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# The Natural Christmas Menu



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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 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

**VEGAN**

## 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)

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# STARTER

## INGREDIENTS

serves 2-4

150g 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)

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# Celeriac and Hazelnut Gratin

## 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**

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)



# SIDE

## 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

VEGAN

## 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)

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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)

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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 cardamon 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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The background is a dark purple color. It features several hanging Christmas ornaments of various sizes and colors, including silver, grey, and red. There are also several white snowflake graphics scattered throughout the scene. The text is positioned on the right side of the image.

**Wishing you a happy,  
healthy, Festive Season  
and a wonderful 2018**

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