

Merrymaker CLUB

MEAL PLAN

03

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

03

JUNE 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	Bacon, Avocado and Tomato on Toast	Blueberry Green Smoothie	Cheese Pesto Toasties	Spiced Pear Quinoa Porridge	Salted Caramel Mug Cake
LUNCH	← LEFTOVERS →				
DINNER	Crispy Chicken with Pesto	Merry Veggie Curry	Chicken Noodle Soup	Chilli Con Carne	Broccoli, Pumpkin and Quinoa Casserole

WEEKEND

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Choc Chip Pancakes	Tomato and Basil Baked Eggs
LUNCH	← LEFTOVERS →	
DINNER	Chicken Tetrazzini	Pork Gyros with Chippies
SWEET TREAT		Epic Do-nutties

SHOPPING LIST

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



FRUITS AND VEGGIES

- 16 asparagus spears
- 6 carrots
- 6 shallots (scallions)
- 4 onions
- 4 zucchinis
- 3 tomatoes
- 2 lemons
- 2 limes
- 2 baby cos lettuce or 1 iceberg lettuce
- 2 avocados
- 2 red chillies
- 1 pear
- 1 banana
- 1 bunch coriander (cilantro)
- 1 bunch basil
- 1 broccoli head
- 1 cauliflower
- 1 cucumber
- 1 garlic head
- 1 red onion
- 750 g (1 ½ lbs.) baby spinach
- 750 g (1 ½ lbs.) sweet potato
- 500 g (1 lbs.) pumpkin
- 500 g (1 lbs.) button mushrooms
- 300 g (10 oz.) cherry tomatoes
- 300 g (10 oz.) green beans
- 200 g (7 oz.) pak choy
- 2 cm (1 inch) fresh ginger

PANTRY ITEMS

- 750 ml (25 fl. oz.) chicken stock (or bone broth)
- 750 ml (25 fl. oz.) coconut milk (canned)
- 600 ml (20 fl. oz.) coconut milk (carton)
- 125 ml (4 fl. oz.) white wine
- 70 ml (2 fl. oz.) red wine
- 400 g (14 oz.) can chopped tomatoes
- 200 g (7 oz.) sugar free dark chocolate
- 200 g nut butter or tahini
- 200 g rice or kelp noodles
- 150 g (5 oz.) almond meal
- 100 g (3 ½ oz.) macadamias (or any nut)
- 100 g coconut flour
- 100 g chia seeds
- 200g quinoa
- 100 g roasted hazelnuts
- 100 g almonds
- 100 g pumpkin seeds
- 100 g raw cacao powder
- 50 g (2 oz.) cassava flour or arrowroot/tapioca
- 50 g cashew nuts
- Apple cider vinegar
- Baking powder
- Coconut oil
- Coconut aminos/tamari sauce
- Olive oil
- Natural sweetener (rice malt syrup or honey)
- Tomato paste
- 100% vanilla extract

MEAT, FISH, POULTRY + EGGS

- 2 dozen eggs
- 2 rashers (slices) bacon
- 6 chicken thighs, skin on, bone in
- 1 kg (2 lbs.) chicken thighs
- 500 g (1 lbs.) beef mince
- 1 kg (2 lbs.) pork loin/roast/tenderloins

DRIED SPICES + HERBS

- Cinnamon
- Chilli flakes
- Cumin
- Garam masala
- Ground coriander
- Nutmeg
- Oregano
- Paprika
- Thyme
- Turmeric
- Salt and pepper

FRIDGE / FREEZER

- 450 g (15 oz.) frozen peas
- 250 g (9 oz.) cheese
- 100 g (3 ½ oz.) frozen blueberries
- 250 g (9 oz.) butter
- 200 g (7 oz.) frozen mixed berries
- 100 g 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">○ Make the bread the day before, slice up and keep in the fridge or slice up and freeze in smaller portions.☾ Cut all the veggies up the morning or even the day before.
DAY 2	<ul style="list-style-type: none">○ Too easy no prep needed.☾ Cut up all the vegetables early!
DAY 3	<ul style="list-style-type: none">○ Thaw out bread overnight and grate the cheese.☾ Cut up the chicken and veggies so you're ready to go!
DAY 4	<ul style="list-style-type: none">○ Could make it the day before and enjoy cold!☾ Cut vegetables. Could even cook it all up and reheat!
DAY 5	<ul style="list-style-type: none">○ Too easy no prep needed.☾ Cut up all the veggies!
DAY 6	<ul style="list-style-type: none">○ Make the jam the night before.☾ Spiralise the zucchini!
DAY 7	<ul style="list-style-type: none">○ Enjoy Sunday brekky making time.☾ Prepare the slow cooker the night before and leave in fridge until you're ready to turn on!
DESSERT	<ul style="list-style-type: none">☾ Make and store in the fridge.



RECIPES



BLAT

How good is toast?! And now it's BACK on the menu when you use our delish egg-based bread recipe! Yay!

SERVES: 2
 PREP TIME: 10 mins
 FRIDGE TIME: 40 mins

STUFF YOU NEED FOR THE BREAD

- 8 eggs
- 2 carrots peeled and grated
- ½ cup (100 g / 3 ½ oz.)
butter melted (or ghee or coconut oil)
- ¼ cup chia seeds
- ¼ cup coconut flour
- ¼ cup pumpkin seeds
- 1 tsp. oregano
- salt and pepper

TOPPINGS

- 2 rashers (slices) bacon
- 2 lettuce leaves
- 1 avocado sliced
- 1 tomato sliced

NOW WHAT

FOR THE BREAD

Preheat oven to 180°C (350°F) and line a 20 x 10 cm (8 x 4 inch) loaf tin with baking paper.

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

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

Mix again on medium speed until combined.

Add the carrot and mix on medium speed again.

Transfer the mixture into the prepared loaf tin and sprinkle with some extra pumpkin seeds.

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

Allow to cool completely before slicing into desired sized pieces (we like to do ours thin!).

Keep slices in the fridge in an airtight container or freeze in portions of two.

FOR THE TOASTIE

Place bacon in a fry pan and cook until your liking, we like it extra crispy.

Place 4 slices of bread under the grill and toast until brown, be careful not to burn. Once brown turn to toast other side.

Once bread is toasted, top with sliced avocado, tomato and bacon.

Season with salt and pepper.

MERRYMAKER TIP...

*Can't be bothered with all the toppings?
 Make it simple and just top with mashed avocado.*



CRISPY CHICKEN WITH PESTO

Pesto makes EVERYTHING better. Seriously whoever put basil with nuts, garlic, lemon and oil is a genius! Thanks! Love from... our tastebuds.

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

STUFF YOU NEED

6 chicken thighs, skin on, bone in
300 g (10 oz.) green beans
8 asparagus spears chopped
1 garlic clove peeled
1 lemon juiced
¼ cup macadamias (or any nut)
¼ cup fresh basil chopped
3 tbs. olive oil
2 tbs. coconut oil or ghee
salt and pepper

NOW WHAT

Preheat oven to 200°C (390°F) and line a tray with baking paper.

Place chicken thighs on tray, skin side up.

Rub coconut oil onto chicken, or drizzle if coconut oil is liquid!

Season with a little salt and pepper.

Place into the oven for 40 minutes or until the chicken is cooked and skin is a little golden. Remember ovens can have slight differences so it could take a little longer.

While the chicken is cooking it's time to steam the greens and make the pesto!

In a food processor whiz the macadamias, garlic, lemon juice, basil, olive oil and salt and pepper until smooth. Leave this for now.

Grab a saucepan and add about 3-4 cm (2 inches) water, place the steamer basket in the saucepan. Make sure the water doesn't go above the basket.

Bring the water to boil.

Place veggies into the steamer basket, cover and turn heat down. Cook for 3-5 minutes, depending how you like your veggies.

Once cooked, enjoy chicken, with greens and a generous serving of that delish pesto!



MERRYMAKER TIP...

Keep leftover pesto for your grilled cheese brekky on day 3!



BLUEBERRY GREEN SMOOTHIE

Extra greens is ALWAYS a good idea. Did you know that spinach takes on the flavour of other food when blended? Trust us, this smoothie tastes GOOD!

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

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

STUFF YOU NEED

- 100 g (3 ½ oz.) baby spinach
- 1 lime juiced
- 2 cups coconut milk (carton)
- 1 cup frozen or fresh blueberries
- 1 cup ice
- 1 tsp. natural sweetener (optional)



MERRYMAKER TIP...

If you have a super high powered blender throw in the whole lime! Oh and don't forget to hack up your smoothie with your fave supps: think gelatin, maca, turmeric... whatever your body needs!



MERRY VEGGIE CURRY

Spices always blow our mind. They are so good for you and they make such different flavours when paired together! This one is super orange, which means SUPER healing. Get in belly action for sho!

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

STUFF YOU NEED

400 ml (13 fl. oz.) coconut milk (canned)
 300 g (10 oz.) frozen peas
 8 asparagus spears chopped
 4 carrots peeled and chopped
 1 garlic clove crushed
 1 onion diced
 1/2 cauliflower cut into florets
 1 cm (½ inch) piece of ginger finely sliced
 ¼ cup cashew nuts
 3 tbs. chopped coriander (cilantro)
 1 tbs. garam masala
 1 tbs. paprika
 1 tsp. turmeric
 coconut oil
 salt and pepper

NOW WHAT

In a large saucepan on high heat, melt a little coconut oil and add onion. Cook for about 2 minutes.

Add the garlic, ginger and spices and cook for another couple minutes.

Pour in the coconut milk and bring everything to a slow boil.

Turn the heat down to low, cover and allow to simmer for 5 minutes.

Turn the heat back up to medium and add the asparagus, carrots and cauliflower.

Cover and cook for another 15 minutes, stirring occasionally.

Finally add the peas and salt and pepper to taste. Cook for another 2 minutes or until peas are soft.

Serve with fresh coriander and cashew nuts.



MERRYMAKER TIP...

Add any vegetable to this curry! It's a great fridge clean out recipe! Yay for no waste!



CHEESE PESTO TOASTIES

Toasties remind us of our childhood. Pretty much they were our favourite thing ever... and so here's a toastie... just a little more fancy! Thank you pesto!

MAKES: 4
PREP TIME: 10 mins
COOK TIME: 10 mins

STUFF YOU NEED

- 4 slices of bread (from day 1 brekky)
- ¾ cup grated cheese
- 2 tbs. pesto (leftovers from day 1 dinner!)
- 1 tbs. butter or coconut oil

NOW WHAT

In a fry pan on medium heat melt the butter. Make sure the butter is spread out across the pan.

Place the slices of bread in the hot butter. Yum, sizzle!

Take out 2 slices of bread from the pan and spread with the pesto, set aside for now.

Place half the grated cheese on each slice of bread in the pan.

Place the lid on top and allow the cheese to almost melt completely.

Add the other slices of bread (pesto side down) on top of the melted cheese, and squish down with a spatula.

Flip each toastie and cook some more on the other side.

Cook until cheese is melted and bread is toasted.

Cut and eat up!



MERRYMAKER TIP...

Adding a sprinkle of paprika on top of the cheese is a lovely addition! AND you can also make this in a sandwich press!



CHICKEN NOODLE SOUP

Need something to warm your insides? This chicken noodle soup will do the job. A very good job if you ask us!

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

STUFF YOU NEED

500 g (1 lbs.) chicken thighs
 200 g (7 oz.) pak choy
 200 g (7 oz.) button mushrooms sliced
 200 g (7 oz.) rice or kelp noodles
 3 shallots (scallions) chopped
 1 garlic clove crushed
 1 red chilli sliced
 1 lime juiced
 1 cm (½ inch) piece of ginger finely sliced
 3 cups chicken stock / bone broth
 2 cups water
 3 tbs. fresh coriander (cilantro) chopped
 2 tbs. coconut aminos
 salt and pepper

NOW WHAT

In a large saucepan add the stock, water, garlic and ginger and bring to the boil.

Then turn heat down to simmer.

Carefully place the chicken into the simmering water, cover and cook for about 15 minutes.

While the chicken cooks prepare your noodles (check packet for directions).

Remove chicken and place on a plate and shred into smaller pieces with 2 forks.

Once shredded place chicken back into the saucepan with water and stock.

Add the shallots, mushrooms, pak choy, chilli, aminos and cook for another 2 minutes.

Finally stir through the prepared noodles.

Top with lime juice, fresh coriander and salt and pepper.

MERRYMAKER TIP...

You can swap noodles to veggies! Peel or spiralise some carrots or zucchinis! Yum!



SPICED PEAR QUINOA PORRIDGE

The best thing about winter is PORRIDGE. Ok, and the cute jackets and hats. But seriously, porridge ROCKS and will most definitely make your morning MERRY!

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

STUFF YOU NEED

- 1 pear grated
- 1 cup water
- ½ cup coconut milk (carton)
- ½ cup quinoa
- 1 tbs. chia seeds
- 1 tsp. cinnamon
- 1 tsp. natural sweetener (optional)
- 1 tsp. 100% vanilla extract
- ½ tsp. nutmeg

TOPPINGS

- 2 tbs. nut butter or tahini
- ½ cup almonds chopped (or your favourite nut)

NOW WHAT

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

Add the quinoa and water to a saucepan, bring to the boil, cover and lower the heat to simmer for 10 minutes.

The water will absorb.

Add the milk, pear, chia, vanilla, sweetener, spices and stir. Allow to cook for a further 5-7 minutes or until quinoa is nice and soft.

Spoon into bowls, serve with pretty toppings and a sprinkle of extra cinnamon.



MERRYMAKER TIP...

Don't like pear? Simply swap to apple or a cup of berries! YUM!



CHILLI CON CARNE

This recipe is oh so easy and delicious! We like to make a big batch and freeze portions for those “I have no food” moments!

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

STUFF YOU NEED

500 g (1 lbs.) beef mince
 400 g (14 oz.) chopped tomatoes (canned)
 300 g (10 ½ oz.) baby spinach
 1 avocado mashed
 1 onion diced
 1 garlic clove crushed
 1 red chilli diced
 ½ cauliflower grated
 ½ cup water
 4 tbs. fresh coriander (cilantro)
 2 tbs. tomato paste
 1 tsp. ground coriander
 1 tsp. cumin
 1 tsp. cinnamon
 coconut oil

NOW WHAT

On high heat add a little coconut oil to a large fry pan.

Add the onion and saute until soft, about 2 minutes.

Add the beef mince, chilli, garlic, dried herbs and spices and stir really well.

Cook for about 5 minutes or until the meat is brown.

Add the tomato paste, chopped tomatoes and ½ cup of water. Cover and allow to simmer for 10 minutes.

While the meat simmers let's cook the cauli-rice!

Grab another fry pan.

Place it on high heat and melt a little coconut oil.

Add the grated cauliflower 'cauli-rice' to the hot pan and stir fry until soft and slightly brown.

By this time the chilli will be ready!

Simply add the spinach to the chilli and cook until just wilted.

Serve the chilli con carne with cauli-rice, a generous serving of avocado and fresh coriander.



MERRYMAKER TIP...

Swap the canned tomatoes to fresh tomatoes. It will have a slightly different consistency but extra delish... because fresh!



SALTED CARAMEL MUG CAKE

Cake for breakfast is ALWAYS a good idea and totally merry approved! Go ahead, have mug cake for brekky every day if you like!

SERVES: 2
PREP TIME: 5 mins

STUFF YOU NEED

4 eggs
6 tbs. almond meal
4 tbs. butter or coconut oil
2 tbs. nut butter or tahini
1 tbs. rice malt syrup
or honey
1 tsp. 100% vanilla extract
pinch of salt

TOPPINGS

1 banana
2 tbs. mixed nuts

NOW WHAT

In a blender mix all ingredients until smooth.

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

Top with deliciousness!



MERRYMAKER TIP...

You can also bake these in the oven for 10 minutes on 180°C (350°F).



BROCCOLI, SPINACH, PUMPKIN AND QUINOA CASSEROLE

This casserole really does stick to our rules of being quick, easy and delish. It also makes the perfect lunch leftovers... which always rocks.

SERVES: 4
PREP TIME: 20 mins
COOK TIME: 50 mins

STUFF YOU NEED

500 g (1 lbs.) pumpkin peeled and chopped
200 g (7 oz.) baby spinach
1 onion sliced
1 head broccoli cut into florets
2 cups water
1 cup quinoa
1 cup grated cheese (optional)
2 tbs. coconut oil
1 tsp. paprika

NOW WHAT

Preheat oven to 180°C (350 °F).

Rinse the quinoa with cold water until the water runs clear.

Place the rinsed quinoa into a saucepan along with the water.

Bring to the boil, then cover and lower the heat to simmer for 15 minutes.

The water will absorb.

Meanwhile, add all the vegetables (apart from baby spinach) to a large casserole dish, drizzle with oil, season with salt and pepper and stir.

Once the quinoa is cooked, add to the casserole dish. Stir again.

Place the casserole dish into the oven and bake for 30 minutes.

Take out of the oven and add baby spinach.

Stir the veggies and quinoa, top with cheese, sprinkle with paprika and place back into the oven for 20 minutes.

Seriously good!



MERRYMAKER TIP...

Bake the casserole in mini casserole dishes for individual serves. Cute!



CHOC CHIP PANCAKES WITH BERRY JAM

By now y'all should know we love pancakes. Because anything you can stack and top with deliciousness wins in Merrymaker Land. Seriously. Pancakes every darn day please.

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

STUFF YOU NEED

4 eggs
 ½ cup coconut milk (canned)
 ¼ cup coconut flour
 ¼ cup nut butter
 100 g sugar free dark
 chocolate, finely chopped
 1 tsp. 100% vanilla extract
 pinch of salt
 coconut oil

FOR THE JAM

2 cups mixed berries (fresh
 or frozen)
 ¼ cup chia seeds
 2 tbs. lemon juice or water

TOPPING

**(definitely optional,
 definitely fun)**

Extra melted chocolate

NOW WHAT

To make the jam, in a saucepan over low heat, combine the berries, chia seeds and lemon juice.

Keep stirring until the berries become soft, about 5-8 minutes.

Take the jam off the heat and mash the berries with a fork.

Transfer to a bowl and allow to cool in the fridge while you make the pancakes.

To make the pancakes, place all of the ingredients (except the chocolate and coconut oil) into a food processor/blender. Whiz until smooth.

Pour into a bowl, add the chocolate and stir.

Melt a little coconut oil in a large frypan over medium heat. Be sure to allow the pan to heat up properly before you start pancake making!

Once the pan is ready, place ¼ cups of batter into the frypan.

Cook until small air bubbles form on top, this will take around 3-4 minutes.

Flip carefully with a spatula and press slightly so the batter cooks evenly.

Cook for a further 1-2 minutes. Once cooked place on a plate, cover with foil.

Continue to cook pancakes until all the batter is used. It will make about 8 pancakes in total.

Serve pancakes with a dollop of jam and melted choccy!



MERRYMAKER TIP...

You could make your own nut butter. Simply whiz your fave nut, with a little coconut oil to make it a nice consistency.



CHICKEN TETRAZZINI

A regular tetrazzini recipe uses fettuccine, so we've gone for zoodles and oh boy do they not disappoint! Get ready for party in mouth action!

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

STUFF YOU NEED

500 g (1 lbs.) chicken thighs cubed
 300 g (10 ½ oz.) button mushrooms sliced
 150 g (5 oz.) frozen peas
 250 ml (8 fl. oz.) coconut milk (canned)
 4 zucchinis spiralized or peeled lengthways (zoodles)
 3 cloves garlic crushed
 1 onion diced
 ½ cup grated cheese (optional)
 ½ cup white wine (or chicken stock)
 4 tbs. butter
 3 tbs. cassava flour or arrowroot/tapioca
 1 tsp. thyme
 1 tsp. oregano
 salt and pepper

NOW WHAT

Preheat oven to 180°C (350°F).

In a fry pan on high heat add 2 tablespoons of butter. Add the chicken and fry until cooked through.

Remove the cooked chicken from the fry pan and set aside.

Turn the heat down to medium and add the other 2 tablespoons of butter to the fry pan, along with the onion, garlic, mushrooms and dried herbs. Fry for about 2 minutes.

Add the wine and coconut milk, turn the heat down to low and simmer for 5 minutes.

Stir through the cassava flour, it should thicken (use a whisk to get rid of any gloopy bits!).

Add the peas, zoodles and chicken and stir to combine. Add a little (or a lot) salt and pepper to season to your liking.

Transfer into a large casserole dish and sprinkle with cheese.

Bake for 10-15 minutes or until cheese is melted perfectly!



MERRYMAKER TIP...

If you don't want to use cheese, top with fresh basil.



TOMATO, SPINACH AND BASIL BAKED EGGS

Quick, easy and delish. That's all!

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

STUFF YOU NEED

300 g (10 ½ oz.) cherry tomatoes halved
150 g (5 oz.) baby spinach
4 eggs
3 shallots (scallions) chopped
2 tbs. fresh chopped basil
1 tsp. cumin
coconut oil

NOW WHAT

Preheat oven to 180°C (350°F).

Drizzle a little oil in a baking dish, add the cherry tomatoes and sprinkle with cumin.

Stir to evenly coat the tomatoes in cumin and place into the oven for 10 minutes.

Add the baby spinach, shallots, basil and season with salt and pepper.

Stir well.

Carefully crack the eggs on top of the tomato mix. You may need to move some of the tomato mix aside.

Place into the oven for about 6-8 minutes or until cooked to your liking.

We like the whites to be cooked with soft egg yolks.

Top with extra fresh basil and salt and pepper.



MERRYMAKER TIP...

Add cheese, bacon bits or even avocado slices to the mix for extra delish factor!



PORK GYROS WITH CHIPPIES

This recipe is EPIC. It's real food that tastes oh so freaking yum. We LOVE that there is extra leftovers too! Yay!

SERVES: 4*
 PREP TIME: 20 mins
 COOK TIME: 8 hours

STUFF YOU NEED

1 kg (2 lbs.) pork loin/roast/
 tenderloins
 2 garlic cloves crushed
 ½ cup water
 ¼ cup red wine (or water)
 2 tsp. apple cider vinegar
 1 tsp. oregano
 1 tsp. thyme
 1 tsp. cumin
 1 tsp. paprika
 salt and pepper

FOR THE CHIPPIES

750 g (1 ½ lbs.) sweet potato
 peeled and chopped
 coconut oil
 salt and pepper

SERVE WITH

2 baby cos lettuce or
 1 iceberg lettuce
 2 tomatoes diced
 1 red onion diced
 1 cucumber diced
 1/2 cup natural or coconut
 yoghurt (optional)

**with extra leftovers*

NOW WHAT

In a slow cooker add the pork, garlic, water, wine, apple cider vinegar, herbs, spices and a little salt and pepper.

Pop the lid on the slow cooker and cook on low for 8 hours or high for about 4 hours.

Once cooked, use 2 forks to shred the meat. Stir really well and allow to cook for an extra 10 minutes.

About 40 minutes before your pork is ready, get onto the sweet potato chips!

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 salt and pepper.

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 chips cook, prepare the other salad stuff.

Serve pork inside lettuce leaves, top with tomato, onion, cucumber and a dollop of natural yoghurt and a side of chippies!



MERRYMAKER TIP...

If you have some fresh dill growing in your garden, it's the perfect addition!



EPIC DO-NUTTIES

Dessert is made even more fun with these little bites of goodness. Seriously. Healthy donuts for the win! We also have an epic Cinnamon Donut on the blog (they equally rock!).

SERVES: 6
 TIME: 10 mins
 COOK TIME: 20 mins

STUFF YOU NEED

4 eggs
 ½ cup butter or coconut oil
 ¼ cup almond meal
 ½ cup coconut milk (canned)
 2 tbs. raw cacao powder
 2 tbs. rice malt syrup or honey
 1 tbs. coconut flour
 1 tsp. 100% vanilla extract
 ½ tsp. baking powder
 pinch of salt

TOPPINGS

100 g (3 ½ oz.) sugar free dark chocolate melted
 ½ cup roasted hazelnuts chopped

NOW WHAT

Preheat oven to 180°C (350°F) and grease a 6 hole donut baking tray or use a silicon tray.

In a food processor or blender whiz the almond meal, coconut flour, raw cacao, baking powder and salt.

Add the eggs, butter, milk, vanilla extract and whiz again.

Add the rice malt syrup and whiz super slowly (we mean slow, we don't want the mixture to heat from the friction!).

Fill each donut hole with the mix to about ¾ full.

Place into the oven for 12 minutes.

Once cooked, allow to cool (if you can wait) and then remove from tray.

If the mixture rose above the donut hole making thingys simply cut out the holes with a knife.

Sounds weird now but you'll get it after you've made them! Also... BONUS taste testers!

Now to ice the delicious do-nutties! Carefully dunk each donut into the melted chocolate (use 2 forks so you don't drop it!) and coat in chopped hazelnuts.

Store in the fridge in an airtight container or freeze and thaw out when required!



MERRYMAKER TIP...

Don't have a donut tray? No stress! Simply make these into delish do-nutty muffins!



DEFINE: MERRYMAKER

[MER-EE-MEY-KER]

LET'S MERRYMAKE
OVER THIS WORLD!
