the turkey from the oven and cover with foil.
14. Set the turkey aside for 15 minutes before carving.



Note

To prepare the breadcrumbs, use fresh rye or wholemeal bread (you can combine the two!).

Using a baking tray, line the tray with baking paper and place the slices in an open oven until they're just dry (usually around 150°C fan-forced for 15 minutes, turning the slices half way).

Blitz the bread in a food processor until they turn into perfect breadcrumbs!

12 / SIDE

Baked Jacket Potatoes

INGREDIENTS

12 potatoes
1 tablespoon olive oil
1 pinch Himalayan salt and pepper

DIRECTIONS

1. Preheat a fan-forced oven to 180°C.
2. Cut 12 even squares of aluminium foil.
3. Pierce the potatoes with a fork.
4. Using a large bowl, combine the olive oil, salt and pepper together before coating the potatoes in the mixture.
5. Wrap each potato individually and roast for 90 minutes until cooked through.



12 / DESSERT

Gingerbread Cookies

INGREDIENTS

3 cups wholemeal flour
2 teaspoons ground ginger
2 teaspoons ground cinnamon
1 teaspoon Himalayan salt
½ teaspoon bicarbonate soda
½ teaspoon baking powder
½ cup coconut oil
½ cup molasses
½ cup pure maple syrup
2 eggs

DIRECTIONS

1. Using a large mixing bowl, combine the flour, baking powder, salt, ginger, cinnamon and bicarbonate soda together.
2. In a separate bowl, mix the coconut oil, molasses, maple syrup and eggs together.
3. Gently stir the wet mixture into the dry ingredients to combine.
4. Cover the mixture with cling wrap and place in the fridge for 2 hours.
5. Preheat a fan-forced oven to 180°C.
6. Line a baking tray with baking paper.
7. Remove the cookie mixture from the fridge, roll out and cut into desired shapes.
8. Bake for 10-15 minutes, allowing the cookies to cool for 10 minutes prior to serving.





MERRY *Christmas!*

My passion for health and wellness goes beyond the festive season. I am a firm believer in leading a maintainable lifestyle and eating well regardless of the time of the year.

My first recipe book, *Eat Clean, Live Lean* has over 160 clean eating, family-friendly recipes for all year long.

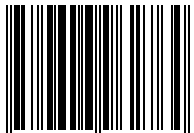
My toddlers and kids recipe book, *My Kids Eat*, is a follow on book designed to appeal to even the fussiest eaters with its simple, delicious and wholesome recipes.

My most recent wholefoods recipe book, *Baby's First Recipe Book* was created to ensure you can provide your baby with the best start to nutrition and life – while keeping it cost-friendly and time-efficient.

For more recipes and ideas head to

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