

Merrymaker CLUB

MEAL PLAN

11

BY THE

Merrymaker Sisters

EMMA & CARLA PAPAS

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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

11

FEBRUARY 2017

CONTENTS

Meal Plan	6
Shopping List	7
Meal Prep Ideas	8

RECIPES

Green kiwi smoothie	10
Veggie stack 2.0 with cashew cheeze	12
Smashed avocado on toast	14
Seared steak with fresh as salad	16
Nana turmeric smoothie bowl	18
Chicken antipasto quinoa salad	20
Peanut butter and strawberries on toast	22
Tuna patties	24
Choc mud smoothie bowl	26
Apricot chicken with cauli rice	28
Pumpkin and bacon savoury crepes	30
Turkish lamb pizza	32
Mango raspberry bircher muesli	34
Crispy skin salmon zoodle bowls	36
Salted caramel mousse	38

**“SPRINKLE
LOVE AND KINDNESS
LIKE NEVER ENDING
CONFETTI AND SPARKLES!”**

EMMA AND CARLA PAPAS

MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Green kiwi smoothie	Smashed avocado on toast	Nana turmeric smoothie bowl	Peanut butter and strawberries on toast	Choc mud smoothie bowl
LUNCH	← LEFTOVERS →				
DINNER	Veggie stack 2.0 with cashew cheeze	Seared steak with fresh as salad	Chicken antipasto quinoa salad	Tuna patties	Apricot chicken with cauli rice

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Pumpkin and bacon savoury crepes	Mango raspberry bircher muesli
LUNCH	← LEFTOVERS →	
DINNER	Turkish lamb pizza	Crispy skin salmon zoodle bowls
SWEET TREAT		Salted caramel mousse

WEEKEND

SHOPPING LIST

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



FRUITS AND VEGGIES

- 1 kg (2 lbs.) pumpkin (we used kent)
- 250 g (9 oz.) baby spinach
- 200 g (7 oz.) cherry tomatoes
- 100 g (3 ½ oz.) button mushrooms
- 9 zucchinis
- 5 shallots (scallions)
- 4 apricots
- 4 bananas
- 4 field mushrooms
- 3 carrots
- 3 lemons
- 3 onions
- 3 red capsicums (bell pepper)
- 2 avocados
- 2 eggplants (aubergine)
- 1 mango
- 1 baby cos lettuce
- 1 bunch fresh basil
- 1 bunch fresh coriander (cilantro)
- 1 cucumber
- 1 head garlic
- 1 kiwi fruit
- 1 punnet strawberries
- 1 small white potato
- ½ cauliflower

PANTRY ITEMS

- 2 L (½ gallon) coconut milk (carton)
- 250 ml (8 ½ fl. oz.) coconut milk (canned)
- 250 ml chicken/vegetable stock or bone broth
- 425 g (15 oz.) can tuna (in water)
- 300 g (11 oz.) cashews
- 150 g (6 oz.) cassava flour (or tapioca/arrowroot flour)
- 150 g chia seeds
- 150 g coconut flour
- 150 g quinoa
- 100 g (3 ½ oz.) desiccated coconut
- 100 g shredded coconut
- 100 g pinenuts
- 100 g pumpkin seeds
- 100 g tomato paste
- 100 g raw cacao
- 4 medjool dates
- 100% vanilla extract
- Baking powder
- Coconut oil
- Macadamia oil
- Olive oil
- Apple cider vinegar
- Honey or rice malt syrup
- Peanut or nut butter

MEAT, FISH, POULTRY + EGGS

- 10 eggs
- 4 x 200 g (7 oz.) salmon fillets
- 2 rashers bacon
- 500 g (1 lb.) chicken breast
- 500 g (1 lb.) chicken thigh or breast
- 500 g (1 lb.) lamb mince
- 500 g (1 lb.) rump steak

DRIED SPICES + HERBS

- Cinnamon
- Cumin
- Oregano
- Rosemary
- Salt and pepper
- Turmeric

FRIDGE / FREEZER

- 200 g (7 oz.) butter (or coconut oil)
- 100 g (3 ½ oz.) feta cheese (optional)
- 100g (3 ½ oz.) raspberries (fresh or frozen)

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 cashew cheeze and place in the fridge until ready to serve! Plus this dish is delish served cold!
DAY 2	<ul style="list-style-type: none">○ Make your bread on the weekend and freeze separate slices. Be sure to defrost it the night before!☾ Way too easy! You could prep the salad and have it ready to go!
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! Don't forget to freeze your banana!☾ You can pre-make this dish and enjoy cold, or make the salad prior so all you have to do is cook the chicken!
DAY 4	<ul style="list-style-type: none">○ Don't forget to defrost your bread! Otherwise, this brekky is super quick!☾ Pre-make the patties so all you have to do is fry them up! You can also prepare the salad and place in the fridge until ready to enjoy.
DAY 5	<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! Don't forget to freeze your banana!☾ Way too easy! You can pre-grate your cauliflower and store in the fridge, so all you have to do is fry it up!
DAY 6	<ul style="list-style-type: none">○ Enjoy preparing your Saturday morning brekky! BUT if you do wanna be super prepped, you could pre-make the crepes and reheat when ready to enjoy!☾ Pre-cook your pizza base, so all you have to do is cook your lamb, top your base with toppings and heat!
DAY 7	<ul style="list-style-type: none">○ Make your bircher the night before for a grab n go brekky! Yay! More weekend time!☾ You can pre-make your zoodles and pesto so all you have to do is cook up the salmon!
DESSERT	<ul style="list-style-type: none">☾ Way too easy, no prep required! Just be sure to have bananas frozen ready to go!



RECIPES



GREEN KIWI SMOOTHIE

There's something about green smoothies. Even thinking about them might just make you healthier (small joke).

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Place all ingredients into a blender and whiz until smooth.

Drink it yo!

STUFF YOU NEED

- 50 g (2 oz.) baby spinach
- 1 kiwi fruit
- 2 cups coconut milk (carton)
- 1 cup ice
- 1 tbs. chia seeds
- 1 tbs. nut butter
- 1 tsp. honey or rice malt syrup (optional)



MERRYMAKER TIP...

Add your fave green powder for extra magical powers.



VEGGIE STACK 2.0 WITH CASHEW CHEEZE

We love throwing in some vegetarian meals to our weekly dinners. This one is super simple, super yum and you'll just feel... well... super!

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

STUFF YOU NEED

500 g (1 lb.) pumpkin peeled and sliced (we used kent)
4 field mushrooms
2 zucchinis quartered
1 red capsicum (bell pepper) sliced
1 eggplant (aubergine) sliced
2 tbs. macadamia oil
salt and pepper

FOR THE CHEEZE

1 clove garlic crushed
1 shallot (scallion)
1 lemon juiced
½ cup raw cashews
3 tbs. olive oil
3 tbs. water
1 tsp. turmeric
salt

NOW WHAT

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

Lay all the sliced veggies onto the baking trays, drizzle with macadamia oil and season with salt and pepper.

Place into the oven for 20 minutes, take out and turn the veggies over and cook for a further 20 minutes or until veggies are cooked to your liking.

While the veggies are cooking make the cashew cheeze!

Add all the ingredients to your blender and whiz until nice and smooth. Easy and YUM!

Place all your veggies on a platter in a messy stack and dollop with cashew cheeze!



MERRYMAKER TIP...

If vego meals don't take your fancy simply bake or fry up your fave protein.



SMASHED AVOCADO ON TOAST

How good does organised feel? We recommend making the bread earlier and freezing in small portions!

SERVES: 2 (and extra)
PREP TIME: 20 mins
COOK TIME: 40 mins

STUFF YOU NEED

FOR THE TOAST

8 eggs
1 cup carrot grated (about 2 carrots)
½ cup butter softened (or coconut oil)
¼ cup chia seeds
¼ cup coconut flour
¼ cup pumpkin seeds
¼ tsp. baking powder
pinch of salt

FOR THE SMASH

1 avocado
salt and pepper

NOW WHAT

Preheat oven to 180°C (350°F) and line a 20 x 10 cm (10 x 4 inch) loaf tin with baking paper.

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

Add the chia seeds, coconut flour, baking powder and salt.

Mix again on medium speed until combined.

Add the grated carrot and pumpkin seeds and mix again.

Note: If you're using a blender mix it longer for smoother toast.

Transfer the mixture into the prepared loaf tin.

Place into the oven for 40 minutes or until golden brown on top.

Allow to cool before you turn out and slice it up.

When you're ready to eat, toast 4 slices under the grill. Keep an eye on it.

While it's toasting, mash up the avocado and salt and pepper in a small bowl.

Spoon out avocado on top of toasted bread.



MERRYMAKER TIP...

Add extra toppings! Think, crumbled feta, sliced tomatoes, bacon... delish!



SEARED STEAK WITH FRESH AS SALAD

We've never loved cooking steak... but apparently Emma can add steak to her 'can cook list'.

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

STUFF YOU NEED

500 g (1 lb.) rump steak
100 g (3 ½ oz.) cherry tomatoes
halved
100 g baby spinach leaves
2 zucchinis peeled lengthways
1 lemon juiced
2 tbs. pinenuts
1 tbs. butter or coconut oil
1 tbs. olive oil
1 tsp. oregano
salt and pepper

NOW WHAT

For the steak. Season with salt and pepper and oregano.

In a high heat fry pan, add the butter and then the steaks. Fry on one side for about 2 minutes.

Turn the steak over and cook for another 2 minutes, then remove the pan from the heat and leave the steaks to rest. Or cook to your liking.

Make the salad by combining the baby spinach, zucchini, tomatoes, pine nuts, then drizzle with lemon juice and olive oil and toss carefully.

Slice your steak and serve with delicious salad!



MERRYMAKER TIP...

Don't want to cook steak? Swap to any meat or even go vego and cook up some sweet potato and pumpkin to add to the salad. Easy!



NANA TURMERIC SMOOTHIE BOWL

Inspired by one of our fave cafes on the GC. It really is like liquid sunshine!

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

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

Pour into bowls and top with all the toppings.

STUFF YOU NEED

2 cups coconut milk (carton)
1 cup ice
1 frozen banana
2 tbs. chia seeds
1 tsp. 100% vanilla extract
1 tsp. turmeric

FOR THE TOPPINGS

fresh berries
peanut butter
yoghurt
extra chia seeds



MERRYMAKER TIP...

Always feel free to add your fave supps and greens into any Merry smoothie!



CHICKEN ANTIPASTO QUINOA SALAD

This salad makes us so happy. Quick, easy and delish!

SERVES: 4
PREP TIME: 20 mins
COOK TIME: 30 mins

STUFF YOU NEED

FOR THE CHICKEN

500 g (1 lb.) chicken breast
cut into strips

1 tbs. coconut oil or
macadamia oil

salt and pepper

FOR THE SALAD

250 g (9 oz.) pumpkin
peeled and cubed

100 g (3 ½ oz.) baby spinach

1 red capsicum (bell pepper)
diced

1 eggplant (aubergine) diced

1 cup water

½ cup quinoa

2 tbs. fresh basil chopped

1 tbs. coconut oil
or macadamia oil

NOW WHAT

Start by rinsing the quinoa under cool water until the water runs clear.

Now, in a saucepan on high heat add the quinoa and water. Bring to the boil.

Turn it down to low, cover and simmer for 25 minutes. The water will absorb.

Now onto the chicken and roast veggies. Preheat oven to 180°C (350°F) and line 2 baking trays with baking paper.

Lay the chicken on one of the trays, drizzle with oil and sprinkle with a little salt and pepper.

On the other baking tray place the pumpkin, eggplant and capsicum. Drizzle with a little oil.

Place both trays into the oven for about 20 minutes.

Once the quinoa is cooked, place into a large bowl, add all the veggies and fresh basil. Combine carefully.

Serve chicken on top of delish salad!



MERRYMAKER TIP...

Add some avocado to this quinoa salad for next level delishness!



PEANUT BUTTER AND STRAWBERRIES ON TOAST

Now, we vote this is the brekky of champions!

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

NOW WHAT

Toast up the bread under a grill. Keep an eye on it so you don't burn it.

Once toasted, smother in peanut butter, top with strawberry slices and sprinkle with chopped nuts.

Oh yeah YUM!

STUFF YOU NEED

FOR THE CHICKEN

4 slices of bread (from day 2 brekky, make sure it's defrosted)

6 strawberries sliced

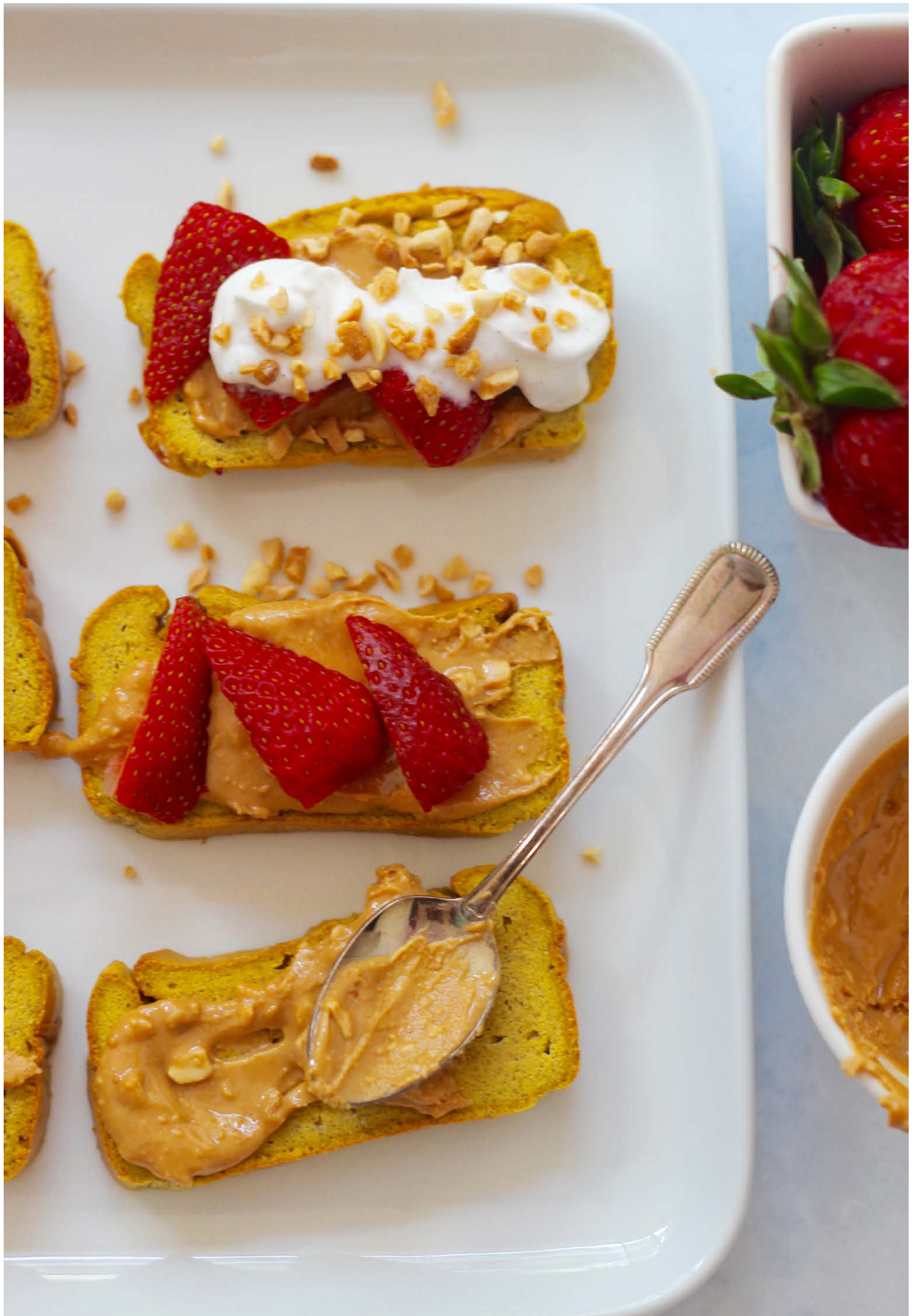
2 tbs. peanut butter (or any nut butter)

1 tbs. chopped nuts



MERRYMAKER TIP...

Swap the strawberries to banana if you like and add a dollop of natural or coconut yoghurt (we did and it was YUM!).



TUNA PATTIES

Tuna and salmon patties are super underrated. They are mega delish and all kinds of FUN and impressive!

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

STUFF YOU NEED

FOR THE PATTIES

425 g (15 oz.) can tuna (in water and drained)
 ½ cup white potato cooked then mashed (about 1 small potato)
 ½ onion diced
 2 tbs. fresh coriander chopped
 2 tbs. chia seeds
 2 tbs. coconut flour
 salt and pepper
 coconut oil

FOR THE SALAD

100 g (3 ½ oz.) cherry tomatoes halved
 1 baby cos lettuce
 1 cucumber chopped
 1 carrot peeled
 1 tbs. pumpkin seeds
 1 tbs. olive oil

NOW WHAT

In a bowl place the tuna, mashed potato, onion, coriander, chia seeds, salt and pepper and combine well.

Using a ⅓ cup, measure out 8 portions of the tuna pattie mix, roll into balls and flatten into patties.

Add the coconut flour to a small bowl and coat the patties in the flour.

In a large fry pan on medium-high heat add a little coconut oil and place the patties.

Fry up for 5 minutes, carefully flip and fry for a further 5 minutes or until golden and cooked through.

For the salad, mix all ingredients in a large bowl. Serve out salad and top with tuna patties... enjoy!



MERRYMAKER TIP...

Don't eat white potato? Swap it to sweet potato.



CHOC MUD SMOOTHIE BOWL

You guys know we're obsessed with smoothie bowls. They're the best. Are we right, or are we right?!

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Add all the smoothie ingredients into your blender, whiz until nice and smooth.

Pour into a bowl, top with all the toppings! Delish!

STUFF YOU NEED

2 cups coconut milk (carton)
1 frozen banana
3 tbs. raw cacao
1 tbs. chia seeds
1 tsp. 100% vanilla extract
pinch of salt

FOR THE TOPPINGS

peanut butter
yoghurt
sugar free chocolate
crushed nuts



MERRYMAKER TIP...

The toppings are completely optional and definitely recommended. Get creative!



APRICOT CHICKEN WITH CAULI-RICE

Our Mum used to make this all the time when we were kids. About time we made it Merry!

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

STUFF YOU NEED

FOR THE CHICKEN

- 500 g (1 lb.) chicken thighs or breast cut into chunks
- 4 apricots chopped
- 1 onion diced
- 1 cup chicken/vegetable stock or bone broth
- coconut oil
- 1 clove garlic crushed

FOR THE CAULI-RICE

- ½ cauliflower grated or food processed into 'rice'
- 1 clove garlic

NOW WHAT

Start with the apricot chicken. In a fry pan on medium-high heat add a little coconut oil and saute the onion until soft.

Add the chicken to the fry pan and fry up, turning every now and then to ensure all sides are cooked.

Add the stock to the pan and stir slowly.

Then add the apricots, turn the heat to low and allow to simmer until the liquids reduce and apricots are tender.

While you simmer the chicken cook up the cauli-rice.

In a large fry pan on medium-high heat add a little oil and saute the garlic for about a minute.

Add the cauliflower and fry for about 3 minutes or until cooked to your liking.

Serve apricot chicken on top of the cauli-rice.

Garnish with any leftover herb and season with freshly cracked pepper!



MERRYMAKER TIP...

Don't feel like cauli-rice? Just cook up some quinoa or serve it with roast veggies or steamed greens.



PUMPKIN AND BACON SAVOURY CREPES

There's something special about wrapping food in a crepe. It makes it extra fun and yum.

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

STUFF YOU NEED

FOR THE CREPES

2 eggs
¼ cup coconut milk (canned)
½ tbs. coconut flour
½ tbs. coconut oil melted
salt and pepper
extra coconut oil

SERVE WITH

2 rashers bacon
250 g (7 oz.) pumpkin peeled
and cubed

NOW WHAT

Make the crepes. In a blender/food processor mix all ingredients together until smooth.

In a small fry pan melt a little coconut oil on medium heat.

Add ¼ cups of batter to the pan and tilt the pan so the mixture spreads out to the edges.

Cook for 3 minutes until the edges start to rise.

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

It will make 2 crepes. Place on a plate and cover with foil to keep warm.

In the same fry pan (yay for less washing up) on high heat fry up the bacon. Once cooked set aside but leave the bacon fat in the pan.

Fry the pumpkin in the bacon fat, yes, droooooo!

Serve pumpkin and bacon in crepes. Talk about YUM!



MERRYMAKER TIP...

*Adding avocado is always a good idea.
We could pretty much add that tip to
every recipe.*



TURKISH LAMB PIZZA

It's no secret that we love pizza. It's a love LOVE relationship.

SERVES: 4
 PREP TIME: 20 mins
 COOK TIME: 30 mins

STUFF YOU NEED

FOR THE BASE

1 cup cassava flour (or 1 and ½ cups tapioca/arrowroot flour)
 ¼ cup coconut flour (use ½ cup if you used tapioca)
 ¼ cup coconut milk (canned)
 ¼ cup butter or coconut oil melted
 4 tbs. chia seeds + ½ cup water
 2 tbs. olive oil
 ½ tbs. oregano
 ½ tbs. rosemary
 1 tsp. apple cider vinegar
 salt

FOR THE TOPPINGS

500 g (1 lb.) lamb mince
 100 g (3 ½ oz.) button mushrooms sliced
 100 g feta cheese cubed
 1 zucchini sliced lengthways
 1 onion diced
 1 red red capsicum (bell pepper) finely sliced
 1 shallot (scallion) sliced
 3 tbs. tomato paste
 2 tbs. pinenuts
 2 tsp. cumin
 1 tsp. turmeric
 1 tsp. cinnamon
 coconut oil

NOW WHAT

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

In a small bowl place the chia seeds and water, stir and allow to sit for 5 minutes. It will make a gel.

Meanwhile, in a bowl mix the flours, salt and herbs together.

Make a small well in the centre of the flours, slowly add the coconut milk, apple cider vinegar, butter and chia gel, mix until combined and a sticky dough forms.

Split the mixture in half. Between 2 sheets of baking paper, roll out 1 half of the base to about ½ cm (¼ inch thick).

Carefully peel off the top layer of baking paper and transfer the base to a baking tray.

Repeat with the second half of pizza dough mix.

Place both trays in the oven for 15 minutes or until golden brown.

While the pizza base cooks, get the toppings ready!

In a large fry pan on high heat melt a little coconut oil.

Add the onion, fry for a minute or 2. Add the lamb mince, cumin, cinnamon and turmeric and cook until brown.

By this time the base should be cooked. Take the base out of the oven.

Spread the tomato paste onto the base, followed by the mince and all the other toppings.

Place back into the oven for 10 minutes, slice and enjoy!

MERRYMAKER TIP...

Don't eat cheese? Leave it off! Love cheese? Add more! Grated mozzarella cheese on pizza = YUM!



MANGO RASPBERRY BIRCHER MUESLI

Almost too pretty to eat! We said almost! Such a quick and easy recipe you'll have extra morning time when you're super prepared with this brekky!

SERVES: 4
PREP TIME: 5 mins
COOK TIME: 10 mins

NOW WHAT

In a bowl combine all the ingredients and place into the fridge for at least 10 minutes... but it's best overnight.

STUFF YOU NEED

- 1 mango diced
- 1 cup coconut milk (carton)
- ½ cup raspberries (fresh or frozen)
- ¼ cup shredded coconut
- ¼ cup pumpkin seeds
- 1 tbs. chia seeds



MERRYMAKER TIP...

Swap the fruit to whatever is in season or whatever your taste buds desire!



CRISPY SKIN SALMON PESTO ZOODLE BOWLS

All we can say is freaking yum as and easy as dinner! YAY for that!

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

STUFF YOU NEED

4 x 200 g (7 oz.) salmon fillets
4 zucchinis spiralised
or peeled lengthways
3 shallots (scallions) chopped
1 avocado
1 lemon juiced
1 garlic clove
½ bunch fresh basil
1 cup cashews
3 tbs. coconut oil or butter
1 tbs. olive oil
salt and pepper

NOW WHAT

Start with the pesto sauce add the basil, avocado, shallots, cashews, olive oil, lemon juice, garlic and a little salt and pepper to a blender. Whiz until crunchy or smooth, take your pick!

Transfer the pesto mix into a large mixing bowl, add the zoodles and stir well to ensure the zoodles are completely covered. You might need to get your hands dirty. Leave this for now.

Place the salmon, skin side up and rub a little salt into the skin.

In a fry pan on med-high heat, melt around 3 tablespoons of coconut oil or butter.

Once the oil is hot, place the salmon skin side up into the fry pan. It should sizzle.

Allow to cook for 2 minutes, then as you go, spoon the coconut oil from the pan over the top of the salmon skin.

Keep doing this until the salmon is cooked to your liking. It should take 5-8 minutes.

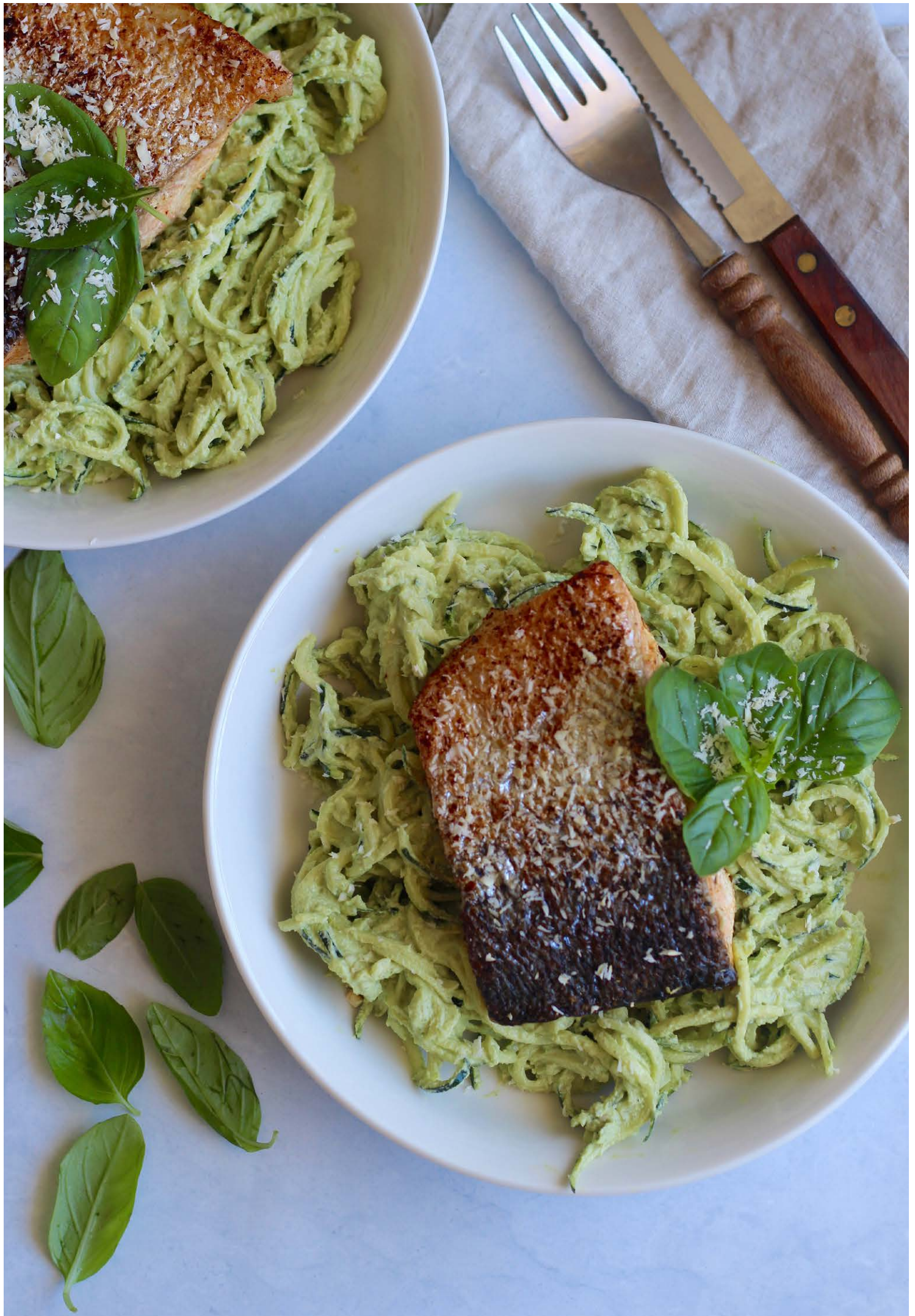
That's right, you don't turn the salmon over, this is the trick to making your skin super crispy!

The hot oil you're spooning over the salmon will cook it through and make it taste SO good!

Serve crispy salmon on top of raw pesto zoodles. YUM!

MERRYMAKER TIP...

*Don't fancy cooking salmon like this?
Simply bake it in a 180°C (350°F) oven for
15-20 minutes.*



SWEET TREAT

5 MINUTE SALTED CARAMEL MOUSSE

Anything that has the words salted and caramel together in the same sentence already wins at life. You will love this. No doubts about it!

SERVES: 2
PREP TIME: 5 mins

STUFF YOU NEED

¼ cup raw cashews
¼ cup coconut milk (canned)
1 tsp. 100% vanilla extract
4 medjool dates (pitted and
soaked in hot water for 10
minutes)
2 frozen bananas
pinch of salt

NOW WHAT

Add all the ingredients except for the frozen bananas into a blender. Whiz until nice and smooth.

Add the bananas and blend again until frozen smooth.

Spoon into bowls and decorate with whatever you like!



MERRYMAKER TIP...

Trying to lower your fructose levels? [Try this recipe instead: 5 Minute Choccy Mousse.](#)





"YOU WILL **SEE** IT
WHEN YOU **BELIEVE** IT."

WAYNE DYER