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# The Natural Christmas Menu 2016



# ABOUT THIS BOOK

Season's Greetings from the CNM Natural Chef Kitchen.

CNM's Natural Christmas Menu has been put together with the help of CNM Graduates and Lecturers, offering you nutritious and delicious recipes to celebrate the festive season.

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# STARTER

## INGREDIENTS

### *Sprout Fritters:*

- 75g gram flour (chickpea flour)
- approx 2/3 cup water (more if necessary)
- 50g sprouts, finely shredded
- 50g red onion, chopped in half and then very finely sliced into half moons
- 1 ½ red chillies (finely chopped, with seeds for more heat or omit for less!)
- 2 garlic cloves, puréed/crushed
- 1 tsp finely grated ginger
- 3 tbsps of fresh coriander, finely chopped
- 20 basil leaves, finely chopped
- 1 tsp fish sauce (omit if vegan)
- juice of ½ lime
- coconut oil for frying

### *Dipping Sauce:*

- Juice of ½ lime
- 1 tbsp coconut sugar (or honey/maple syrup/rice malt syrup)
- 2 tbsp tamari sauce (or light soy sauce if you prefer/are not glutenfree)
- 4 tbsp water
- 1 red chilli, finely chopped
- 1 clove of garlic, puréed/crushed

# Spicy Sprout Fritters with Dipping Sauce

PERFECT FOR USING UP THOSE FORGOTTEN SPROUTS!

## METHOD

Put the gram flour in a bowl and add half the water and whisk to make a batter, then keep adding more water and whisking until it reaches the thickness of pouring cream. Ensure there are no lumps and the batter is smooth. Then add the rest of the fritter ingredients, and mix until all the vegetables are coated in batter.

Make the dipping sauce by combining all the ingredients in a shallow dish and put to one side.

Heat a tbsp of coconut oil in a medium sized frying pan and, when hot swirl it round the pan to ensure oil is spread out. Put a tsp of batter into the pan at a time, and spread out each fritter so they are as thin as possible.

Using a metal fish slice (silicon ones are no good with these), slide underneath the fritters once they start turning golden brown, and flip over. You want them to be crispy, preferably. Put the cooked fritters on a plate lined with kitchen towel to soak up excess oil. Clean the pan of any burnt bits and add more oil if you need to cook them in a few batches. Then serve immediately with the dipping sauce, once all the fritters are cooked.



## Recipe Credit:

Catherine Arnold - [www.catherinearnoldnutrition.com](http://www.catherinearnoldnutrition.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# STARTER

## INGREDIENTS

serves 4

1-2 kg beef bones, chicken thighs, turkey carcass, lamb bones  
3 grated carrots  
1 tbspc coconut oil  
1 cup of red lentils  
1 white onion  
2 cloves of chopped garlic  
1 organic chicken stock cube  
2 tbspc organic apple cider vinegar  
pinch of himalayan salt and black pepper to taste  
1 tsp mixed dried herbs



# Warming Christmas Bone Broth Soup

PERFECT WINTER WARMER FOR LEFT-OVER BONES AND CHRISTMAS MEAT

## METHOD

Boil chicken thighs/carcass in saucepan in water (covering at least 1 inch of the chicken) for at least 6 hours for chicken and 12 for beef or lamb. Keep an eye on the saucepan as you may have to top up the water. Don't forget add the apple cider vinegar as this will help to extract all the goodness/nutrients from the bones.

Once boiled, strain the mixture into another sauce pan. Wait for bones/meat to cool and then pull off the meat and add to the broth mixture. (The meat should come off easily).

In a small frying pain, lightly fry the onion and garlic in coconut oil. Once soft, add this to the broth mixture.

Crumble in the stock cubes.

If you prefer a smooth consistency, feel free to use a soup-liquidiser at this point.

Add in the lentils and simmer for at least 25 minutes.

Peel and grate the 3 carrots and cook for a further 20 minutes.

Season to taste with the salt, pepper and herbs.



**Recipe Credit:**

Hayley Down - [www.hdnutrition.co.uk](http://www.hdnutrition.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# STARTER

## INGREDIENTS

- 1 large red onion
- 8 chestnut mushrooms
- 1 portobello mushroom
- 1 tbsp of coconut oil for frying
- 2 cups of green lentils cooked
- 1 cup of toast walnuts
- 3 cloves of garlic
- black pepper
- himalayan salt
- 1 tsp thyme
- 3 stems sage
- 3 stems rosemary
- 1/2 lemon squeezed
- 1 tsp coconut sugar
- 1 tbsp of tamari



# Faux Gras Pate

**VEGAN**

## DELICIOUS APPETISER FOR CHRISTMAS DINNER

### METHOD

In a saucepan cook the dark green lentils and drain well.

Clean the mushrooms and slice them thin. Chop the onions and garlic. Heat the oil in a deep frying pan. Add the onions, cook stirring frequently until translucent. Add the garlic and cook, ensuring it doesn't burn. Add the mushrooms and cook for a five minutes.

Chop the walnuts into small pieces, add to the mushrooms and allow to toast for a few mins.

Chop the herbs and add to the mixture. Add coconut sugar, lemon juice and tamari sauce, allow the mixture to warm through.

In a food processor place the mushroom mix and cooked lentils. Add black pepper and salt to taste. Blend until smooth.

Scrape the pate into a serving bowl, allow to cool thoroughly and refrigerate for a few hours. The pate will last for four days in the fridge. Serve with cornichons, caramelised onions on some crusty sourdough toast.



### Recipe Credit:

Stephanie Reynolds - [www.liverhappylife.com](http://www.liverhappylife.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# STARTER

## INGREDIENTS

serves 6

250g wild mushrooms  
1 medium-size sweet potato  
1 large red onion  
2 garlic cloves  
150ml rice cream  
125g pre-cooked chestnuts  
fresh thyme  
fresh rosemary  
500ml chicken or vegetable stock  
1 tbsp truffle oil

### **From the Chef:**

*"I love to serve this soup as part of the traditional Christmas lunch/dinner, as it sets the tone for an amazing meal with the entire family present at the table.*

*The truffle oil adds a touch of sophistication, a great plus, especially if you are trying to impress.*

*The recipe is so easy to make that it allows you to concentrate on the traditional Christmas roast and all the trimmings, and requires very little preparation."*

# Wild Mushroom Soup

## ROASTED CHESTNUTS, WILD MUSHROOMS & TRUFFLE OIL

### **METHOD**

If necessary brush-clean the mushrooms; you can use any you like.

Quickly sauté the mushrooms with the crushed garlic cloves and herbs (you can tie the herbs together to make a *Bouquet Garni* (which will be easier to remove once mushrooms are cooked).

Reserve the mushroom mix and juices. Finely chop the onion, and allow it to melt over a very low heat.

After 10 minutes, put the heat on high. Take out the herbs from the cooled mushrooms. Drain the mushrooms, and place them in a pan with the onion (you can keep some mushrooms aside for decoration). Stir quickly. The onion should not burn.

Add the diced sweet potato and continue stirring. Add 2 chestnuts, and pour the mushroom juice over the top. Stir quickly and add stock or water. Bring to the boil, and then reduce heat and simmer for 25 minutes.

Using a handheld blender, mix the soup until a smooth texture is formed. Add the rice cream, and blend some more. The soup should be very smooth. Add seasoning to taste.

Roast the chestnuts with thyme and rosemary, and a pinch of rock salt, and then break them into large chunks. Place on top of soup and serve.

### **Recipe Credit:**

Olivier Sanchez - [www.exquisiteprivatechef.co.uk](http://www.exquisiteprivatechef.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# STARTER

## INGREDIENTS

serves 3

### **Latkes:**

2 cups brussels sprouts,  
thinly shredded

2 cups peeled, grated turnip -  
alternatively use potato, celeriac or  
parsnip

1 shallot - thinly sliced

few sprigs of rosemary, minced

1/2 cup brown rice flour - alternatively  
gram flour works nicely but changes the  
flavour

2 eggs

sea salt and cracked black pepper to taste  
(optional) 1/4 cup parmesan cheese

### **Frying:**

ghee or coconut oil

### **Topping:**

Organic free-range egg - 1 per person

\*If serving as a canapé quails eggs are  
recommended

### **To Serve:**

handful of watercress

drizzle of cold-pressed extra virgin olive oil

# Sprout and Turnip Latkes

## USING LEFTOVER LATKES WITH POACHED EGG AND WATERCRESS

### **METHOD**

#### **Latkes:**

Using a food processor, shred the brussels sprouts and turnip so they are finely sliced. Add to a bowl, along with the sliced shallot, rice flour, parmesan (optional), thyme, salt, pepper.

Stir to combine and leave for 10 minutes to sit to allow the mixture to come together.

Lightly beat the eggs together and add to the mixture, stir well.

Heat the ghee or oil to a moderate heat, using your hands, grab a handful of the mixture and bring it together to form a flat ball, press down to spread evenly over the base of the pan.

Cook for 3–4 minutes each side or until golden and cooked through, be wary not to overcrowd the pan.

Resist the urge to move the latkes about too much as they need to seal on the pan in order to gain that nice crispy outside texture. Whilst the fritters are cooking, prepare your poached eggs.

#### **Poached eggs:**

Bring a pan of water to a rolling boil, add one teaspoon of white wine vinegar, and reduce to a gentle simmer.

Crack one egg at a time and gently add to the water, entering as close to the water as possible.

For a soft runny yolk, poach the eggs for 4 minutes, remove with a slotted spoon.



[continued overleaf]

### **Recipe Credit:**

Anna Little - [www.annalittlenutrition.co.uk](http://www.annalittlenutrition.co.uk)

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# Sprout and Turnip Latkes ...continued

## LEFTOVER LATKES WITH POACHED EGG AND WATERCRESS

### **Herbed yoghurt (optional):**

In a bowl mix a few tbsp's of greek yoghurt with chopped fresh herbs (sage or parsley would work nicely), drizzle of extra virgin olive oil, squeeze of lemon juice and pinch of sea salt.

### **From the Chef:**

*"This is a super speedy little recipe, which is great for utilising leftovers or whipping together when you have a last minute get together and have only a few things lurking in the fridge.*

*The latkes can be shaped smaller to create more of a canapé for dinner parties and topped with a dollop of yoghurt, aioli or even cashew cream if you're feeling adventurous. It is also extremely versatile and can be recreated dependent on the seasons.*

*Try seasonal variations switching the sprouts and turnip for beetroot or sweet potatoes in the autumn maybe with a spicy harissa yoghurt or courgettes in the summer topped with lovely peashoots."*



### **Recipe Credit:**

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# STARTER

## INGREDIENTS

serves 2-4

1 50g jar artichoke hearts, drained (go for preserved in olive oil, preferably with little or no added salt)  
1 large clove garlic  
small handful fresh basil/parsley  
2 tbsp greek yoghurt/natural yoghurt/or if vegan soy yoghurt  
1 tbsp extra virgin olive oil  
½ lemon, zest and juice  
black pepper to taste



# Christmas Artichoke Dip

**VEGAN**

## VITAMIN RICH ARTICHOKE DIP

### METHOD

In a food processor, blend together all the ingredients.

Whizz until smooth.

Serve with anything as a starter or as a canapé with dips.

Enjoyed with crudités, wholemeal breadsticks or I love it smothered on rye / sourdough bread as a starter.

### From the Chef:

*"Artichoke is a great source of vitamin K, vitamin C and folate as well as being rich in minerals. It's a great source of fibre, antioxidants and a good choice for supporting liver function - for those who may over-indulge during the festive season...."*

*This recipe also contains raw garlic (with potential cholesterol lowering, antibacterial, anti-fungal, blood pressure activity) virgin olive oil (with antioxidant, vasodilating, and antiplatelet properties, and potentially cholesterol lowering) and fresh basil (antibacterial, anti-inflammatory and cardiovascular health benefits). So really this is a superfood dip!"*



### Recipe Credit:

Louise Cullen - [www.gingerandpicklesnutrition.co.uk](http://www.gingerandpicklesnutrition.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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## INGREDIENTS

500g organic turkey (thigh) mince  
 ½ cup dried unsweetened cranberries  
 (or 1 cup fresh cranberries)  
 1 cup fresh apple juice  
 1 onion, finely chopped  
 ¼ cup bone broth  
 1 egg, beaten  
 1 tsp dried thyme  
 ½ tsp nutmeg  
 ½ tsp Himalayan salt  
 pinch black pepper  
 (optional) 2 tbsp ground almonds  
 ghee or coconut oil for frying



# Turkey and Cranberry Meatballs

## DELICIOUS TURKEY BITES

### METHOD

Infuse the dried cranberries in apple juice over night by leaving them in an airtight container. Alternatively if using fresh cranberries, bring the berries and apple juice to boil in a pain, leaving them to gently simmer uncovered until most of the liquid has evaporated.

Preheat oven to 175 degrees C.

Chop the onion finely. Fry on low heat in ghee or coconut oil until the onion is translucent.

Transfer the onion and cranberries to a mixing bowl and add all the other ingredients.

Using your hands, combine the mixture and shape into small balls. (Tip: keep a water bowl of lukewarm water to dip your hands in. This stops the mixture sticking to your hands and helps you shape the meatballs).

Line a baking tray with parchment paper and bake the meatballs for approximately 25 minutes, turning them once or twice until they are golden.



### Recipe Credit:

Jennifer Stenfelt - [www.aligningnutrition.co.uk](http://www.aligningnutrition.co.uk)



# Celeriac and Hazelnut Gratin

**VEGAN**

## INGREDIENTS

- 2 white onions
- 1 tbsp coconut oil
- 1 large celeriac
- 1/2 tsp nutmeg
- pinch himalayan sea salt
- 10 sage leaves
- 6 sprigs thyme
- 2 cups hazelnut milk
- 3 heaped tbsp ground hazelnuts
- 1 tbsp nutritional yeast
- drizzle olive oil



## WITH A HERBED CHESTNUT CRUMB

### METHOD

Preheat the oven to 180 degrees. Finely slice and saute the onions in the coconut oil on a medium heat until soft and sweet.

Add 1/2 teaspoon nutmeg, 5 chopped sage leaves, 3 sprigs thyme and a pinch of sea salt to the onions and cook for another few minutes.

Meanwhile peel and quarter the celeriac and slice as thinly as possible, once the onions are caramelised add to the pan and saute together for around 10 minutes until they become tender. Add two cups of hazelnut milk, season with pepper and stir until milk is thoroughly hot.

To make the crumb topping chop the chestnuts roughly and combine with the ground hazelnuts, nutritional yeast, remaining sage and thyme, 1/2 teaspoon nutmeg, a good amount of black pepper and a pinch of himalayan salt if desired.

Layer the celeriac mix in a baking dish and top with the hazelnut crumb. Drizzle with a little olive oil and bake at 180 degrees for around 40-50 minutes until the celeriac is tender and the topping is nicely crisp.



**Recipe Credit:**

Beth Jeffries - [www.blossomwithbetsy.com](http://www.blossomwithbetsy.com)

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**INGREDIENTS**

**Turkey/Chicken Bone Broth:**

- 3 litres filtered water
- 1 organic turkey or chicken carcass plus giblets/heart
- 1 onion, skin on, chopped in half
- 2 carrots, whole
- 2 celery sticks, roughly chopped
- 1 garlic bulb sliced widthways
- 2 tbsp apple cider vinegar
- 10 black peppercorns

Any herbs you have:

- large handful of parsley including stems
- coriander including stems
- rosemary
- thyme

**From the Chef:**

Any other leftover vegetables, I save my broccoli stems, cabbage cores, outer leaves of fennel and anything else that will add flavour, and throw them in the stockpot at the end of the week.

# Turkey Pho (Part 1 of 2)

**NOURISHING TURKEY/CHICKEN BONE BROTH**

**METHOD**

Combine in a large stock pot with a lid and bring to the boil, then simmer for 6 to 12 hours, the longer the better. Strain out the bones/vegetables and store in glass jam jars with lids (old coconut oil jars are good) in the fridge until required. You can also freeze the jars if you don't fill the stock all the way to the top – leave a gap to prevent it exploding!





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# Turkey Pho (Part 2 of 2)

## *La Pièce de Résistance*

### INGREDIENTS

#### **Soup:**

2 ½ pints of homemade turkey bone broth  
1 red chilli, chopped (seeds in if you want it very hot!)  
2 cloves of garlic, crushed  
4 cloves  
2 tbsp coriander seeds, toasted and then crushed in pestle and mortar  
coriander stems – 2 inches from a large bunch finely chopped  
fresh ginger – a 2 inch chunk, finely grated  
1 lemongrass stalk, outer husks removed and soft inside chopped  
1 tbsp coconut sugar (or other sweetener such as xylitol)  
3 tbsp fish sauce  
juice of 1 lime  
himalayan salt (to taste)

#### **Bowl:**

Cooked turkey meat or chicken – cut into strips. About 1 cup per person  
1 courgette made into noodles – either with a spiraliser or alternatively you could use a mandolin or peeler to get wider strips.  
1 carrot either made into noodles with a spiraliser or into strips with a peeler.  
Other noodles: buckwheat or brown rice are tasty and gluten-free, cooked and placed in a bowl of cold water. Strain before adding to the soup.  
1/2 red onion, thinly sliced

3 handfuls fresh coriander (leafy bits) chopped  
1 large handful of fresh mint, chopped  
Approx 25 fresh basil leaves, chopped  
1 red chilli, thinly sliced (seeds removed if you don't want it too hot!)  
Lime wedges on side

Other possible bowl vegetables:

Pepper, sliced into long strips; Beansprouts;  
Mange tout; Shredded spinach

### METHOD

Combine the stock and other ingredients for the soup apart from the fish sauce and lime in a large pan, bring to the boil and then simmer with the lid on for 30 minutes. Add the fish sauce and lime juice. Add more fish sauce / salt / lime juice to get the right balance of salt and sour, or add more sugar if it needs more sweet.

Prepare your bowls with slices of turkey/chicken, your choice of noodles, fresh herbs, and other bowl ingredients. Or to make it a little more interesting, take a plate with all the bowl ingredients to the table and let everyone add their own ingredients to their bowls.

Divide the soup amongst the four bowls and serve lime wedges on the side.

#### **Recipe Credit:**

Catherine Arnold - [www.catherinearnoldnutrition.com](http://www.catherinearnoldnutrition.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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## INGREDIENTS

serves 4

250g buckwheat groats  
 75g dried porcini mushroom or mixed  
 dried mushrooms (rehydrate in boiling  
 water - set aside to soften for 15  
 minutes, reserve mushroom liquid to  
 add to stock)  
 200g chestnut mushrooms  
 2 shallots  
 2 garlic cloves  
 a few sprigs of thyme  
 1 leek  
 2 cups spinach  
 zest and juice of 1/2 lemon  
 reserved porcini water + vegetable stock  
 (approximately 750mls of liquid)  
 (optional) 125ml white wine  
 ghee or olive oil  
 70g grated pecorino  
 extra virgin olive oil  
 sage leaves  
 sea salt/pepper

# Buckwheat, Porcini and Spinach Risotto

## WARMING NUTTY BUCKWHEAT RISOTTO

### From the Chef:

*"This is a super comforting recipe for those shorter colder nights during the winter. Using buckwheat groats instead of traditional arborio rice gives a deliciously nutty flavour, creating a lighter variation whilst also making this dish gluten free. When making any risotto style dish, make extra stock. Whilst simmering, some of the liquid can evaporate and extra is often needed to create the perfect risotto. This dish can also be made dairy free and vegan by leaving out the pecorino cheese, which can be substituted with nutritional yeast or equally left out which is equally delicious."*

### METHOD

In a saucepan, add the ghee or olive oil and over a low-medium heat add the finely chopped shallot and leek and sauté until softened and translucent. Once soft, add the drained porcini mushroom (reserving the water for later) and sauté for a few more minutes along with the garlic.

Whilst this is cooking, heat up the porcini water and stock in a separate pan until boiling then reduce to a low simmer.

Increase the heat to medium and add the buckwheat groats to the shallot mix and toss for a few minutes, slightly toasting the groats to enhance their flavour. Add the wine stirring occasionally.

[continued overleaf]



### Recipe Credit:

Anna Little - [www.annalittlenutrition.co.uk](http://www.annalittlenutrition.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# Buckwheat, Porcini and Spinach ...continued

## WARMING NUTTY BUCKWHEAT RISOTTO

Once most the wine has evaporated, add a ladle of the stock. Stir until the buckwheat has absorbed most of it, however ensuring it does not dry, and follow with another ladle of stock.

Repeat for a further 15 minutes, until you have used up the stock and it is a nice slightly soupy consistency, add extra hot stock or water if needed. You want the buckwheat to be al dente.

### **Tips from the Chef:**

- *For a protein boost, I sometimes enjoy this dish with a soft poached egg on top.*
- *When making any risotto style dish a little tip is to make extra stock on the hob as whilst simmering some of the liquid can evaporate and extra is often needed to create the perfect risotto consistency.*



### **Recipe Credit:**

Anna Little - [www.annalittlenutrition.co.uk](http://www.annalittlenutrition.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# SIDE

## INGREDIENTS

makes approx 16 stuffing balls

- 1 tbs olive oil
- 1 small onion/half a large onion, finely diced
- 200g vacuum packed cooked and peeled chestnuts
- 125g dried apricots
- 450g butcher's quality gluten-free pork sausages, removed from their casing (those containing seasoning such as herbs or nutmeg are fine)
- 1 tbs minced sage leaves
- 2 tbs ground almonds (optional)
- salt & black pepper

### **From the Chef:**

*"Many stuffing recipes use breadcrumbs and many gluten-free recipes just opt to swap them for gluten-free breadcrumbs.*

*True, breadcrumbs add texture to stuffing but with meat, onions, apricot and crumbly chestnuts, you'll get lots of textural variety.*

*Get the festive aromas going at your place, these ingredients together smell incredible."*

# Pork, Chestnut, Apricot & Sage Stuffing

## GLUTEN-FREE STUFFING

### **METHOD**

Pre-heat the oven to 180°C

Sauté the onions in the oil with a pinch of salt for 3-4 minutes until softened. Remove from the pan and allow to cool off a little.

Meanwhile whizz the chestnuts and apricots for approximately 10-15 seconds in the food processor until the chestnuts resemble breadcrumbs and the apricots are finely diced. Don't purée, you want the texture.

Mix the sausage meat with the chestnuts, apricots, sautéed onions, sage, optional ground almonds and seasoning – ½ tsp salt and ¼ tsp pepper. Bring the mix together with your hands, so that the flavourings are evenly distributed. Either use approximately half of the stuffing to stuff the turkey or make into golf-ball sized balls.

Bake the balls on a lined baking tray for 25 minutes and serve alongside the turkey.



### **Recipe Credit:**

Ceri Jones - [www.naturalkitchenadventures.com](http://www.naturalkitchenadventures.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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## INGREDIENTS

makes enough for 8-10 loaded oatcakes

- 1 tin of sardines in olive oil, drained  
(reserve some of the oil)
- half a red onion, finely diced
- 2 small cloves of garlic, minced
- 50g fresh cranberries
- 1 tsp dried mixed herbs
- zest of half a lemon
- 1 tsp lemon juice
- 1/2 tbs crème fraiche (optional)
- freshly ground Black Pepper
- salt

**From the Chef:**

*"Fish is often forgotten about at this time of year but we should all try and keep up our oily fish intake, it's fantastic source of Omega 3.*

*Tinned sardines are a store cupboard staple and can be jazzed up in no time with some fresh cranberries for a seasonal twist. Paired with gluten-free toast or oatcakes it makes the perfect light supper after an indulgent lunch, or an impressive starter before the main event.."*

## Sardine &amp; Cranberry Pâté

## DELICIOUS SEASONAL SPREAD PACKED WITH OMEGA-3

## METHOD

Warm a teaspoon of the reserved oil in a frying pan and sauté the onion with a pinch of salt until softened (2-3 minutes). Add the garlic, the cranberries and dried herbs. Cook for a further few minutes until the cranberries begin to soften.

Add the sardines and break them up with the back of your spoon. Allow them to warm through for a few minutes.

Tip the fish mixture into a small food processor, add the lemon zest, juice, crème fraiche, ¼ tsp salt and black pepper. Blend until smooth. Taste and add more salt if it needs more depth of flavour. Transfer to a small serving dish and serve warm, or refrigerate until later. Will keep in the fridge for 2-3 days.

**Recipe Credit:**

Ceri Jones - [www.naturalkitchenadventures.com](http://www.naturalkitchenadventures.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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## INGREDIENTS

serves 2

4 carrots, unpeeled, washed  
 2 garlic cloves, minced  
 1 tbsp, cumin seeds  
 1/2 tsp of cinnamon  
 sea salt and cracked pepper  
 1/2 cup puy or brown lentils (soaked overnight, rinsed and cooked)  
 1 cup of red cabbage, thinly sliced  
 couple of handfuls of rocket  
 handful of roughly chopped herbs:  
 parsley, coriander, mint  
 handful of dried figs/raisins  
 (optional) goats cheese  
 olive oil  
 toasted sunflower seeds  
 toasted pine nuts  
 (optional) left-over Christmas protein -  
 including, Turkey, Chicken or Lentils

**Dressing:**

2 tbsp extra virgin olive oil  
 4 tbsp tahini  
 2 tbsp lemon juice  
 2 tbsp maple syrup  
 2 tbsp apple cider vinegar  
 pinch of cayenne pepper

## Christmas Leftover Salad

## IMMUNE BOOSTING LEFTOVER SALAD

## METHOD

Soak the lentils overnight in luke warm water along with a splash of acidic solution such as apple cider vinegar or lemon juice. This will help to decrease the naturally occurring phytic acid, helping to increase the bioavailability of nutrients. Drain, rinse well and add to fresh water, cook until tender, 15-20 minutes.

Preheat the oven to 200 °C. Wash the carrots, keeping the skins on, and slice diagonally into coined size rounds. Place onto a baking sheet and drizzle with olive oil, cumin seeds, garlic and season with salt. Toss to combine. Roast for 20 minutes, tossing in between to evenly cook (the carrots should still retain a bite, whilst being nicely caramelised from roasting).

Whilst the carrots are roasting, prepare the rest of the salad ingredients and add to a bowl. Drain the lentils once tender and rinse in cold water. Add to the bowl. Add the roasted carrots, season and toss everything to combine.

For the dressing, add all the ingredients into a jar and shake with the lid on to incorporate.

Serve the salad with some extra herbs, a drizzle of olive oil, toasted seeds and crumbled cheese if desired.

**Recipe Credit:**

Anna Little - [www.annalittlenutrition.co.uk](http://www.annalittlenutrition.co.uk)



**INGREDIENTS**

200g chopped kale  
 one small pack of brussels sprouts  
 large orange, peeled and sliced  
 (optional) 1 tbsp of cranberries  
 1 tbsp flaked almonds  
 1 tbsp pumpkin seeds

**Dressing:**

1 tbsp miso paste  
 1 tbsp apple cider vinegar  
 1 tbsp honey  
 1 tbsp sesame seed oil

**From the Chef:**

*"This is a great winter salad because not only are you using seasonal produce like kale, brussels sprouts and cranberries, but the ingredients in the dressing support immune health."*

*Miso is a probiotic food that helps support your immune system and honey is a medicinal food that is anti bacterial and anti fungal."*

# Kale & Miso Salad

**VEGAN****GREAT WINTER SALAD USING SEASONAL PRODUCE****METHOD**

Preheat the oven to 180 degrees.

Take your brussels sprouts and cut them into half. Place them in an oven proof dish. Toss with a tablespoon of olive oil, salt and pepper. Coat the brussels in it. Put in the oven and let them cook for 10 minutes until golden.

Take the pumpkin seeds and flaked almonds and lightly toast them in pan until golden. Set aside.

For the dressing mix – mix all the ingredients together at the bottom of the bowl that you plan to use for the salad.

To this add your kale and massage the dressing into the kale leaves for 2-3 minutes. You will notice that the kale softens up as you start to break it down.

To this then add the brussels sprouts and segmented orange and lightly toss to everything is coated.

Add the flaked almond, pumpkin seeds and cranberries on top.

**Recipe Credit:**

Farzanah Nasser - [www.loveinsideout.co.uk](http://www.loveinsideout.co.uk)



**INGREDIENTS**

Makes approximately 1 litre

- 1 small red cabbage, coarsely shredded
- 2 cored apples, grated
- 15 whole cloves
- 2 inches ginger, sliced
- 3 cinnamon sticks
- 2 bay leaves
- 1 tbsp sea salt



# Spiced Cabbage and Apple Sauerkraut

## THE PERFECT FERMENTED ADDITION TO A HEAVY FEAST

**METHOD**

In a large bowl, add all the ingredients besides the cinnamon sticks. Leave to stand for 10 minutes.

Using your clean hands begin to massage the mixture, releasing liquid from the cabbage. This can take up to 15 minutes.

Once there is enough liquid, add the cinnamon sticks and transfer the mixture to a clean mason jar (or other air tight glass container), packing it tightly making sure there is at least ½ an inch of fluid covering the top.

You may need to add a weight inside the jar to make sure the cabbage is kept below the surface. Cover the top with a kitchen towel and a rubber band.

Leave in a warm place to ferment for at least 3 days before tasting it. Depending on the room temperature the fermentation can take up 3 weeks. It is ready when it has a slightly sour taste.

Store in the fridge for up to 1 month.

**Recipe Credit:**

Jennifer Stenfelt - [www.aligningnutrition.co.uk](http://www.aligningnutrition.co.uk)



# DESSERT

## INGREDIENTS

serves 6-8

### *Filling:*

7 medium, ripe pears  
3 tbsp orange juice  
1 tbsp lemon juice  
2 tsp cinnamon  
½ tsp ground ginger  
¼ tsp ground nutmeg

### *Crumble Topping:*

100g gluten free oats  
100g almond flour  
50g coconut oil  
3 tbsp maple syrup  
1 tsp vanilla essence



# Christmas Spiced Crumble

GLUTEN AND DAIRY FREE CRUMBLE (WITH NO REFINED SUGAR!)

## METHOD

Peel, core and slice the pears (into 8-12 pieces each).

Place the sliced pears in a saucepan with orange juice and lemon juice.

Mix the spices together and scatter evenly over the pears.

Place the pan on a medium heat with a covering lid for 10 minutes (or until soft with some bite).

Grind the oats in a blender or nutribullet to create a flour.

Add the oats and almond flour to a bowl and add the coconut oil, maple syrup and vanilla essence.

Mix with a fork or your fingers to form a breadcrumb-like consistency.

Place the pears in the bottom of an ovenproof dish and scatter the crumble mixture evenly on top.

Place in a pre-heated oven for 20-25 minutes at 180°C/160°C(Fan)/350°F/Gas 4.



**Recipe Credit:**

Bernadette Keogh - [www.naturalnutritioncoach.co.uk](http://www.naturalnutritioncoach.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# DESSERT

## INGREDIENTS

### *Porridge Ingredients:*

- 2/3 cup gluten free porridge oats
- 4 tbsp quinoa flakes (or use more oats if you prefer)
- 2 small or 1 large banana
- 2½ cups almond milk or milk of choice
- 2 tsp tahini
- ¼ tsp allspice
- 2½ tsp raw cacao powder
- juice of 1 orange
- 1 tsp orange zest
- 4 squares chocolate (approx. 20g)

### *Orange Tahini Sauce Ingredients:*

- 2 tsp maple syrup or honey
- 4 tsp tahini
- 1 tsp orange zest
- 1 orange, peeled

### *To Decorate:*

- 4 tbsp pomegranate seeds
- 1 tbsp pumpkin seeds
- 2 squares of dark chocolate



# Spiced Chocolate Porridge

**VEGAN**

**GLUTEN-FREE AND DAIRY FREE PORRIDGE WITH ORANGE TAHINI SAUCE**

## METHOD

Put the oats and quinoa into a pan along with the milk and bring to a simmer, turn down to low and stir continuously. Put the banana, juice from 1 orange and 2 tsp tahini in a blender and combine until smooth. Add this to the porridge along with 1 tsp orange zest and the allspice. Once the porridge has cooked and is almost ready to serve, stir in the cacao powder, making sure there are no lumps and its completely combined. Turn off the heat and stir in 4 squares of chocolate.

Peel the remaining orange and put into a blender along with 4 tsp tahini and 2 tsp maple syrup or honey, blend until smooth. Stir in the remaining 1 tsp orange zest.

Divide the porridge between two bowls. Pour some orange tahini sauce on top, and decorate with pomegranate seeds, pumpkin seeds and the remaining chocolate squares.



**Recipe Credit:**

Catherine Arnold - [www.catherinearnoldnutrition.com](http://www.catherinearnoldnutrition.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# DESSERT

## INGREDIENTS

serves 4

4 clementines, top sliced off (about  $\frac{3}{4}$  way up) and segments carefully scooped out so you keep the peel intact.

2 ripe bananas, peeled and frozen in small chunks (spread them out when freezing so they don't clump together)

### **Chocolate top:**

3 tbsp raw cacao  
2 tbsp maple syrup  
50g cacao butter

### **Decoration:**

8 goji berries  
4 x pairs of tiny mint leaves to look like holly



# Clementine Ice Cream 'Christmas Puds'

## DELICIOUS DAIRY-FREE CLEMENTINE CHRISTMAS PUDDINGS

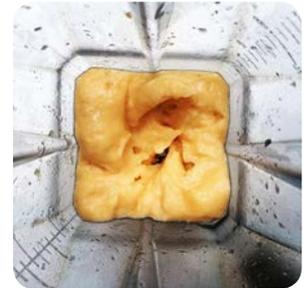
### METHOD

Prepare the banana and clementine the night before you want to make the puddings (or at least 4-5 hours before) to allow time for them to freeze. After you have cut the top off the clementines, use a tablespoon to help gently scoop out the fruit segments, being careful not to damage the peel. Put the clementine skin shell and the top of the clementines, in a container and keep them in the freezer for later. Meanwhile, break the clementine up into individual segments, spread out on a shallow dish and place in the freezer.

Take the frozen bananas and the clementine out of the freezer about 30 minutes before you want to make the dessert, this will allow them to defrost slightly and help your blender cope! If you have a vitamix or a very powerful blender then you can put them in the blender and start straight away.

Blend until smooth, scraping down the sides periodically, until it combines into a sorbet style ice cream. Fill your clementine shells with the ice cream, piling it up into a mound, much higher than the top of the peel so there is space for the chocolate top. Carefully put your ice creams back in the freezer, making sure they are on a flat level and won't fall over!

[continued overleaf]



### Recipe Credit:

Catherine Arnold - [www.catherinearnoldnutrition.com](http://www.catherinearnoldnutrition.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# Clementine Ice Cream 'Christmas Puds' ...continued

## DELICIOUS DAIRY-FREE CLEMENTINE CHRISTMAS PUDDINGS

Make sure your clementine peel tops are in the freezer still while you make the chocolate top.

Over a bain marie (glass bowl suspended over hot water in a pan), melt the cacao butter until liquid. Take the bowl off the heat and then stir through the maple syrup and the cacao, combining until smooth.

Take one clementine 'top' out of the freezer, place on an upturned egg cup on a plate and drizzle some chocolate over the top to make a chocolate 'cap' – I found that 2 pourings of chocolate made a nice sturdy shell. Before the chocolate sets, add two goji berries and a pair of tiny mint leaves to look like holly. It will set very quickly, when it does, gently remove the peel from the chocolate and place the chocolate cap on top of one of the ice creams. Take your next clementine top out of the freezer and repeat. Its important the clementine tops are cold to help the chocolate set quickly so don't skip this step. Alternatively you could just try to drizzle the chocolate directly on top of the ice cream but i'm not sure it will work as well.

Store the ice creams in the freezer and take out about 30 minutes before you want to eat them to help soften the ice cream. Put the excess chocolate from making the chocolate caps back in with the bowl of remaining chocolate. Either keep in the freezer for more chocolate desserts or you could reheat it gently and pour it onto a baking paper lined tray, sprinkle with nuts, chia seeds orange zest and pop back into the freezer for a few minutes to harden, perfect with coffee, post dinner.



### Recipe Credit:

Catherine Arnold - [www.catherinearnoldnutrition.com](http://www.catherinearnoldnutrition.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# DESSERT

## INGREDIENTS

### **Filling:**

- 150g roughly ground organic almonds
- 50g coconut flakes ground
- 250g gluten free organic oats
- 100g pure organic maple syrup
- 5 organic medium size carrots peeled and finely grated
- 2 cm cube organic fresh ginger micro plane grated
- 160g raisins
- 2 tbsp vanilla essence (alcohol free)
- 3 tbsp All spice
- juice and zest of 2 organic unwaxed lemons

### **Frosting:**

- 200g cashew nuts (pre soaked in hot water for 1 hr or minimum of 3 hours in cold water)
- 2 tbsp organic virgin coconut oil (melted) zest and juice of 2 lemons
- 60g organic pure maple syrup
- 10 cardamom pods or 1 tsp cardamom powder (fresh pod seeds are much fresher and more aromatic)

# Raw Chunky Carrot Cake

**VEGAN**

## DELICIOUS GLUTEN-FREE AND VEGAN CARROT CAKE

### **From the Chef:**

*"This is one of my favourite creations. It can be enjoyed all year round and makes a great accompaniment to a cup of chai tea with friends.*

*I have played around with flavours a lot when re creating this recipe and find that the cardamom gives this carrot cake a beautiful flavour.*

*If you have time I recommend soaking and activating the nuts filtered water with a pinch of Himalayan salt and dehydrating them for a couple hours in an oven in the lowest setting.*

*This will unlocked the enzyme inhibitors in the nuts and make them easier to digest."*

## METHOD

### **Filling:**

Place the coconut flakes and almonds into the food processor and blitz until coarsely ground (varied small and larger chunks is fine, as this helps add to the texture).

In a separate large mixing bowl add the other filling ingredients and mix well, incorporating the liquid through, making sure to saturate the oats. You should be left with a sticky yet firm mass. If the mixture sticks to your hands add a few more oats.

Transfer to a 6"x9" container and line with cling film. Make sure to line the container up and over the sides, this will allow the mixture to be easily removed later on. Place in fridge for 15 mins.

[continued overleaf]



### **Recipe Credit:**

Loretta Lee - [www.so-pure.co.uk](http://www.so-pure.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# Raw Chunky Carrot Cake ...continued

## DELICIOUS GLUTEN-FREE AND VEGAN CRUMBLE

### **Frosting:**

Place soaked cashews into food processor along with the maple syrup, lemon zest and juice.

Crack the cardamom pods and remove the seeds.

In a pestle and mortar pound the cardamom seeds down to a fine powder and add to food processor.

Blitz the mixture until smooth and creamy. Add more lemon juice/maple syrup to taste.

Remove the filling mixture from fridge and with a spatula pour and spread the mixture on top of the filling, making sure to cover around all corners and even out until level all over.

Sprinkle with roughly ground almond, and a dash of all spice.

Some grated orange zest adds a refreshing zing too!



**Recipe Credit:**  
Loretta Lee

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)  
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# DESSERT

## INGREDIENTS

### **Base:**

5 cups hazelnuts or almonds  
(optional: soak over night, drain, rinse and dehydrate at 40 degrees C until dry to optimise nutrition and ease digestion)  
7 medjool dates, soak in filtered water for 2hrs, drain, rinse and pip

### **Filling:**

1 cup currants  
1 cup sultanas  
1 cup raisins  
1 cup Hunza apricots  
1 tsp cinnamon  
1 tsp fresh ginger, finely grate  
1 tsp freshly ground nutmeg  
1 tsp allspice

### **Topping:**

Remaining nut and date base mixture  
(Optional) 1/2 cup buckwheaties

### **Hemp Cream:**

2 cups shelled or hulled hemp seeds, soak overnight in filtered water, drain and rinse  
2 vanilla pods (insides only)  
2 tbsp syrup of choice  
1 cup filtered water

# Yuletide Crumble

**VEGAN**

## WITH BRANDY HEMP CREAM

### **METHOD**

#### **Base:**

Prepare the nuts and dates in advance. In a food processor break down the dry nuts until fine. Add the dates and pulse process until a crumbly mass is formed. Use two thirds of this mixture to line the base of a 9" round or square ceramic dish or spring form cake tin. Save the remaining third for the topping.

#### **Filling:**

Soak the dried fruit overnight in filtered water, drain and rinse the following morning. Process all the wet ingredients with the spices in a food processor until smooth and gently pour over the base and evenly spread.

#### **Topping:**

Add the optional buckwheaties to the left over nut and date base mixture, hand mix and crumble over the filling. Press the topping down lightly with the back of a spoon and place in the fridge overnight.

#### **Hemp Cream:**

Prepare the hemp seeds in advance. Place the ingredients in descending order into a blender and blend until a silky smooth cream appears. Carefully add more filtered water for a thinner cream and/or 1 to 2 Tbsp brandy (optional) for the Winter celebrations.

Serve the crumble with a drizzle of Hemp Cream alongside a healing cup of Christmas tea.



[continued overleaf]

### **Recipe Credit:**

Emma Schade-Stylli - [www.contemporaryhealthcare.co.uk](http://www.contemporaryhealthcare.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# Yuletide Crumble ...continued

## WITH BRANDY HEMP CREAM

### **From the Chef:**

*"Yuletide is approaching, a time in the year when I love to gather with close family and friends in a small but beautiful and healthy way, to exchange hand made gifts and eat home crafted foods.*

*This is what I will be bringing to the festive table this year with a Brandy Hemp Cream and some Christmas Spice Yogi tea."*

### **Chef's Notes:**

*If you wish to source some of the above mentioned ingredients in bulk to save on cost e.g nuts, seeds, powders, syrups and spices, I recommend Tree Harvest however, you would need to contact them, set up an account and ask for a product catalogue to start ordering.*

*Please use the best ingredients you can source and afford e.g organic and raw or living food items for the tastiest result.*

*Most of the recipes I craft tend to taste better with maturity e.g on day two to three when the flavours have had a chance to merry and mingle.*

*This recipe is suitable for plant-based (vegan), vegetarian, paleo and gluten free lifestyles. Contains nuts.*



### **Recipe Credit:**

Emma Schade-Stylli - [www.contemporaryhealthcare.co.uk](http://www.contemporaryhealthcare.co.uk)

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# DESSERT

## INGREDIENTS

- 1 ½ cups ground almonds
- 1 tbsp maple syrup (or another liquid sweetener of your choice)
- 1 small ripe banana, peeled
- 1 tbsp coconut manna
- 2 tbsp desiccated coconut

### From the Chef:

*"This recipe is gluten-free and vegan, and you can make it even more Christmassy by perhaps adding a little rum with some chopped raisins for Christmas pudding flavoured fudge."*

*Whatever the flavour, the balls make a great Christmas gift if packed in a pretty box with some tissue paper. Or, like me, you can just eat them all yourself!"*



# Fudge Snowballs

**VEGAN**

## GLUTEN, DIARY AND VEGAN FRIENDLY FUDGE BALLS

### METHOD

This is a simple recipe and is best made in a food processor. However, if you don't have one you can still make these yummy fudge snowballs: simply mash the banana and then mix in the other ingredients by hand.

To prepare the fudge snowballs using a food processor, add the ground almonds, maple syrup, banana chunks and coconut manna into the food processor and blend with an S blade to form a thick paste. Then add the desiccated coconut and pulse to combine so as to obtain a textured and firm batter. If the mixture is a little too "wet", add a sprinkle more desiccated coconut.

To shape the snowballs, take scoops of the fudge mixture and roll into balls in your hands according to how big you want them – I find an ice-cream scoop is perfect! Set each ball aside on a clean plate and, once you have shaped all the balls, refrigerate them for around 5 hours or, for a slightly crunchy texture, dehydrate the snowballs at 110 °C for 5 hours.



### Recipe Credit:

Lois Bradnam - [www.plantbased-healing.com](http://www.plantbased-healing.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# DESSERT

## INGREDIENTS

- 2 cups desiccated coconut
- 1 cup dried dates
- 1 cup dried apricots
- 1/2 cup raw cacao powder
- 1/4 cup ground chia seeds or flax seeds (whole chia are fine too, the truffles will be less smooth and more crunchy in texture)
- 2 tsp vanilla extract or powder
- 1/2 tsp sea salt
- 2 tsp ginger
- 1 1/2 tsp cinnamon
- 1/2 tsp cloves
- 3 tbsp raw coconut oil, melted



# Raw Gingerbread Chocolate Truffles

VEGAN

## TASTY RAW CHRISTMAS TRUFFLES

### METHOD

Place the coconut, cacao powder, chia seeds, spices, vanilla and salt in a food processor. Pulse to combine.

Add the dates, apricots and oil and process until everything is well incorporated. (if your dates and apricots are not soft and gooey, soak in hot water for 2-3 minutes, then drain and use as needed)

Remove the dough from the food processor and place it in a mixing bowl.

Scoop about a tablespoon of the dough at a time and roll into a ball with your hands. If the dough is too sticky, add a bit more cacao powder or refrigerate for about 10-15 minutes before rolling into balls. If it's too dry to roll, add a couple of tablespoons of water or extra coconut oil.

Place some desiccated coconut into a smaller bowl and roll each truffle in it until evenly coated.

Store the gingerbread truffles in an airtight container in the fridge for a week or in the freezer taking out one or two whenever you want a wholesome treat.



### Recipe Credit:

Alessandra Felice - [www.yoursweetnutrition.com](http://www.yoursweetnutrition.com)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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# DRINKS

## INGREDIENTS

3 oranges (peel skin off and roast the peel in the oven at 160°C for 20 minutes to dry out)

2 tbsp cloves

3 cinnamon sticks (broken up slightly)  
vanilla pod

2 bay leaves

1/2 nutmeg (freshly grated)

2 tbsp cardamom pods, crushed

2 tbsp dried pieces of ginger root  
3 star anise

1 tbsp coconut nectar

(optional) 2 tbsp of dried cranberry

### **Tools for Spiced Christmas Drinks:**

muslin cloth

scissors

string



# Mulled Spiced Bags

## PERFECT FOR BREWING YOUR OWN FESTIVE DRINKS

### METHOD

Preheat the oven to 160 degrees. Begin by lining a baking tray with parchment and adding the orange peel, pop in the oven to dry out. Once dried with crisp edges (the kitchen should be smelling very christmasy), allow to cool.

Add all the ingredients to a bowl and mix, slightly crushing the spices so they break up a little and release their scent. If you have a spice grinder you can add all the ingredients and blitz to a rough texture before jarring. Add the spice mix to a jar, wrap with your favourite ribbon and seal until desired.

### **Tools for Spiced Christmas Drinks:**

Cut out square pieces of muslin cloth and add a couple of tablespoons of the spice mix. Bring the corners of the muslin together and tie together tightly with a piece of string.

Keep spiced bags for brewing your own festive drinks such as mulled wine, cider, sweetly spiced hot apple juice or a citrus-spiced tea.



**Recipe Credit:**

Anna Little - [www.annalittlenutrition.co.uk](http://www.annalittlenutrition.co.uk)

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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Wishing you a happy,  
healthy, Festive Season  
and a wonderful 2017

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