



Spicy Nut Mix

2 teaspoons ground cinnamon
2 teaspoons ground ginger
2 teaspoons ground cumin
¼ teaspoon chili powder (optional)
¼ teaspoon ground cloves
2 large egg whites
1 cup pecan pieces
1 cup walnut pieces
1 cup raw almonds
1 cup cashews
1/4 cup castor sugar

1. Preheat oven to 110°C.
2. In a small bowl, add cinnamon, ginger, cumin, ground cloves and chili.
3. In a large bowl, whisk egg whites until foamy.
4. Whisk in spice mixture. Add nuts and sugar; toss to coat.
5. Spread nuts to evenly cover baking paper, cover with more baking paper.
6. Bake 1 hour, until nuts are dry and toasted. Stir every 20 minutes.
7. Cool on baking sheet.



Beetroot Salad

400g raw beetroot, peeled
100g carrot
½ small red onion
1 small green apple
2 tbsp fresh coriander leaves finely chopped
2 tbsp of olive oil
Juice of ½ lemon

1. Using a food processor grate the beetroot, carrot, apple and onion. Place into a separate bowl.
2. Mix through coriander, olive oil and lemon.

Note

If you don't have a food processor you can grate the beetroot, carrot, apple and onion by hand.



Healthy Christmas Pudding

225 g fresh pitted dates
1/2 whole orange, chopped
3/4 cup (125g) sultanas or raisins
3/4 cup (125g) dried apricots, chopped
1 1/2 cups (150g) almond meal/ground almonds
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground ginger
1 egg
2 teaspoons vanilla extract

1. Preheat oven to 180°C.
2. Oil eight x 1/2 cup pudding moulds then coat with almond meal which will help prevent any sticking and set aside.
3. Combine dates, orange into a food processor and process until a paste forms. Add the eggs and vanilla then process again until smooth. Transfer to a large bowl. Add sultanas, apricots, almond meal, spices and and mix well.
4. Divide between moulds. Place into a deep baking dish. Pour enough hot water to come half way up sides of pudding bowls.
5. Cover with a layer of each baking paper and foil, pressing around edges of pan to completely seal. Bake for one hour.
6. Use straight away or reheat for the big event. Invert puddings onto serving plates and enjoy with custard or natural thick yoghurt and a little honey.



Herbed Nut Roast

- 30g (1 ½ tablespoons) butter or margarine
- 1 large onion, finely chopped
- 1 ½ tablespoons plain flour
- 1 cup milk (eg almond/dairy)
- 2 egg whites
- 1 ½ cups cashew nuts
- ¾ cup brazil nuts
- 2 cups (200g) stale wholemeal breadcrumbs
- ½ cup grated tasty cheese
- 2 tablespoons chopped fresh parsley

Herb Seasoning

- 2 cups (200g) stale wholemeal breadcrumbs
- 4 spring onions, chopped
- 1 tablespoon dried mixed herbs
- 2 egg yolks
- 90g butter or margarine, melted

1. Lightly grease a 15cm x 25cm loaf pan, line base with paper.
2. Melt butter in a medium saucepan. Add onion, stir over medium heat until soft. Remove from heat. Gradually stir in milk. Stir over high heat until mixture boils and thickens; cool.
3. Stir in egg whites, nuts, breadcrumbs, cheese and parsley.
4. Spread half of mixture into prepared pan. Top evenly with herb seasoning, then remaining nut mixture. Press lightly to level surface.
5. Bake in a moderate oven for about 1 hour or until firm. Stand for 5 minutes before turning onto a serving plate.

Herb Seasoning: Combine all ingredients in a medium bowl, mix well.

Notes:

Use other types of nuts in place of the cashews and brazil nuts.



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