

Merrymaker CLUB

MEAL PLAN

02

BY THE

Merrymaker Sisters

EMMA & CARLA PAPAS

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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

02

MAY 2016

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FOLLOW YOUR BLISS
AND THE UNIVERSE WILL
OPEN DOORS FOR YOU...
WHERE THERE WERE
ONCE ONLY WALLS.

JOSEPH CAMPBELL

MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Chunky-choc Quinoa Cereal	Peanut Butter Chia Pudding	Orange and Raspberry Smoothie	Super Green Brekky Plate	Carrot Cake Smoothie Bowl
LUNCH	← LEFTOVERS →				
DINNER	Salmon Salad	Pizza Omelette	Smoky Beef and Pumpkin Stew	Prawn Pad Thai	Stuffed Eggplants

WEEKEND

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Apple and Cinnamon Pancakes	Potato Fritters with Crispy Bacon Bits
LUNCH	← LEFTOVERS →	
DINNER	Sushi Bowls	Cauliflower Tacos
SWEET TREAT		Merry Saucy Choccy Pudding

SHOPPING LIST

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



FRUITS AND VEGGIES

- 8 shallots (scallions)
- 5 carrots
- 4 asparagus spears
- 4 small or 2 large eggplants
- 4 tomatoes
- 3 onions
- 2 avocados
- 1 apple
- 1 banana
- 1 broccoli head cut into florets
- 2 lemons
- 2 limes
- 1 apple
- 1 broccoli head cut into florets
- 1 bunch baby bok choy
- 1 bunch fresh coriander (cilantro)
- 1 bunch fresh parsley
- 1 cauliflower
- 1 cucumber
- 1 green capsicum (pepper)
- 1 head garlic
- 1 orange
- 1 red chilli chopped
- 1 zucchini
- ½ purple cabbage
- 750 g (1.6 lbs.) sweet potato
- 400 g (14 oz.) pumpkin
- 400 g (14 oz.) button mushrooms
- 300 g (10 oz.) baby spinach
- 250 g (9 oz.) white potato
- 150 g (5 oz.) mung bean sprouts
- 5 cm (2 inches) piece fresh ginger

PANTRY ITEMS

- 2 L (½ gallon) coconut milk (carton)
- 200 ml (7 fl. oz) coconut milk (canned)
- 500 g (1 lbs.) honey or rice malt syrup
- 150 g (5 oz.) almond meal
- 125 g (4 ½ oz.) cashews
- 100 g (3 ½ oz.) cassava flour (or tapioca/arrowroot)
- 100 g chia seeds
- 100 g coconut flour
- 100 g pine nuts
- 100 g peanut butter
- 100 g pumpkin seeds
- 100 g raw cacao powder
- 100 g quinoa
- 100 g walnuts
- 50 g (2 oz.) hemp seeds
- 50 g macadamia nuts
- 50 g sesame seeds
- 100% vanilla extract
- 100% tomato paste
- Apple cider vinegar
- Baking powder
- Coconut aminos/tamari sauce
- Fish sauce
- Instant coffee/ground coffee
- Coconut oil
- Macadamia oil (optional)
- Olive oil
- Stock/broth or red wine
- Unhulled tahini
- Wakame flakes/nori sheets

MEAT, FISH, POULTRY + EGGS

- 500 g (1 lbs.) chicken breast or thigh
- 500 g (1 lbs.) beef mince
- 500 g (1 lbs.) beef casserole meat
- 4 x 170 g (6 oz.) salmon fillets, skin on
- 6 rashers (slices) bacon
- 20 green prawns peeled
- 2 dozen eggs

DRIED SPICES + HERBS

- Bay leaves
- Cinnamon
- Chilli flakes
- Cumin
- Oregano
- Paprika
- Salt and pepper

FRIDGE / FREEZER

- Natural or coconut yoghurt
- 300 g (10 oz.) frozen raspberries
- 150 g (5 oz.) parmesan cheese (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">○ Make the cereal the day before.☾ Cut all the broccoli and pumpkin up the morning or even the day before.
DAY 2	<ul style="list-style-type: none">○ Prepare the chia pudding the night before.☾ Cut up all the omelette veggies.
DAY 3	<ul style="list-style-type: none">○ Add your smoothie ingredients to a zip lock bag the night before and place in the fridge.☾ Cut all the veggies up the day prior, even prepare the entire slow cooker and place it in the fridge until you're ready to turn on!
DAY 4	<ul style="list-style-type: none">○ Cut up the veggies and boil your eggs the day before. You could even prepare the whole meal and enjoy cold.☾ Prepare all veggies.
DAY 5	<ul style="list-style-type: none">○ Add your smoothie ingredients to a zip lock bag the night before and place in the fridge.☾ Prepare eggplants and chop up other veggies. By the way, these are DELISH served cold.
DAY 6	<ul style="list-style-type: none">○ Saturday morning chills! Make your brekky and maybe enjoy in bed?! Yes. Do.☾ Cut up all your vegetables early!
DAY 7	<ul style="list-style-type: none">○ Grate up your potato the day before.☾ Cut up your veggies and you could even pre-cook your wraps and warm up when ready to eat.
DESSERT	<ul style="list-style-type: none">☾ Yummy served cold but we reckon best fresh hot out of the oven!



RECIPES



CHUNKY-CHOC QUINOA CEREAL

This cereal tastes like coco-pops. We don't lie. We never would. Make it and you be the judge! Just like a chocolate milkshake only merry!

SERVES: 2
PREP TIME: 20 mins
FRIDGE TIME: 20 mins

STUFF YOU NEED

½ cup water
¼ cup cashews chopped
¼ cup macadamias chopped
¼ cup quinoa
1 tbs. natural sweetener
1 tbs. raw cacao powder
1 tbs. coconut oil melted
1 tsp. 100% vanilla extract
1 tsp. instant coffee or shot
of coffee (optional)
pinch of salt

SERVE WITH

2 cups coconut milk (carton)
½ cup raspberries
(fresh or frozen)

NOW WHAT

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

Rinse the quinoa under cold running water until water runs clear.

Add the quinoa and ½ cup water to a saucepan, bring to the boil, cover and lower the heat to simmer for 15 minutes. The water will absorb.

Once cooked, transfer into a mixing bowl.

Add all the other ingredients to the quinoa and stir really well.

Spoon the mix onto the lined tray and spread out evenly.

Place into the oven for 15 minutes, stir and cook for a further 5 minutes or until your liking.

Fill your bowl with some cereal, milk and top with raspberries.



MERRYMAKER TIP...

You can leave out the chocolate and coffee for a chunky vanilla mix!



SALMON, SWEET POTATO AND BROCCOLI SALAD

This salad will make your taste buds dance. Especially if you can master the crispy salmon skin. It takes a little practice but it's totally worth it!

SERVES:	4
PREP TIME:	10 mins
COOK TIME:	30 mins

STUFF YOU NEED

- 500 g (1 lbs.) sweet potato peeled and cubed
- 4 x 170 g (6 oz.) salmon fillets, skin on
- 100 g (3 ½ oz.) baby spinach
- 1 broccoli head cut into florets
- 1 lemon juiced
- ¼ cup pine nuts
- 3 tbs. fresh parsley chopped
- 3 tbs. fresh coriander (cilantro) chopped
- 1 tsp. cumin
- ½ tsp. chilli flakes
- olive oil
- coconut oil

NOW WHAT

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

Place the sweet potato onto a baking tray, drizzle with a little coconut oil and season with salt and pepper. Place into the oven for 25 minutes.

Place broccoli on the other baking tray, drizzle with a little coconut oil, sprinkle with chilli and season with salt and pepper. Place into the oven for 10 minutes.

While the veggies bake get onto the salmon.

Place the salmon, skin side up and rub a little salt into the skin, turnover and sprinkle with cumin.

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

Once the oil is hot, place the salmon skin side down 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.

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!

If this sounds scary, check out the tip below!

To make the salad, in a large bowl or plate place the spinach followed by sweet potato and broccoli. Sprinkle with pinenuts, fresh parsley and coriander. Drizzle with lemon juice and olive oil.

Serve delicious salad with delicious salmon!

MERRYMAKER TIP...

You can also bake your salmon! It should take 15-20 minutes in a 180°C (350°F) oven.



PEANUT BUTTER CHIA PUDDING

Did you know that Arachibutyrophobia is the fear of peanut butter sticking to the roof of the mouth. We don't suffer from it and we hope you don't either because this chia pudding is about to blow your merry mind.

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

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.

STUFF YOU NEED

- 1 cup coconut milk (carton)
- ¼ cup chia seeds
- ¼ cup peanut butter (plus extra)
- 1 tsp. natural sweetener (optional)
- 1 tsp. 100% vanilla extract



MERRYMAKER TIP...

Serve into cute glasses with extra peanut butter in the base of the glass and top with peanuts... because yum and pretty. Or if you don't like peanuts swap to any other nut butter.



MERRYMAKER DAD'S PIZZA OMELETTE

This is Merrymaker Dad's specialty! Every Tuesday night he makes this for Mum after she's finished yoga class. Talk about cute. We've enjoyed it many a time and it seriously is the best thing ever. We know you're going to LOVE it!

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

STUFF YOU NEED

200 g (7 oz.) sliced button mushrooms
 8 eggs
 3 shallots (scallions) chopped
 2 rashers (slices) bacon chopped
 1 clove garlic crushed
 1 green capsicum (pepper) diced
 ¼ cup water
 2 tbs. coconut milk (canned)
 2 tbs. parmesan cheese (optional)
 1 tsp. oregano
 salt and pepper
 coconut oil

NOW WHAT

Melt a little coconut oil in a large fry pan on high heat.

Add the bacon, mushrooms, shallots, capsicum, garlic and saute for 5 minutes.

In a bowl whisk the eggs, water, milk, oregano and season with salt and pepper.

Turn the heat down to medium and pour the egg mix over the vegetables, make sure they're spread out evenly.

Allow the egg mix and veggies to cook in the pan for a minute or two, or until you can see the edges cooking.

With a spatula, gently scrape the outside edge of the omelette toward the inside of the omelette, allowing uncooked egg to fill the space you just pushed into the centre.

You don't need to scrape from the outside all the way to the centre, stop when you are about halfway to the centre of the omelette.

Continue to do this until the edges are cooked and the centre of the omelette is halfway cooked.

Remove from heat and sprinkle with cheese.

Place under the grill for about 5-8 minutes or until eggs are cooked and the cheese has browned a little.

MERRYMAKER TIP...

Use this recipe as a fridge clean out, add any extra veggies!



ORANGE AND RASPBERRY SMOOTHIE

For some people milk + orange = freaky. We think milk + orange = taste sensation, especially coconut milk! Try it and let us know what you think!

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Place all the ingredients in your blender and whiz until smooth!

STUFF YOU NEED

- 2 cups coconut milk (carton)
- 1 orange peeled and cut into chunks
- 1 cup ice
- 1 cup raspberries (fresh or frozen)
- 1 tbs. gelatin powder (optional)
- 1 tsp. natural sweetener (optional)



MERRYMAKER TIP...

Add a banana to make this smoothie extra sweet and creamy!



SMOKY BEEF AND PUMPKIN STEW

#weheartslowcookersforever let's totally make that hashtag trend. Serious delicious party is about to come to town.

SERVES: 4*
PREP TIME: 25 mins
COOK TIME: 8 hrs

STUFF YOU NEED

500 g (1 lbs.) beef casserole meat cubed

400 g (14 oz.) pumpkin, peeled, deseeded and cubed

200 g (7 oz.) button mushrooms

2 rashers (slices) bacon chopped

2 bay leaves

1 clove garlic crushed

1 onion chopped

1 red chilli chopped

1 cup red wine or stock/broth

½ cup stock/broth

2 tbs. fresh parsley chopped

1 tbs. tomato paste

2 tsp. oregano

salt and pepper

*with extra leftovers

NOW WHAT

Place all the ingredients (except the fresh parsley) into the slow cooker and mix until combined.

Turn on the slow cooker to low and allow to cook for 8 hours.

Once cooked, pull apart the meat with two forks.

Serve with fresh parsley.

If you want to go all out make these crunchy grain free bread rolls for dipping! Just be sure to add the extra ingredients to your shopping list.



MERRYMAKER TIP...

If you have time, add a little oil to a medium heat fry pan and brown the edges of the beef, then add to the slow cooker. This will enhance the flavour, however it's not necessary.



SUPER GREEN BREKKY PLATE

Getting your greens in first thing in the morning means EXTRA energy to keep you going all day long! Just helping you out!

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

STUFF YOU NEED

100 g (3 ½ oz.) baby spinach
4 eggs
4 asparagus spears
2 shallots (scallions) chopped
1 avocado
1 lemon
1 tbs. pumpkin seeds
1 tbs. hemp seeds
coconut oil

NOW WHAT

In a large fry pan on medium heat, melt a little coconut oil and add the shallots and asparagus.

Cook and stir until the asparagus is soft.

Add the spinach for the last minute.

While cooking the veggies, boil the eggs.

Place the eggs in a saucepan and cover with water.

Bring to the boil then turn down to medium heat, allow to simmer for 3-4 minutes, longer if you want hard boiled eggs. We rinse with cold water, then peel.

Serve out greens, along with the eggs, avocado, sprinkle with seeds and finally add a squeeze of lemon juice.



MERRYMAKER TIP...

Feel free to add any additional veggies, cooked quinoa or a dollop of natural yoghurt.



PRAWN PAD THAI

Oh hello delicious, fun dinner! We love pad thai. We especially love pad thai when it's good for you and full of veggies! Veggies... YAY!

SERVES: 4
 PREP TIME: 25 mins
 COOK TIME: 10 mins

STUFF YOU NEED

- 150 g (5 oz.) mung bean sprouts
- 20 green prawns peeled
- 3 cloves garlic crushed
- 3 shallots (scallions) chopped
- 2 carrots spiralized or julienned
- 1 egg
- 1 zucchini spiralized or julienned
- 1 lime juiced
- ¼ cup cashews
- ¼ cup fresh coriander (cilantro) chopped
- 2 tbs. sesame seeds
- 2 tbs. fish sauce
- 2 tbs. coconut aminos or tamari sauce
- 1 tbs. natural sweetener
- 2 cm (1 inch) fresh ginger grated
- coconut oil

NOW WHAT

In a fry pan on medium, heat a little coconut oil, add prawns and cook for 3 to 4 minutes. Remove prawns from pan and set aside.

Add a little more oil if required and saute the shallots, ginger and garlic for 2 minutes.

Crack eggs into pan and stir for about a minute, it should just start to cook.

Add the bean sprouts, carrots and zucchini and cook for another minute.

Add the prawns back into the pan along with fish sauce, coconut aminos, natural sweetener, lime juice and stir fry to mix all ingredients.

Top with nuts, sesame seeds and fresh coriander.



MERRYMAKER TIP...

You could swap the carrot and zucchini noodles for kelp noodles. Super yum and super good for you!



CARROT CAKE SMOOTHIE BOWL

We hope this smoothie bowl makes you as happy as it made us. Seriously. Hands up for carrot cake smoothie bowl?!

SERVES: 2
PREP TIME: 5 mins

STUFF YOU NEED

- 2 cups coconut milk (carton)
- 1 carrot
- 1 frozen banana
- 1 cup ice
- ¼ cup walnuts
- 1 tsp. cinnamon
- 1 tsp. natural sweetener (optional)
- 1 tsp. 100% vanilla extract
- ½ tsp. grated ginger

TOPPINGS

- 2 tbs. walnuts
- 1 tbs. pumpkin seeds
- 1 tbs. unhulled tahini

NOW WHAT

Place all ingredients (except the toppings!) into your blender and whiz until smooth.

Decorate with all the delicious toppings and share a pretty photo to your Facebook or Instagram to make all your friends drool over your smoothie bowl art. Use #makelifemerry so we don't miss it!



MERRYMAKER TIP...

If you're going low fructose, leave out the banana and swap to quarter of an avocado and a handful of berries.



DELISH STUFFED EGGPLANTS

Oh, these babies are going to please. We love stuffing food in other food, makes it fancy and oh so fun!

SERVES: 4
 PREP TIME: 25 mins
 COOK TIME: 40 mins

STUFF YOU NEED

- 500 g (1 lbs.) beef mince
- 100 g (3 ½ oz.) baby spinach
- 100 g (3 ½ oz.) parmesan cheese grated (optional)
- 4 small or 2 large eggplants
- 3 tomatoes chopped
- 1 onion diced
- 1 clove garlic crushed
- ¼ cup pine nuts
- 3 tbs. fresh parsley
- 1 tbs. macadamia oil
- 2 tsp. cumin
- 1 tsp. cinnamon
- coconut oil
- salt and pepper

NOW WHAT

Preheat oven to 180°C (350°F) and line 1 baking tray with baking paper.

Slice the eggplants in half lengthways. Scoop out flesh of the eggplant, leaving about 2 cm (1 inch) edge of flesh around all sides of the eggplant. Be sure not to go too deep and make a hole!

Don't chuck the flesh, chop it all up and set aside.

Sprinkle eggplants with salt and drizzle with macadamia oil, place on the baking tray and put into oven for 30 minutes, or until eggplants are soft.

While the eggplants cook get onto the beef!

In a large fry pan heat a little coconut oil on medium, add the onion and saute for about 2 minutes.

Add the garlic, tomato, eggplant flesh, spices and continue to stir for 5 minutes.

Turn the heat up a little and add the beef mince, cook for about 5 minutes or until cooked through.

Stir through the spinach, fresh parsley and season with salt and pepper.

Fill your cooked eggplants with delicious beef, sprinkle with pine nuts and a little extra parsley.



MERRYMAKER TIP...

If you love cheese (yes please), take the eggplants out of the oven at 25 minutes, spoon in the beef and sprinkle with cheese. Return to the oven for another 5 minutes. YUM! And yes, we totally did this!



APPLE AND CINNAMON PANCAKES

Remember apple cinnamon tea buns? Well think that... but in a stack of pancakes. #winning

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

STUFF YOU NEED

4 eggs
1 apple grated
1/3 cup coconut milk (carton)
1/4 cup almond meal
2 tbs. butter or coconut oil melted
1 tbs. natural sweetener (optional)
1 tsp. cinnamon
pinch of salt
coconut oil

SERVE WITH

natural or coconut yoghurt
extra cinnamon

NOW WHAT

In a food processor or high power blender add all the ingredients except the apple, and whiz until really smooth.

Transfer mix into another bowl and stir through the grated apple.

In a large fry pan melt a little coconut oil.

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

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

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

Serve with yoghurt and a sprinkle of extra cinnamon.



MERRYMAKER TIP...

These make the perfect quick dessert too!



SUSHI BOWLS

Sushi. But in a bowl. As you know, bowls make EVERYTHING better! Make it super pretty and share your sushi bowl creation with us on Instagram and Facebook! Use #makelifemerry so we can re-share our favourites!

MAKES: 4
 PREP TIME: 20 mins
 COOK TIME: 20 mins

STUFF YOU NEED

- 500 g (1 lbs.) chicken breast or thigh
- 2 carrots cut into matchsticks
- 1 cucumber cut into matchsticks
- 1 bunch baby bok choy
- ½ cauliflower grated
- ¼ purple cabbage sliced finely
- 2 tbs. coconut aminos or tamari sauce
- 2 tbs. sesame seeds
- 2 tbs. wakame flakes or 2 nori sheets torn up
- 1 tsp. natural sweetener (optional)
- 1 cm (½ inch) ginger grated
- coconut or macadamia oil

NOW WHAT

Preheat oven to 180°C (350°F) and line 1 baking tray with baking paper.

Place the chicken on the baking tray drizzle with a little coconut or macadamia oil, place into the oven for 15 minutes.

Check, turn and cook for another 5 minutes.

Once the chicken is cooked, slice nicely.

While you cook the chicken get onto the cauli-rice.

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

Add the grated cauliflower and fry for 2 minutes.

Add the coconut aminos, ginger, natural sweetener and continue to stir fry.

As the cauliflower softens and begins to brown move it to the side of the pan.

Add a little extra oil (if required) and add the bok choy, stir fry until just wilted.

Prepare all the other veggies (we soak our wakame to make it nice and soft!) and now it's time for some bowl (merry)making fun!

Portion out all the ingredients and place into sections of the bowls.

Top with sesame seeds and a little extra coconut aminos if you like!

MERRYMAKER TIP...

If you actually want to make sushi rolls we say go for it! Checkout this recipe!



POTATO FRITTERS WITH CRISPY BACON BITS

We reckon fritters are the best invention ever! Best served however you like! Stack them up with more ingredients or enjoy on their lonesome!

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

STUFF YOU NEED

250 g (9 oz.) sweet potato
 peeled and grated

250 g (9 oz.) white potato
 peeled and grated

2 eggs whisked

2 rashers (slices) bacon
 chopped

2 tsp. paprika

salt and pepper

coconut oil

NOW WHAT

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

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

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

Cook for 5 minutes, flip, 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.

While you're cooking the fritters, place another fry pan on medium heat. Add a little oil followed by the chopped bacon. Keep an eye on the bacon bits and stir every so often. Take off the heat once cooked.

Serve fritters with crispy bacon bits. YUM!



MERRYMAKER TIP...

If white potato is a no no for you, swap to zucchini!



CAULIFLOWER AND PUMPKIN SEED SOFT TACOS

The best kind of food is food that can be shared, make your own style! Get all the taco ingredients together and have a Merry Mexican Party!

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

STUFF YOU NEED

1 avocado sliced
 1 lime cut into wedges
 1 onion sliced
 1 tomato diced
 ½ cauliflower cut into florets
 ⅓ bunch coriander (cilantro)
 ¼ purple cabbage sliced
 ½ cup pumpkin seeds
 1 tsp. paprika
 1 tsp. cumin
 1 tsp. oregano
 salt and pepper
 coconut oil

FOR THE WRAPS

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

NOW WHAT

Heat a little coconut oil in a medium heat fry pan.

Add the onion, cauliflower, cabbage, pumpkin seeds, spices and salt and pepper.

Stir fry for 10 minutes or until the cauliflower is cooked to your liking.

Meanwhile, make the wraps.

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.

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.

Once everything is cooked, fill your wraps with the cauliflower mix top with avocado, tomato, fresh coriander and squeeze with lime juice.



MERRYMAKER TIP...

Can't be bothered making wraps? Just use lettuce leaves! Boom! Also, if you're looking for the meat, simply cook some up while you're cooking the cauliflower.



MERRY SAUCY CHOCCY PUDDING

Things are about to get very merry, saucy and chocolatey indeed. Prepare your taste buds to be dazzled because this pudding is the best thing ever.

SERVES: 2
PREP TIME: 5 mins
COOK TIME: 25 mins

STUFF YOU NEED

1 egg lightly beaten
½ cup almond meal
⅓ cup coconut milk (canned)
¼ cup raw cacao powder
¼ cup coconut oil
2 tbs. natural sweetener
1 tsp. 100% vanilla extract
½ tsp. apple cider vinegar
½ tsp. baking powder

FOR THE CHOCOLATE SAUCE

¾ cup boiling water
¼ cup raw cacao powder
2 tbs. natural sweetener
1 tsp. 100% vanilla extract

NOW WHAT

Preheat oven to 180°C (350°F).

In a mixing bowl combine all the pudding ingredients.

Transfer the mix into 2 x 10 cm (4 inches) ramekins.

In another bowl mix together all the chocolate sauce ingredients until super smooth.

Carefully pour half the chocolate sauce on top of each of the puddings.

Place into the oven for 25 minutes.

Check and see if it's cooked, let cool for a couple minutes (if you can) then eat it all up!



MERRYMAKER TIP...

We served ours with coconut yoghurt and berries! But top with all kinds of delish, whatever your heart desires! And remember, share your creations on social with #makelifemerry





LET'S MERRYMAKE
OVER THIS WORLD!