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# Healthy Christmas Recipes

To get you through the festivities without the usual binge eating and drinking we've put together some tasty recipes for you to try this Christmas!

## RECIPE 1 SALAD: GARDEN SALAD WITH FIGS & POMEGRANATE

### Ingredients (4 servings):

150 g baby spinach leaves  
80 g micro-green salad mix  
(or other green sprouts)  
4 figs, cut in half  
1 pomegranate  
1 orange, peeled and sliced  
80 g goats feta  
1 tbs pistachio nuts,  
chopped few sprigs of fresh  
thyme

### POMEGRANATE DRESSING

2 tbs pomegranate molasses  
1 tbs lemon juice  
3 tbs orange juice  
2 tbs cold pressed olive oil



### Directions:

Toss spinach and micro-salad greens into a large serving bowl.  
Arrange the figs and slices of orange through the salad.  
Remove the seeds from the pomegranate and scatter over and through the salad.  
Combine all the ingredients for the salad dressing and drizzle over the salad. Serve and enjoy.

### Nutritional Information: per serve (without dressing)

<b>Calories</b>	<b>200</b>
<b>Protein</b>	<b>10.23g</b>
<b>Carbohydrate</b>	<b>28g</b>
<b>Fat Total</b>	<b>7.5g</b>



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## RECIPE 2 MAIN: HERB ROASTED TURKEY

### Ingredients (12 servings):

1 10-12-pound turkey  
1/4 cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided  
2 Tbs olive oil  
1 tsp salt  
1 tsp freshly ground pepper

Aromatics: onion, apple, lemon and/or orange, cut into 2-inch pieces (1 1/2 cups)  
3 cups water, plus more as needed



### Directions:

Position a rack in the lower third of the oven; preheat to 250 degrees. Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 175° and continue roasting for 1 1/4 to 1 3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water. The turkey is done when the thermometer registers 74 degrees. Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

### Nutritional Information: per serve (without skin)

<b>Calories</b>	<b>155</b>
<b>Protein</b>	<b>25g</b>
<b>Carbohydrate</b>	<b>0g</b>
<b>Fat Total</b>	<b>5g</b>



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## RECIPE 3 DESSERT: CHRISTMAS PUDDING

### Ingredients (12 servings):

#### PUDDING

- 225g fresh pitted dates
- zest from 1 orange
- 250g organic dried apricots, chopped
- 150 g (1 1/2 cups) almond meal / ground almonds
- 1 tsp vanilla bean paste or extract
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 80 g white chocolate, melted for decoration - optional

#### MANGO COCONUT CUSTARD

- 1 mango, chopped
- 1/2 cup coconut milk
- Juice from 1/2 orange



### Directions:

Combine dates, orange zest, apricots, vanilla, ground almonds, cinnamon, nutmeg and ginger in a food processor. Process until mixture is combined and looks like fine crumbs. Spoon mixture into a large bowl and add 1 - 2 tablespoons orange juice then mix again. Your pudding mix should come together in the hands when lightly squeezed. Divide puddings into 6 small puddings. The best way to do this is to line the base of your desired mould with glad wrap and press the pudding mixture into it firmly. Invert the pudding and remove the glad wrap. Repeat until all the puddings are formed. Melt white chocolate in a small bowl that is set over a simmering pot of water. Spoon a little white chocolate over the tops of the puddings if using and garnish. You can use goji berries, fresh cherries or anything you fancy. Alternatively omit the topping if you wish. Arrange onto a serving plate and set aside until needed. Store in the fridge for up to 2 weeks. I love to make double the mix so I have extra for second helpings.

Combine all the ingredients into a blender and blend until smooth. Serve chilled along side puddings.

### Nutritional Information: per serve (with chocolate, no custard)

<b>Calories</b>	<b>234.5</b>
<b>Protein</b>	<b>5g</b>
<b>Carbohydrate</b>	<b>32.75g</b>
<b>Fat Total</b>	<b>8.7g</b>