

Merrymaker CLUB

MEAL PLAN

10

BY THE

Merrymaker Sisters

EMMA & CARLA PAPAS

GET SOCIAL AND SHARE THE

Merrymaker LOVE

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Published in 2017 by The Merrymaker Sisters

Design by Jessica Rea

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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

MEAL PLAN

10

JANUARY 2017

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GET **MERRY** WITH IT!

EMMA AND CARLA PAPAS

MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Espresso-me Smoothie	Bacon and Egg Muffins	Merry Protein Smoothie	Stuffed Mini Mushrooms	Salted Caramel Berry Chia Pudding
LUNCH	← LEFTOVERS →				
DINNER	Creamy Chicken Avocado Zucchini 2.0	Veggie Burger Plates	Moroccan Lamb Meatballs and Pumpkin Salad	Chopped Mexican Salad	Honey Mustard Salmon Salad

WEEKEND

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Sweet Potato and Feta Fritters	Coconut Crunch Cereal
LUNCH	← LEFTOVERS →	
DINNER	Sticky Pork Fried Rice	Slow Cooked Beef Soft Tacos
SWEET TREAT		Epic Choccy Mug Cake

SHOPPING LIST

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



FRUITS AND VEGGIES

- 500 g (1 lb.) pumpkin peeled and chopped
- 400 g (14 oz.) button mushrooms
- 400 g sweet potato
- 350 g (12 oz.) baby spinach
- 200 g (7 oz.) cherry tomatoes
- 100 g (3 ½ oz.) rocket leaves
- 100 g snow peas
- 6 zucchinis
- 5 avocados
- 5 carrots
- 4 lemons
- 4 limes
- 4 shallots (scallions)
- 3 small cucumbers
- 3 tomatoes
- 2 onions
- 1 beetroot
- 2 baby cos lettuce
- 2 red chilli
- 1 bunch broccolini
- 1 bunch fresh coriander (cilantro)
- 1 bunch fresh parsley
- 1 head garlic
- 1 punnet strawberries
- 1 red capsicum
- 1 red onion
- ½ cauliflower
- 4 cm (2 inch) fresh ginger

PANTRY ITEMS

- 1 ½ L (50 fl. oz.) coconut milk (carton)
- 100 ml (3 fl. oz.) stock or bone broth
- 2 medjool dates
- 200 g (7 oz.) cassava flour (or arrowroot/tapioca)
- 200 g cashews
- 200 g desiccated coconut
- 200 g macadamia nuts (or any other nut)
- 150 g (5 oz.) chia seeds
- 150 g pumpkin seeds
- 150 g sesame seeds
- 150 g sunflower seeds
- 100 g (3 ½ oz.) coconut flour
- 100 g pistachios (or any other nut)
- 100 g cacao nibs
- 100 g raw cacao powder
- 100 g walnuts
- 100% vanilla extract
- Apple cider vinegar
- Coffee
- Good quality protein (we like vanilla pea protein)
- Dijon mustard
- Coconut aminos or tamari sauce
- Honey
- Rice malt syrup
- Coconut oil
- Macadamia oil
- Olive oil
- Sugar free chocolate
- Peanut or nut butter

MEAT, FISH, POULTRY + EGGS

- 1 kg (2 lbs.) chicken breast cubed
- 500 g (1 lb.) beef cheeks
- 500 g lamb mince
- 500 g pork strips
- 3 rashers (slices) bacon
- 4 x 200 g (7 oz.) salmon fillets
- 16 eggs

DRIED SPICES + HERBS

- Ground coriander seeds
- Cumin
- Cinnamon
- Paprika
- Thyme
- Salt and pepper

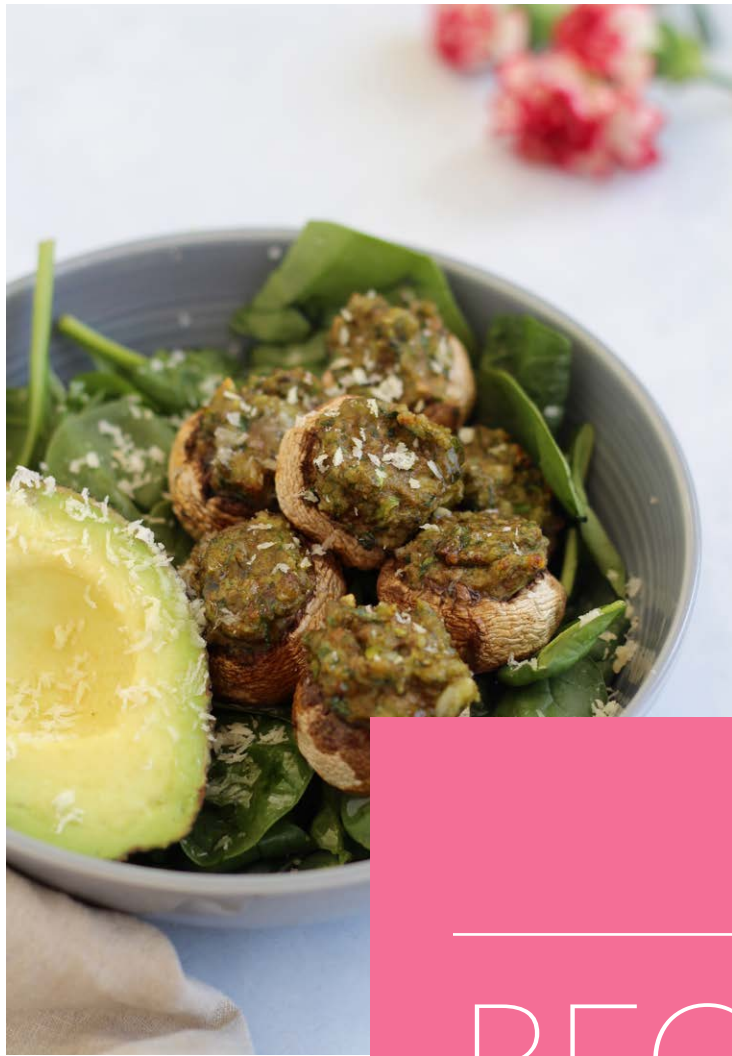
FRIDGE / FREEZER

- Butter (optional)
- 200 g frozen mixed berries
- 200 g (7 oz.) frozen strawberries
- 200 g good quality cheese (optional)
- 100 g (3 ½ oz.) crumbled feta (optional)
- Natural or coconut yoghurt (optional)

MEAL PREP

How good does it feel to be organised? That's why meal preppin' rocks our Merry socks! It will make you feel excited to eat all the delish good food! Plus, it saves time and keeps you on track. You can prep the weekend prior OR the night before. You choose! Here's our plan of attack...

DAY 1	<ul style="list-style-type: none">○ Too easy! If you wanna get super prepped, place all ingredients (minus ice and milk) into a zip-lock bag and place in the fridge!☾ Get all your veggies prepped prior and you can even make the sauce and place in the fridge until ready to cook! Plus this dish is delish served cold!
DAY 2	<ul style="list-style-type: none">○ Make your muffins the night before and enjoy cold or reheat for a super quick brekky.☾ Make your patties before and store in the fridge, then you can fry them up when it's dinner time! These freeze really well too FYI!
DAY 3	<ul style="list-style-type: none">○ Too easy! If you wanna get super prepped, place all ingredients (minus ice and milk) into a zip-lock bag and place in the fridge!☾ Make your meatballs before and store in the fridge until ready to fry! You can also prep your salad the day before and add the dressing just before you serve!
DAY 4	<ul style="list-style-type: none">○ You can pre-stuff your mushrooms so all you have to do is bake them fresh in the morning! Again, delish served cold if you want to bake them prior!☾ Chop your veggies and marinate your chicken, so all you have to do is bake the chicken for dinner!
DAY 5	<ul style="list-style-type: none">○ Prep your chia pudding the night before, you might need to add a little extra liquid in the morning.☾ You can marinate your salmon the morning of so all you have to do is bake and enjoy!
DAY 6	<ul style="list-style-type: none">○ Enjoy preparing your Saturday morning brekky! BUT if you do wanna be super prepped, these fritters are so yum served cold!☾ Chop all your veggies and marinate your pork in the morning to make for a super quick din dins!
DAY 7	<ul style="list-style-type: none">○ This cereal lasts for 5 days in the fridge in an airtight container! Such a yummy snack too!☾ Make your soft taco wraps in the morning and be sure to turn your slow cooker on! You can re-heat the soft tacos in the oven.
DESSERT	<ul style="list-style-type: none">☾ Way too easy, no prep required!



RECIPES



ESPRESSO-ME SMOOTHIE

The best thing about mornings is breakfast! Oh and sunrises. But definitely breakfast when it involves this amazing, magic filled smoothie! Seriously, consuming will cause magical powers.

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Place all ingredients (except the cacao nibs) into a blender and whiz until smooth.

Add the cacao nibs and whiz until your ideal crunch factor has been reached.

STUFF YOU NEED

- 2 cups coconut milk (carton)
- 1 cup ice
- 1 tbs. chia seeds
- 1 tbs. nut butter
- 1 tsp. cacao nibs
- 1 tsp. instant coffee or 1 shot coffee
- 1 tsp. 100% vanilla extract



MERRYMAKER TIP...

Don't like coffee? That's ok! Swap to raw cacao powder or berries.



CREAMY CHICKEN AVO ZUGHETTI 2.0

Seriously... we LOVE zughetti and we love anything with avocado. What's that you say? You love them too? Oh! We should be besties!

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

STUFF YOU NEED

500 g (1 lb.) chicken breast cubed
200 g (7 oz.) button mushrooms sliced
100 g (3 ½ oz.) cherry tomatoes halved
100 g (3 ½ oz.) baby spinach
4 zucchinis spiralised or peeled lengthways
2 rashers (slices) bacon diced
1 avocado
1 clove garlic crushed
1 lemon juiced
1 onion diced
2 tbs. macadamia nuts or grated cheese
coconut oil
salt and pepper

NOW WHAT

Prepare the zughetti, peel zucchinis lengthways or use a spiraliser. Leave for now.

In a blender or food processor, add the avocado, garlic, lemon juice, spinach and season with salt and pepper, whiz until nice and smooth. Set aside.

In a large frypan, heat a little coconut oil and fry the onion and bacon for about 2 minutes or until soft, add the chicken and fry for about 5 minutes.

Add the cherry tomatoes and mushrooms to the pan and continue to stir.

Stir through the avocado sauce.

Finally add the zughetti and cook for a further 2-3 minutes.

AHHH! Yum! Grate macadamia nuts on top or add a sprinkle of cheese.



MERRYMAKER TIP...

Add your favourite fresh herb for extra taste sensation. We like coriander and dill!



BACON AND EGG MUFFINS

Bacon and egg muffins that are actually good for you! Say what now? #truestory you're gonna love these babies!

SERVES: 2
PREP TIME: 15 mins
COOK TIME: 20 mins

STUFF YOU NEED

- 4 eggs
- 1 rasher (slice) bacon chopped
- 100 g (3 ½ oz.) butter or coconut oil melted
- ¼ cup pumpkin seeds
- ¼ cup grated cheese (optional)
- 2 tbs. coconut flour
- salt and pepper

NOW WHAT

Preheat the oven to 180°C (350°F) and line 4 muffin cups or patty cans.

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

Add the pumpkin seeds, coconut flour and salt and pepper.

Transfer to a bowl and stir in the bacon.

Pour the mixture into the prepared muffin cups.

Top with extra pumpkin seeds and cheese if you choose!

Place into the oven for 20 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!



VEGGIE BURGER PLATES

This is probably one of our all time fave recipes ever. Seriously get in belly action. We <3 veggie patties!

SERVES: 4
 PREP TIME: 25 mins
 COOK TIME: 15 mins

STUFF YOU NEED

- 3 carrots grated
- 2 zucchinis grated
- 1 egg whisked
- 1 garlic clove
- 1 cup cashews
- ¼ cup sesame seeds
- 2 cm (1 inch) fresh ginger chopped
- 1 tbs. cassava flour (or arrowroot/tapioca) plus extra
- 1 tbs. coconut flour
- 1 tsp. ground coriander seeds
- 1 tsp. cumin
- salt and pepper

FOR THE SALAD

- 100 g (3 ½ oz.) rocket leaves
- 2 small cucumbers peeled lengthways
- 1 avocado sliced
- 1 beetroot peeled and grated
- 1 lemon juiced
- 1 shallot (scallion) sliced
- ¼ cup pumpkin seeds
- 2 tbs. olive oil

NOW WHAT

In a large mixing bowl add the grated zucchini and carrot and squeeze out all the excess liquid really well. Leave this for now.

In a blender or food processor whiz the cashews, garlic, ginger, cassava, coconut flour and spices until combined.

Transfer the cashew mix into the bowl with the zucchini and carrot, add the egg, season with salt and pepper and stir super well.

Divide the mixture into 8 even portions, roll into balls and flatten to form patties.

In a bowl add some extra cassava flour, in another bowl place the sesame seeds.

Lightly coat each pattie in the flour, then in sesame seeds.

Leave these for now and make the salad and dressing!

For the salad simply add the cucumber, beetroot and rocket to a bowl and toss carefully. Top with avocado and squeeze with lemon juice and drizzle with olive oil. Set this aside for now in the fridge.

It's time to cook the patties!

In a large frypan on high heat add a generous amount of coconut oil and allow to melt.

Turn the heat down a little, add your first batch of patties and fry for 8 minutes. Flip and continue to fry the other side for another 7 minutes or until golden and cooked through.

Transfer onto a plate and cover with foil to keep warm. Continue until all patties are cooked.

Serve delish veggie patties on top of delish salad! Yum!



MERRYMAKER TIP...

These are so super yum cold too! Perfect for all the Merry-makers who like to be ridiculously prepped!

MERRY PROTEIN SMOOTHIE

Smoothies are our fave brekky ever because quick, easy, delish. When you jam pack them with goodness... smooooovie time = a good time!

SERVES:	2
PREP TIME:	5 mins

NOW WHAT

Chuck all the ingredients in the blender and WHIIIIIZ until smooth!

STUFF YOU NEED

- 2 serves protein (we like vanilla pea protein)
- 2 cups coconut milk (carton)
- 1 cup ice
- 1 cup frozen strawberries
- 2 tbs. chia seeds
- 1 tsp. 100% vanilla extract



MERRYMAKER TIP...

If you don't have protein powder, feel free to add in some raw cacao or peanut butter. Or both because yum and fun!



MOROCCAN LAMB MEATBALL AND PUMPKIN SALAD

This salad could easily become a weekly staple for us! So easy, so yum! Enjoy yah!

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

STUFF YOU NEED

FOR THE MEATBALLS

- 500 g (1 lb.) lamb mince
- 1 tbs. fresh parsley chopped
- 2 tsp. cumin
- 1 tsp. paprika
- coconut oil
- salt and pepper

FOR THE SALAD

- 500 g (1 lb.) pumpkin peeled and chopped
- 100 g (3 1/2 oz.) baby spinach
- 2 carrots grated
- ¼ cup natural or coconut yoghurt
- 2 tbs. pistachios (or any nut)
- 1 tbs. coconut oil
- 1 tsp. paprika
- salt and pepper

FOR THE DRESSING

- 1 lemon juiced
- 2 tbs. olive oil
- 2 tsp. apple cider vinegar

NOW WHAT

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

Lay the pumpkin cubes on the tray, drizzle with coconut oil. Sprinkle with paprika and a little salt and pepper. Place into the oven for about 30 minutes.

Meanwhile get onto the meatballs.

In a large bowl place all the ingredients, except the oil and mix super well. You might have to get your hands in there!

Use a tablespoon to measure and roll out small meatballs. It will make about 20 or so meatballs.

In a frypan on high heat add a little oil and cook the meatballs. Turning to ensure all sides brown and the balls are cooked through. Once cooked, place on a plate and cover with foil to keep warm.

To make the dressing simply mix the olive oil, apple cider vinegar and lemon in a bowl or jar. Leave for now.

Make the salad on a large platter (or a bowl), start with the spinach and carrot. Top with the pumpkin, meatballs, a bit of extra parsley, drizzle with the dressing and serve with yoghurt and nuts.



MERRYMAKER TIP...

Swap the pumpkin to tomatoes and cucumber if you can't be bothered to turn the oven on. We all have those days!

STUFFED MINI MUSHROOMS

So good for brekky but one time we made them for afternoon canapes and that was a fun day.

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

STUFF YOU NEED

200 g (7 oz.) button mushrooms
1 shallot (scallion) chopped
¼ cup fresh coriander (cilantro)
¼ cup macadamias (or any nut)
1 tbs. macadamia oil
salt and pepper

SERVE WITH

50 g (2 oz.) baby spinach
1 avocado

NOW WHAT

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

Remove the stalks from the mushrooms and lie the mushrooms on the baking tray, top down.

In a food processor or blender whiz the mushroom stalks, shallot, coriander, macadamias and oil until combined.

Spoon the mixture into the mushroom caps and and bake for 10 minutes or until the mushrooms are cooked through and the stuffing is slightly brown.

Serve mushies on a bed of raw baby spinach and half an avocado each.

We topped our mushrooms with grated macadamia nuts, you could top with cheese if you please (that rymes!).



MERRYMAKER TIP...

Sautee the spinach if you aren't a fan of raw spinach. In butter for taste sensation!



CHOPPED MEXICAN SALAD

Mexican food is the best food! Even if it isn't always served with a margarita (hehe).

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

STUFF YOU NEED

FOR THE CHICKEN

- 500 g (1 lb.) chicken breast cubed
- 1 tbs. macadamia oil
- 2 tsp. paprika
- 1 tsp. cumin
- 1 tsp. thyme

FOR THE SALAD

- 1 baby cos lettuce shredded
- 1 avocado chopped
- 1 tomato chopped
- 1 cucumber chopped
- 1 red onion chopped
- 1 lime quartered
- 2 tbs. fresh coriander (cilantro) chopped

NOW WHAT

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

Start with the chicken.

In a large bowl add all the spices/herbs and mix, add the oil and mix again.

Add the chicken to the bowl and coat it super well.

Place onto the baking tray and bake for 15 minutes, check and bake for another couple minutes until cooked through.

To make the salad add everything to a bowl and toss carefully!

To serve, place the salad on plates and top with pieces of chicken. Finish it all off with a squeeze of lime juice.



MERRYMAKER TIP...

Make this the day before and serve it as a cold meat salad because yum and #prepped!



SALTED CARAMEL BERRY CHIA PUDDING

Anything salted caramel is a winner in our eyes... so if you start your day with salted caramel it means you're going to have a winning day! No doubt about it!

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

STUFF YOU NEED

1 cup coconut milk (carton)
½ cup mixed berries
(fresh or frozen)
¼ cup chia seeds
¼ cup macadamia nuts chopped
(or your fave nut)
2 medjool dates chopped
1 tsp. 100% vanilla extract
pinch of salt

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 might need to add a little extra liquid in the morning.

Top with extra macadamias and grated sugar free choccy (if you like!).



MERRYMAKER TIP...

Not keen on the medjool dates due to fructose levels? Swap to 2 tsp. rice malt syrup and 2 tsp. tahini.



HONEY MUSTARD SALMON SALAD

Holey merry moley! This din dins is gonna rock your socks! So freaking delish! Serve to your friends and impress them... they'll be like 'oh wow!'

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

STUFF YOU NEED

FOR THE SALMON

4 x 200 g (7 oz.) salmon fillets
1 tbs. macadamia oil
1 tbs. honey
1 tbs. dijon mustard

FOR THE SALAD

100 g (3 ½ oz.) baby spinach
100 g (3 ½ oz.) cherry tomatoes halved
1 bunch broccolini
1 lemon quartered
¼ cup walnuts
2 tbs. fresh parsley chopped
coconut oil

NOW WHAT

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

In a small bowl combine the macadamia oil, honey and mustard.

Place the salmon skin side down onto the baking tray, top with the honey mustard dressing and bake for about 15 minutes or until cooked to your liking.

While the salmon cooks heat a little oil in a frypan and fry up the broccolini to your liking.

In a large salad bowl or platter add the spinach, broccolini, tomatoes, walnuts, parsley and a little lemon juice, toss carefully.

Serve onto plates and top with salmon. YUM!



MERRYMAKER TIP...

Sick of raw baby spinach? Make it a warm salad by cooking up the spinach, tomatoes, parsley and walnuts along with the broccolini. Mmmm.



SWEET POTATO AND FETA FRITTERS

Fritters are like the queen of breakfast! They totally win on taste and impressiveness factor. You can turn anything into a fritter... but these ones are especially good because... feta... and sweet potato...

SERVES: 2
PREP TIME: 10 mins
COOK TIME: 15 mins

STUFF YOU NEED

400 g (14 oz.) sweet potato
peeled and grated
100 g (3 ½ oz.) crumbled feta
2 eggs whisked
1 tsp. paprika
salt and pepper
coconut oil

SERVE WITH

1 lime quartered
¼ cup natural or coconut
yoghurt

NOW WHAT

Place the sweet potato in a bowl and squeeze out excess liquid. You can use a tea towel or just your hands, transfer into another bowl.

Add the feta, eggs, paprika, salt and pepper and mix well.

In a frypan on medium heat, melt a little oil. Use a ¼ cup to scoop out batter, carefully form into a fritter with your hands and place into the frypan.

Cook for 5 minutes, flip very slowly and carefully, press down with a spatula, then cook for a further 5 minutes.

Continue to do this with all the fritter batter, it will make about 6 fritters.

Serve with yoghurt and a squeeze of lime juice. YUM!

MERRYMAKER TIP...

Go all out and add a couple rashers of bacon. Just fry it up! Talk about all kinds of delish! Oh and if your fritters #fail call it a brekky hash! Still just as yum!



STICKY PORK FRIED RICE

This is so freaking yum and so freaking fun. Who else loves fried rice? *all hands up*

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

STUFF YOU NEED

500 g (1 lb.) pork strips
 100 g (3 ½ oz.) button mushrooms sliced
 100 g snow peas sliced
 2 shallots (scallions) sliced
 1 red capsicum sliced
 1 lime juiced
 1 red chilli finely sliced
 ½ cauliflower cut into florets
 1 tbs. fresh coriander (cilantro) chopped
 2 cm (1 inch) piece fresh ginger grated
 2 tbs. coconut aminos or tamari sauce
 1 tbs. honey or rice malt syrup
 1 tbs. sesame seeds
 coconut oil

NOW WHAT

In a marinating container mix together the shallots, lime, chilli, ginger, coconut aminos, and honey.

Add the pork pieces and stir to coat. Leave in the fridge for at least 30 mins.

Meanwhile, grate the cauliflower florets or use a food processor or blender to create 'rice'. Set aside.

In a large frypan on high heat, melt a little coconut oil. Add the pork pieces and marinade and fry for 5 minutes, turning so all sides cook evenly.

Add the capsicum, snow peas and mushrooms, fry for another 2 minutes.

Finally add the grated cauliflower and fry for 5 minutes, stirring so all the ingredients are nicely cooked.

Serve with a sprinkle of sesame seeds, fresh coriander and extra chilli if you like!



MERRYMAKER TIP...

Use any pork cut you like. And if pork isn't your thing, swap to beef or chicken!



COCONUT CRUNCH CEREAL

Hands up who loves cereal? We do! This one rocks because it's completely, 100% good for you and tastes oh so good!

SERVES: 4
PREP TIME: 10 mins
COOK TIME: 15 mins

STUFF YOU NEED

1 egg
1 cup dessicated coconut
½ cup sunflower seeds
2 tbs. rice malt syrup or
honey
1 tbs. cinnamon
1 tsp. coconut oil
pinch of salt

SERVE WITH

1 cup coconut milk (carton)
Strawberries

NOW WHAT

Preheat oven to 180 °C (350°F).

In a blender or food processor place the coconut, sunflower seeds, cinnamon and salt. Whiz until a fine meal forms.

Add the sweetener, coconut oil and egg, whiz for 1 minute or until thick, smooth and combined.

Transfer the mixture to a sheet of baking paper, place another on top and roll out to about ¼ cm (⅛ inch).

Carefully and slowly, peel off the top layer of baking paper and transfer the bottom layer onto a baking tray.

Score the mixture into squares (or any shape) and place into the oven for 10 minutes or until brown! Keep an eye on it, as they can burn easily!

Take out of the oven and allow to cool, then break into pieces.

Serve with coconut milk and fresh strawberries.



MERRYMAKER TIP...

We LOVE this cereal as a snack! This recipe serves 4, so take leftovers to work or perfect for school because it's nut free. Not seed free though... but yay for nut free!



SLOW COOKED BEEF SOFT TACOS

Mexican food could literally be the definition of fun and yum food. It's our favourite (as well as sushi) because you can share it and eat it all messy.

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

STUFF YOU NEED

500 g (1 lb.) beef cheeks
(or whatever beef is on sale)
1 onion diced
1 clove garlic crushed
1 red chilli
sliced and deseeded
¼ cup stock or bone broth
1 tsp. paprika
1 tsp. cumin
1 tsp. thyme
salt and pepper

FOR THE WRAPS

4 eggs
½ cup cassava flour
(or tapioca/arrowroot)
½ cup water
2 tbs. coconut flour
pinch of salt
coconut oil

FOR THE TOPPINGS

1 baby cos lettuce chopped
2 tomatoes diced
1 avocado mashed
1 lime quartered
3 tbs. fresh coriander
(cilantro) chopped

NOW WHAT

Place all the beef ingredients into the slow cooker, stir around to combine then cook on low for 8 hours.

Once the beef is cooked, pull apart with 2 forks to shred. Talk about yum.

About 30 mins before the beef is ready make the wraps.

In a blender or food processor mix all ingredients together until smooth.

In a small frypan melt a little coconut oil on medium heat.

Add ¼ cups of batter to the pan.

Cook for 3 minutes until the edges start to rise.

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

Place on a plate and cover with foil to keep warm.

Keep melting extra oil and cooking taco wraps until all the mixture is used.

It should make 6 wraps.

To serve, start with the wrap, a delish serve of beef followed by lettuce, tomato, avocado, coriander and fresh lime juice.



MERRYMAKER TIP...

Dollop with natural yoghurt for extra fun and yum!



EPIC CHOCCY MUG CAKE

Mug cakes are THE. BEST. Dessert ever. Why? Because when you have a 'I feel like dessert' moment, you can be like... 'good! Boom! 5 minutes and I'll be in choccy mug cake heaven!'

SERVES: 2
PREP TIME: 5 mins

STUFF YOU NEED

4 eggs
6 tbs. almond meal
4 tbs. butter or coconut oil
2 tbs. raw cacao powder
1 tbs. rice malt syrup or honey
1 tsp. 100% vanilla extract

TOPPINGS

(option to go cray cray like we did)
sugar free chocolate
strawberries
peanut butter
coconut or natural yoghurt

NOW WHAT

In a blender mix all mug cake ingredients until smooth.

Divide into 2 separate mugs or small ramekins and microwave for 40 seconds each.

Top with all the deliciousness!



MERRYMAKER TIP...

Remember, microwaves sometimes have minds of their own, you might need to cook a little longer or shorter. Also, if you prefer, you can cook in a 180°C (350°F) oven for 20 mins.



**“YOU’RE MAD. BONKERS.
OFF YOUR HEAD...
BUT I’LL TELL YOU A SECRET...
ALL OF THE BEST PEOPLE ARE.”**

ALICE’S ADVENTURES IN WONDERLAND