

Merrymaker CLUB



MEAL PLAN

01

BY THE

Merrymaker Sisters

EMMA & CARLA PAPAS

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Published in 2016 by The Merrymaker Sisters

Design by Jessica Rea

Photography by The Luminous Kitchen

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Disclaimer: This is a collection of our own recipes, ideas and opinions. As Health Coaches, we understand that everyone is different and our most important message to you is do what works for you and what makes you feel good. This guide aims to create positivity and all kinds of delish! We encourage you to see a medical professional before starting any new lifestyle change.

Merrymaker
CLUB



APRIL 2016

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WHEN YOU LIVE
THE MERRYMAKER LIFE,
YOU **EAT REAL FOOD...**
FOOD THAT YOUR BODY IS
DESIGNED TO CONSUME.

EMMA & CARLA PAPAS

MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Mocha Chia Pudding	Scrambled Eggs	Berry Smoothie Bowl	Big Savoury Muffins	White Choc Smoothie
LUNCH	← LEFTOVERS →				
DINNER	Zughetti and Meatballs	Super Merry Salad	Slow Cooked Lamb	Asian Zoodles	Fish and Chippies

WEEKEND

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Choc Raspberry Pancakes	Big Merry Brekky
LUNCH	← LEFTOVERS →	
DINNER	Green Vego Pizza	Sticky Chicken Drumsticks
SWEET TREAT		Berry Mousse Sundae

SHOPPING LIST

QUANTITY FOR 2 PEOPLE
WITH LEFTOVERS FOR LUNCH...
multiply/divide as needed!



FRUITS AND VEGGIES

- 12 button mushrooms
- 8 zucchinis (courgette)
- 4 avocados
- 4 cloves garlic
- 4 medium sweet potatoes
- 4 onions
- 3 limes
- 2 carrots
- 2 lemons
- 2 portobello mushrooms
- 2 tomatoes
- 1 bunch coriander (cilantro)
- 1 bunch dill
- 1 cauliflower
- 1 cucumber
- 1 green capsicum
- 1 head broccoli
- 1 red chilli
- 500 g (1 lbs.) mixed lettuce leaves
- 400 g (14 oz.) baby spinach
- 200 g (7 oz.) pumpkin cubed
- 150 g (5 oz.) peas
- 125 g (4 oz.) cherry tomatoes
- 100 g (3 oz.) green beans
- 4 cm (2 inch) piece ginger

PANTRY ITEMS

- 2 L (½ gallon) coconut milk (carton)
- ¼ cup macadamia nuts chopped
- 500 ml (16 fl. oz.) coconut oil
- 350 ml (12 fl. oz.) tomato passata
- 250 ml (8 fl. oz.) stock (or bone broth)
- 200 ml (7 fl. oz.) coconut milk (canned)
- 500 g (1 lbs.) honey or rice malt syrup
- 150 g (5 oz.) cassava flour or tapioca/arrowroot
- 150 g (5 oz.) cashews
- 110 g (3 ½ oz.) almond meal
- 100 g (3 oz.) raw cacao powder
- 100 g (3 oz.) chia seeds
- 50 g (1 ½ oz.) almonds
- 50 g (1 ½ oz.) coconut flour
- 50 g (1 ½ oz.) shredded coconut
- 35 g (1 oz.) sunflower seeds
- 100% vanilla extract
- 100% tomato paste
- Apple cider vinegar
- Coconut aminos/tamari sauce
- Instant coffee/ground coffee
- Olive oil

MEAT, FISH, POULTRY + EGGS

- 1 kg (2 lbs.) chicken drumsticks (about 8)
- 1 kg (2 lbs.) chicken thigh or breast
- 1 kg (2 lbs.) lamb (casserole meat or shoulder)
- 500 g (1 lbs.) beef mince
- 4 x 150 g (5 oz.) white fish fillets
- 2 dozen eggs
- 2 rashers (slices) of bacon

DRIED SPICES + HERBS

- Basil
- Cinnamon
- Cumin
- Oregano
- Paprika
- Turmeric
- Salt and pepper

FRIDGE / FREEZER

- 500 g (1 lbs.) frozen mixed berries
- 150 g (5 oz.) parmesan cheese (optional)
- 125 g (4 oz.) butter
- 50 g (1 ½ oz.) sauerkraut

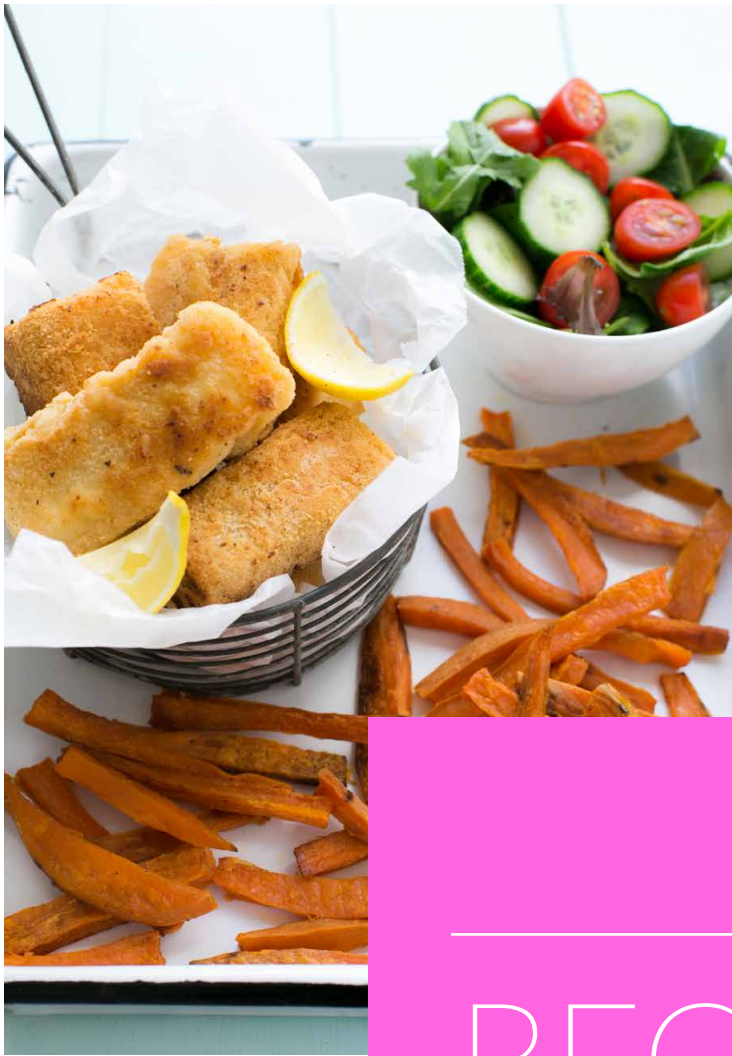
FOR THE SWEET TREAT

- Sugar free chocolate (optional for sweet treat)

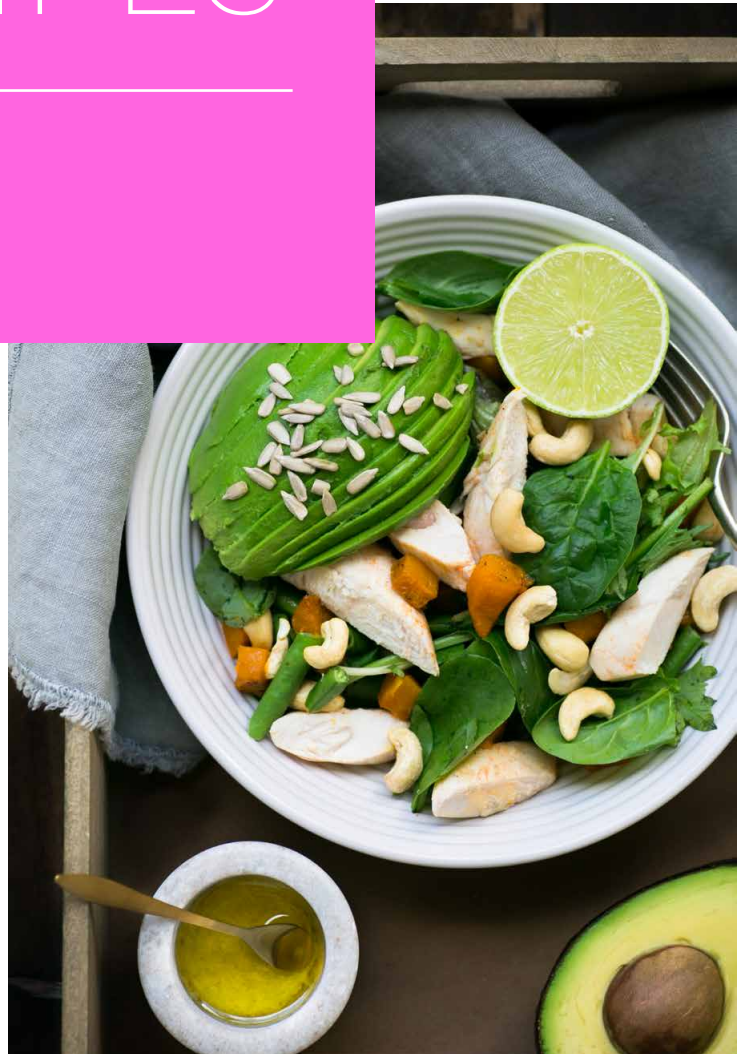
MEAL PREP

We reckon meal preppin' is the shiz! Saves time and keeps you on track. You can prep a whole lot the weekend prior OR the night before. You choose! Here's our plan of attack...

DAY 1	<ul style="list-style-type: none">○ Make the mocha chia pudding the night before.☾ Pre-make and roll the meatballs and prepare zoodles. Leave in the fridge until you're ready to cook.
DAY 2	<ul style="list-style-type: none">○ Breakfast is super easy, simply whip up in the morning.☾ Prepare all dinner vegetables and marinate chicken in the morning. You could even pre-cook the pumpkin and chicken!
DAY 3	<ul style="list-style-type: none">○ Easy peasy brekky. You could measure out everything the night before to save more time (especially if you're not a morning person!).☾ Cut the lamb and keep in the fridge. Cut all the veggies and mix in a large bowl with spices, leave in fridge overnight.
DAY 4	<ul style="list-style-type: none">○ Pre-cook, super yum served cold. Mmm muffins!☾ Chop up all the veggies and chicken. Keep in separate containers in the fridge until you're ready to cook up a merry storm!
DAY 5	<ul style="list-style-type: none">○ Smoothies = best brekky when you're short for time. You could measure out all ingredients and pop them in a ziplock bag and into the fridge.☾ Chop the sweet potato, place in a container/bowl, add the oil and spices and pop back into the fridge until you're ready to cook. This method makes super delish (usually crunchier) chips!
DAY 6	<ul style="list-style-type: none">○ Saturday morning, enjoy your time in the kitchen!☾ You can pre-cook the pizza bases. Cook them the night before, place into a container in the fridge until ready to add toppings. Also, chop up all the toppings.
DAY 7	<ul style="list-style-type: none">○ Super easy merry brekky cook up!☾ Chop up/grate all the veggies. So organised.
DESSERT	<ul style="list-style-type: none">☾ Probably the easiest go-to dessert ever! No prep required unless you want to go crazy with toppings!



RECIPES



MOCHA NUT CHIA PUDDING

This is the perfect brekky to kickstart your morning! Filled with good fats to keep you full, cacao and coffee to get you energised! If this doesn't get you merry, we're not sure what will!

SERVES: 2
PREP TIME: 5 mins
FRIDGE TIME: 2 hrs

STUFF YOU NEED

- 1 cup coconut milk (carton)
- ¼ cup chia seeds
- ¼ cup macadamia nuts
chopped
- 1 shot of coffee or 1 tsp.
instant coffee
- 1 tbs. raw cacao powder
- 1 tsp. natural sweetener
(optional)
- 1 tsp. 100% vanilla extract

NOW WHAT

In a bowl or large jar mix all the ingredients.

Place into the fridge for at least 2 hours.

We like to make ours the night before and leave overnight, you just might need to add a little extra liquid in the morning.



MERRYMAKER TIP...

For extra delish and pretty factor top with berries. Oh and if you don't like coffee, leave it out and add an extra tablespoon of cacao!



ZUGHETTI AND MEATBALLS

Trust us when we say this tastes WAY better than real pasta... with the added benefit of no bloated tummy after effect! Test it out on your pasta-loving friends and family, let's get everyone merry!

SERVES:	4
PREP TIME:	15 mins
COOK TIME:	20 mins

STUFF YOU NEED

- 500 g (1 lbs.) beef mince
- 4 zucchinis (courgette) spiralized or peeled lengthways
- 1 clove garlic crushed
- 1 onion diced
- 1 egg
- 1 ½ cups tomato passata
- ½ tbs. dried basil
- ½ tbs. dried oregano
- coconut oil
- salt and pepper

NOW WHAT

In a bowl combine the mince, onion, garlic, oregano, basil and egg. Mix really well until combined.

Roll tablespoonfuls of mixture into small balls.

It should make about 30 small meatballs.

Heat a little coconut oil in a large fry pan.

Place the meatballs in a single layer into the pan and cook for 5 minutes, turning to ensure all sides are just brown. If your pan isn't big enough do half at a time and once cooked put them all back in the pan.

Pour the passata over the meatballs. Cover and allow to simmer on low-medium heat for 15 minutes.

Turn the heat to low, add the zucchinis, and cook for a further 2-3 minutes.



Want some extra flavour? Add some fresh basil or cheese! Plus, did you know that grated macadamia nuts totally look like cheese?!



SCRAMBLED EGGS WITH DILL, AVO AND KRAUT

You know we're all about the quick and easy recipes and this one certainly ticks all boxes! #yum

SERVES: 2
PREP TIME: 5 mins
COOK TIME: 15 mins

STUFF YOU NEED

4 eggs
1 avocado
¼ cup coconut milk (canned)
3 tbs. dill chopped
1 tbs. sauerkraut
coconut oil
salt and pepper

NOW WHAT

In a small bowl whisk the eggs and milk together.
Add a little coconut oil to a small fry pan on medium heat.
Add the eggs and slowly stir continuously for 2 minutes. Boom!
Serve with ½ an avocado each, sauerkraut and top with dill.
Season with salt and pepper.

MERRYMAKER TIP...

When you buy sauerkraut ensure to grab it from the fridge section and look for organic. If you make your own (go you!) and if you're after a recipe [check this out!](#)



SUPER MERRY SALAD

You DO make friends with salad... especially when it's this merry. Chicken + pumpkin + avo + cashews is like a total match made in heaven.

SERVES: 4
 PREP TIME: 15 mins
 COOK TIME: 30 mins

STUFF YOU NEED

- 500 g (1 lbs.) chicken thighs or breast
- 300 g (10 oz.) mixed lettuce leaves
- 200 g (7 oz.) pumpkin cubed
- 100 g (3 oz.) green beans trimmed and chopped
- 1 avocado chopped
- 1 lime juiced
- ¼ cup cashew nuts (or fave nut)
- ¼ cup sunflower seeds
- 3 tbs. coconut oil
- 1 tbs. honey or rice malt syrup
- 1 tsp. paprika
- salt and pepper

FOR THE DRESSING

- 1 lime cut into wedges
- 3 tbs. olive oil
- 1 tsp. apple cider vinegar

NOW WHAT

Preheat oven to 180°C (350°F).

In a container place the chicken, lime juice, 2 tbs. coconut oil, honey and paprika.

Mix together, cover and place into the fridge for at least 30 minutes.

Take the chicken out of the fridge and place onto a lined baking tray.

Place into the oven for 15 minutes or until cooked through. Once cooked, slice nicely.

While you're waiting for the chicken to marinate and cook, get onto the other stuff!

FOR THE PUMPKIN

Line a baking tray with baking paper. Place the pumpkin cubes onto the tray, drizzle with 1 tbs. coconut oil, season with salt and pepper and place into the oven for 30 minutes or until soft.

MAKE THE SALAD

In a large bowl, place the lettuce, followed by the chicken slices, pumpkin, raw green beans and avocado.

For the dressing, mix all the ingredients then drizzle on the salad, sprinkle with cashew nuts, sunflower seeds and toss carefully.



MERRYMAKER TIP...

Salads are so fun and easy. If it's not salad weather swap the lettuce leaves to roasted zucchini and broccoli.



BERRY SMOOTHIE BOWL

We're all about bowls, especially when they look this good. We dare you to get a little cray cray with the toppings... there are SO many things you could sprinkle. The world is your smoothie bowl!

SERVES:	2
PREP TIME:	5 mins

STUFF YOU NEED

- 2 cups coconut milk (carton)
- 2 cups mixed berries (fresh or frozen)
- 1 cup ice
- ¼ cup shredded coconut
- 1 tsp. rice malt syrup or honey
- 1 tsp. 100% vanilla extract

TOPPINGS

- extra berries
- extra shredded coconut
- 1 tbs. chia seeds
- anything your heart desires

NOW WHAT

In your blender add all your ingredients, whiz until nice and smooth.

Pour the delish mix into your bowls.

Top with extra berries and sprinkle with coconut and chia seeds.

Share to your Facebook or Instagram to make all your friends drool over your smoothie bowl art. Use #makelifemerry so we don't miss it!



You could also top with a swirl of nut butter. Pretty!



SLOW COOKED MOROCCAN LAMB WITH SWEET POTATO AND CAULIFLOWER

Far out we love slow cookers, especially when they're this easy. Best invention ever! What you say?

SERVES: 4*
 PREP TIME: 30 mins
 COOK TIME: 8 hrs

STUFF YOU NEED

- 1 kg (2 lbs.) lamb diced (casserole meat or shoulder)
- 2 tomatoes diced
- 1 medium sweet potato peeled and chopped
- 1 onion diced
- 1 garlic clove crushed
- ½ cauliflower chopped
- ⅓ bunch coriander (cilantro)
- 1 cup stock (or bone broth)
- ½ cup water
- 2 tsp. cinnamon
- 2 tsp. paprika
- 1 tsp. cumin
- 1 tsp. turmeric
- 1 cm (½ inch) piece ginger grated
- coconut oil

* with extra leftovers

NOW WHAT

In a large fry pan on medium, heat a little coconut oil. Cook the lamb for 5 minutes, sealing all sides until just brown.

Transfer lamb into slow cooker and add all the other ingredients except for the fresh coriander.

Cook on low for about 8 hours.

Serve with fresh coriander.

Don't forget to freeze your extra leftovers or enjoy for a few more days!



MERRYMAKER TIP...

Feel free to leave out the cauliflower and make cauli-rice instead!



SPINACH AND DILL BIG SAVOURY MUFFINS

Size matters... only when it comes to savoury muffins (and slices of cake... but let's not get off track here!). Feel free to change up your muffin fillings for whatever your taste buds desire!

SERVES: 2
PREP TIME: 15 mins
COOK TIME: 25 mins

STUFF YOU NEED

100 g (3 ½ oz.) baby spinach chopped
50 g (1 ½ oz.) parmesan cheese grated (optional)
4 eggs
¼ cup butter or coconut oil melted
¼ cup sunflower seeds
2 tbs. chia seeds
2 tbs. coconut flour
1 tbs. fresh dill chopped
salt and pepper

NOW WHAT

Preheat the oven to 180°C (350°F) and line 2 x muffin cups, this recipe makes 2 BIG muffins.

In a food processor or blender mix the eggs and butter on high speed, until smooth (about 2 minutes).

Add half the cheese, sunflower seeds, chia seeds, coconut flour, dill and salt and pepper.

Mix again on medium speed until combined.

Stir through the chopped spinach.

Halve the mixture into the 2 muffin cups and top with extra sunflower seeds and the rest of the cheese.

Place into the oven for 25 minutes or until golden brown on top.

Allow to cool and enjoy!



MERRYMAKER TIP...

Get organised and make them the night before. They're super yum served cold as well!



ASIAN STYLE CHICKEN ZOODLES

Are you ready for epic taste sensation?! Of course you are! Whack them in a noodle box for a true Asian takeout experience!

SERVES:	4
PREP TIME:	20 mins
COOK TIME:	10 mins

STUFF YOU NEED

- 500 g (1 lbs.) chicken thigh or breast diced
- 3 zucchinis (courgette) spiralized or peeled lengthways
- 2 carrots spiralized or peeled lengthways
- 1 fresh lime juiced
- 1 red chilli deseeded and diced
- 1/3 bunch coriander (cilantro) chopped
- 2 tbs. coconut aminos or tamari sauce
- 3 cm (1 inch) piece ginger grated
- coconut oil

NOW WHAT

In a large fry pan on medium, heat a little coconut oil.

Add the chicken and fry for 5 minutes, turning pieces to ensure all sides are cooked.

Add all the other ingredients (except coriander) and cook for a further 5 minutes or until everything is cooked to your liking.

Serve with fresh coriander.



MERRYMAKER TIP...

If you use chicken breast be sure not to cook too long as it will dry out. Dry chicken sucks!



WHITE CHOCOLATE SMOOTHIE

Who woulda thunk coconut, cashews and vanilla would create such white chocolatey goodness? Don't believe us... just try! Woo! Da da da da da da.

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Add all ingredients to your blender.
Whiz until nice and smooth! Boom!

STUFF YOU NEED

2 cups coconut milk (carton)
1 cup ice
¼ cup cashew nuts
2 tbs. shredded coconut
1 tbs. chia seeds
1 tsp. natural sweetener
1 tsp. 100% vanilla extract
pinch of salt



MERRYMAKER TIP...

Feel free to add your Merry supps! Like gelatin powder, maca and matcha! So SUPER!



FISH AND CHIPPIES

Holey merry moley! We know this dinner is gonna make everyone say "I can't believe this is good for me?!" It totally is and it's totally yum.

SERVES: 4
 PREP TIME: 20 mins
 COOK TIME: 40 mins

STUFF YOU NEED

FOR CHIPS

3 medium sweet potatoes
 peeled and chopped
 2 tbs. coconut oil
 1 tbs. paprika
 1 tsp. cinnamon

FOR FISH

4 x 150 g (5 oz.) white
 fish fillets
 2 eggs whisked
 1 cup almond meal
 ½ cup cassava flour or
 tapioca/arrowroot
 ¼ cup coconut oil
 salt and pepper

FOR SIDE SALAD

200 g (7 oz.) mixed
 lettuce leaves
 125 g (4 oz.) cherry
 tomatoes halved
 1 cucumber diced
 1 lemon cut into wedges
 1 tbs. dill chopped

NOW WHAT

Preheat oven to 180°C (350°F) and line 2 baking trays with baking paper.

In a large bowl coat the chopped sweet potato in coconut oil and spices.

Lay sweet potato onto prepared baking trays, be careful not to overlap too much.

Place into oven for 20 minutes. Check, turn and cook for a further 15 minutes.

While the chippies cook, start the fish!

Cut the fish into smaller pieces or strips.

In a small bowl, mix the almond meal, cassava flour, salt and pepper.

In another bowl whisk your eggs.

Dip fish into egg, then almond meal/cassava and place on to a plate ready to fry.

Continue until all the fish is coated.

Heat the coconut oil in a large fry pan to medium-high heat.

Fry fish for around 2-3 minutes on each side or until golden. Place on another plate and cover with foil to keep warm.

Continue this process until all fish is cooked. By this time the chippies should be ready.

Serve fish and chips with a mix of lettuce, tomatoes, cucumber and garnish with dill. Add a squeeze of lemon juice to everything! YUM!

MERRYMAKER TIP...

Don't feel like pan frying your fish? Simply batter and cook in the oven for 10 minutes.



CHOC BERRY PANCAKES

The answer is yes... these must be enjoyed in bed. Pancakes are seriously our all time fave food... because yum and they're just so darn pretty!

SERVES: 2
 PREP TIME: 15 mins
 COOK TIME: 15 mins

STUFF YOU NEED

- 4 eggs
- 3 tbs. coconut flour
- 3 tbs. coconut milk (carton)
- 2 tbs. coconut oil or butter
(and extra for the pan)
- 1 tbs. raw cacao powder
- 2 tsp. 100% vanilla extract

TO SERVE

- 1 cup fresh or frozen/thawed berries
- 1 tbs. honey or rice malt syrup
- 1 tbs. shredded coconut

NOW WHAT

In a food processor or blender whiz all the pancake ingredients until really smooth.

In a large fry pan on medium, heat a little coconut oil.

Place quarter cups of pancake batter into the saucepan and allow each pancake to cook for 3 minutes or until bubbles start to form.

Carefully flip the pancakes and cook for a further 2-3 minutes.

Continue to cook the rest of the pancakes until all of the batter is used up.

Top with raspberries, coconut and drizzle with honey.



MERRYMAKER TIP...

Not going to lie, our first pancake of the batch usually looks like pancake scramble. Usually the pan isn't hot enough. Don't worry this is just the taste tester and it's totally delish!



GREEN VEGO PIZZA

Yuuuuuuuuuuuum! That's what you're gonna say when you try this for the first time. And then you'll want it every second weekend. Trust us. #welovemerrypizza

MAKES: 2 bases
 PREP TIME: 15 mins
 COOK TIME: 25 mins

STUFF YOU NEED

FOR THE BASE

- 4 eggs
- 1 cup cassava flour
(or 1 ½ cups tapioca/
arrowroot flour)
- ¼ cup coconut flour (use
½ cup if you used tapioca/
arrowroot)
- ¼ cup coconut milk (canned)
- ¼ cup butter melted
- 1 tbs. dried oregano
- 1 tsp. apple cider vinegar
- pinch of salt

FOR THE TOPPINGS

- 100 g (3½ oz.) baby spinach
- 100 g (3½ oz.) parmesan
cheese grated (optional)
- 1 avocado sliced
- 1 green capsicum chopped
- 1 onion diced
- 1 zucchini (courgette)
sliced lengthways
- ½ bunch coriander (cilantro)
chopped
- 2 tbs. 100% tomato paste

NOW WHAT

Preheat oven to 200°C (400°F) and line 2 baking trays with baking paper.

In a bowl mix the flours, salt and oregano together. Leave this for now.

In a small bowl whisk the eggs. Then add the coconut milk, apple cider vinegar and butter, mix until combined.

Add the egg mixture to the bowl with the flours, stir super well.

Half the mixture and spread each half of the pizza mix onto the prepared baking trays (1 per tray).

It should be about 1/2 cm thick.

Place in the oven for 10 minutes or until golden brown on top!

Take the bases out of the oven.

Spread 1/2 tablespoon of tomato paste on each base, followed by the spinach, avocado, capsicum, zucchini, coriander and onion.

If you eat cheese, sprinkle on top.

Place back into the oven for around 15 minutes or until everything is cooked to your liking. DROOL!



MERRYMAKER TIP...

If you like your toppings extra cooked, stir fry in a pan for a couple minutes before topping on the bases and cooking in the oven. You could also cook some chicken, prawns or bacon if you prefer a meaty pizza!



BIG MERRY BREKKY

You can't really beat a big merry brekky. Such a fun, delicious, goodness filled way to start your day!

SERVES:	2
PREP TIME:	10 mins
COOK TIME:	20 mins

STUFF YOU NEED

200 g (7 oz.) baby spinach
4 eggs
2 rashers (slices) of bacon
2 portobello mushrooms
1 avocado sliced
coconut oil

NOW WHAT

In a large fry pan on med-high, heat a little coconut oil.

Add the mushrooms (stalk pointing up) and bacon and allow to cook for about 3 minutes.

Turn the bacon and cook for another 3 minutes.

Move the mushrooms and bacon to the side and continue to cook, turn occasionally.

By now everything should be cooking nicely.

Crack the eggs into the pan and fry for about 3 minutes or until your liking.

Serve everything up on 2 plates with sliced avocado.

Before you enjoy, quickly saute the spinach in the pan for about 1 minute. Add to your plates of deliciousness and have the yummiest, most merry big brekky ever!



MERRYMAKER TIP...

Feel like going all out? You could also add a piece of paleo bread to the big merry brekky party! Try our [green bread recipe here!](#)



STICKY CHICKEN DRUMSTICKS WITH FRIED VEGGIE-RICE

This recipe is gonna blow your mind (and your taste buds!). The best part is that it's got an abundance of veggies! #moreveggiesplease

SERVES: 4
PREP TIME: 25 mins
COOK TIME: 70 mins

STUFF YOU NEED

FOR THE CHICKEN

1 kg (2 lbs.) chicken drumsticks (about 8)
2 cloves garlic crushed
1 onion cut into wedges
1 lemon juiced
½ cup coconut aminos or tamari sauce
¼ cup rice malt syrup or honey
¼ cup almonds chopped
coconut oil

FOR THE FRIED 'RICE'

150g (5 oz.) peas
12 button mushrooms sliced
1 head broccoli, cut into florets
½ cauliflower, cut into florets
1 tbs. coconut aminos or tamari sauce
salt

NOW WHAT

In a deep saucepan on high heat, melt a little coconut oil.

Add the onion and cook until soft.

Take out the onion and set aside for now.

Add the chicken to the saucepan and cook until all sides turn white.

Add the garlic and onion and cook for another 3 minutes, stirring to distribute flavours.

Add the lemon juice, coconut aminos and rice malt syrup and stir.

Turn the heat down to low, cover and simmer for 1 hour, stirring often to keep the chicken coated in the sauce.

While the chicken is cooking prepare the fried 'rice'.

Place the florets into a food processor and whiz until fine (or grate).

In a fry pan on medium, heat a little coconut oil.

Add the broccoli, stir and cook for about 5 minutes.

Add the mushrooms and peas, continue to fry.

Take off the heat and stir through the coconut aminos and season with salt.

Serve chicken drumsticks on a bed of fried 'rice' and top with crushed cashew nuts.



MERRYMAKER TIP...

*Can't be bothered to make the broccoli 'rice'?
Simply cook up some quinoa or rice!*



BERRY MOUSSE SUNDAE

And for our final performance we present the BERRY MOUSSE SUNDAE! Queue drool and applause.

SERVES: 2
TIME: 10 mins

STUFF YOU NEED

1 cup frozen berries (or any frozen fruit)

½ cup raw cashews

¼ cup coconut milk (canned)

2 tbs. coconut oil

1 tsp. natural sweetener

1 tsp. 100% vanilla extract

FOR THE TOPPINGS
(all optional!)

2 pieces of your fave sugar free chocolate

1 tbs. crushed nuts

1 tbs. shredded coconut

melted chocolate

extra berries

NOW WHAT

Place all of the ingredients (except the berries) into your blender or food processor.

Whiz for 3 minutes or until super smooth.

Now add your frozen berries and whiz for another minute. It will start to instantly turn into this amazing frozen mousse!



MERRYMAKER TIP...

Now make it look pretty with an abundance of toppings and share it on Facebook or Instagram, use #makelifemerry!



DEFINE: MERRYMAKER

[MER-EE-MEY-KER]

A PERSON WHO HAPPILY AND
ENTHUSIASTICALLY TAKES PART
IN SOME FESTIVE OR MERRY
CELEBRATION (AKA LIFE);

REVELER
