

# *Merrymaker* CLUB

MEAL PLAN

05

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

05

**AUGUST 2016**

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IT'S THE  
**LITTLE THINGS**  
THAT MAKE LIFE  
**MAGICAL.**

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EMMA AND CARLA PAPAS

# MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Merry Bircher Muesli	50 Second Frittata	Chai Bucky Porridge	Stuffed Baked Mushies	Nana-Nutty Smoothie Bowl
LUNCH	← LEFTOVERS →				
DINNER	Super Simple Lamb Chop Bake	One Dish Fish Curry	Roast Veggie Pesto Bake	Shepherd's Pie	Slow Cooked Chicken Tikka Masala

## WEEKEND

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Crumbed Avo Fries	Vanilla Berry Waffles
LUNCH	← LEFTOVERS →	
DINNER	Tikka Chicken Tasty Pizza	Crispy Pork Belly
SWEET TREAT		Raw Pumpkin Delish Cake

# SHOPPING LIST

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



## FRUITS AND VEGGIES

- 1 kg (2 lbs.) sweet potato
- 500 g (1 lbs.) pumpkin
- 300 g (10 oz.) baby spinach
- 300 g button mushrooms
- 100 g (3 ½ oz.) baby kale
- 100 g rocket
- 100 g bean shoots
- 100 g raspberries
- 8 zucchinis
- 5 shallots
- 4 tomatoes
- 3 apples
- 3 broccoli heads
- 3 lemons
- 3 onions
- 2 avocados
- 2 bananas
- 2 carrots
- 2 large field mushrooms
- 2 long eggplants
- 1 head of garlic
- 1 lime
- 1 orange
- 1 punnet cherry tomatoes
- 1 red chilli
- 1 red onion
- ½ cauliflower
- 5 cm (2 ½ inch) piece ginger
- 1 bunch coriander (cilantro)
- 1 bunch basil

## PANTRY ITEMS

- 1 L (33 fl. oz.) coconut milk (canned)
- 1 L coconut milk (carton)
- 500 ml (16 fl. oz.) 100 % tomato passata
- 500 g (1 lbs.) raw cashews
- 300 g (10 oz.) almond meal
- 300 g pecans
- 300 g shredded coconut
- 200 g (7 oz.) cassava flour (or tapioca/arrowroot flour)
- 150 g (5 oz.) activated buckwheat groats
- 150 g coconut flour
- 150 g quinoa
- 100 g (3 ½ oz.) chia seeds
- 100 g desiccated coconut
- 100 g goji berries
- 100 g pumpkin seeds
- 100 g sesame seeds
- 100 g sundried tomatoes
- 100 g walnuts
- 100 g 100% tomato paste
- Apple cider vinegar
- Coconut aminos or tamari sauce
- Coconut oil
- Macadamia oil
- Olive oil
- Natural sweetener (honey or maple syrup)
- Nut butter
- 100% vanilla extract

## MEAT, FISH, POULTRY + EGGS

- 8 lamb cutlets
- 11 eggs
- 1 kg (2 lbs.) pork belly (get the butcher to score it)
- 600 g (1 lbs. 3 oz.) white fish
- 500 g (1 lbs.) beef mince
- 500 g (1 lbs.) chicken thighs
- 4 rashers (slices) bacon

## DRIED SPICES + HERBS

- Cinnamon
- Cumin
- Garam masala
- Garlic powder
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Salt and pepper
- Thyme
- Turmeric

## FRIDGE / FREEZER

- 150 g (9 oz.) cheese (optional)
- 100 g (3 ½ oz.) feta cheese (optional)
- Butter
- Frozen berries
- Coconut or natural yoghurt

# 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...

<b>DAY 1</b>	<ul style="list-style-type: none"><li>○ Make your bircher the night before!</li><li>☾ Prep everything and leave in the fridge until ready to bake.</li></ul>
<b>DAY 2</b>	<ul style="list-style-type: none"><li>○ Too easy no prep needed.</li><li>☾ Prep veggies and marinade in the morning, add fish as per recipe.</li></ul>
<b>DAY 3</b>	<ul style="list-style-type: none"><li>○ Make the day before and enjoy cold (or reheat and add some extra milk!).</li><li>☾ Prep veggies and pesto, so all you have to do is place in the oven!</li></ul>
<b>DAY 4</b>	<ul style="list-style-type: none"><li>○ Prep your mushrooms and stuff them ready to place in the oven!</li><li>☾ Pre-make your mince and potato.</li></ul>
<b>DAY 5</b>	<ul style="list-style-type: none"><li>○ Don't forget to freeze your bananas but otherwise, too easy!</li><li>☾ Prep your slow cooker the night before and cut all veggies.</li></ul>
<b>DAY 6</b>	<ul style="list-style-type: none"><li>○ Enjoy making brekky!</li><li>☾ You can pre-make the base, so all you have to do is top and bake again!</li></ul>
<b>DAY 7</b>	<ul style="list-style-type: none"><li>○ You can pre-make your waffles and reheat!</li><li>☾ You can marinate your pork the night before and pre-make sauce and salad!</li></ul>
<b>DESSERT</b>	<ul style="list-style-type: none"><li>☾ DESSERT Make and store extra slices in the freezer. Thaw when ready to eat!</li></ul>



RECIPES



# MERRY BIRCHER MUESLI

Whip up this easy bircher muesli for an instant merry morning! Full of good fats and tasty fruits to energise and keep you full!

---

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

---

## STUFF YOU NEED

- 1 apple grated
- 1 orange juiced
- ½ cup raspberries
- ¼ cup coconut milk (canned)
- 3 tbs. almond meal
- 3 tbs. shredded coconut
- 3 tbs. pumpkin seeds
- 2 tbs. goji berries
- 1 tbs. chia seeds

## NOW WHAT

In a bowl combine all of the ingredients (except the raspberries) and place into the fridge for at least 2 hours to soak.

We like to make it the night before and leave in the fridge overnight, you might need to add a little extra milk in the morning!

Serve and top with delish raspberries!



MERRYMAKER TIP...

*Swap any nut/seed to your favourite nut/seed!*



# SUPER SIMPLE LAMB CHOP BAKE

This is Merrymaker Mum's recipe. She used to make it for us ALL. THE. TIME. And every time it was the best thing ever.

---

SERVES: 4  
PREP TIME: 10 mins  
COOK TIME: 1 hr 15 mins

---

## STUFF YOU NEED

8 lamb cutlets  
300 g (10 oz.) sweet potato  
peeled and cubed  
2 carrots chopped  
2 zucchinis chopped  
1 head broccoli chopped  
1 punnet cherry tomatoes  
1 red onion chopped roughly  
2 tbs. melted coconut oil  
1 tsp. oregano  
1 tsp. thyme  
1 tsp. rosemary  
salt and pepper

## NOW WHAT

Preheat oven to 180°C (350°F).

In a large baking dish place all of the vegetables and drizzle with coconut oil.

Place the lamb chops on top of the vegetables and sprinkle with mixed herbs.

Mix around a little and season with salt and pepper.

Place into the oven for 30 minutes, turn over the chops, mix around the veggies and place back into the oven for a further 45 minutes.

You will know it's cooked when the lamb has browned and the vegetables are soft.



COOK ONCE...  
EAT TWICE

*Make an awesome merry filled bowl! Fry up leftover veggies from the bake, serve with avocado, fried egg, spinach leaves and a sprinkle of your fave nuts/seeds. You could even have this for brekky!*



# 50 SECOND FRITTATA

If you're after a quickie brekky then this is the brekky for YOU! Literally... 50 seconds (plus prep time) is all you need.

---

SERVES: 2  
PREP TIME: 5 mins  
FRIDGE TIME: 50 seconds

---

## STUFF YOU NEED

4 eggs  
1 shallot (scallion) chopped  
100 g (3 ½ oz.) baby spinach chopped  
100 g feta cheese (optional)  
100 g mushrooms diced  
2 tbs. pumpkin seeds  
1 tsp. oregano  
salt and pepper

## NOW WHAT

In a bowl whisk your eggs together.

Pour the mix into 2 separate mugs or ramekins.

Evenly add the spinach, mushrooms, chopped shallot, oregano, salt and pepper into each mug and stir.

Sprinkle each with cheese.

Place into the microwave for 50 seconds (keep an eye on it!) and enjoy!

Remember, yours might take longer, so check before you dig in!



## MERRYMAKER TIP...

*You can also cook these in the oven for 10 minutes on 180°C (350°F). Oh and if you don't like the fillings... choose your own! You really can fill them with anything!*



# ONE DISH FISH CURRY

Anything that = less washing up is always a winner in our eyes! Introducing the one dish fish curry! It will blow your mind and your taste buds.

---

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

---

## STUFF YOU NEED

600 g (1 lb. 3 oz.) white fish  
 cut into large chunks

3 shallots (scallions) sliced

2 zucchinis sliced

1 broccoli head cut into  
 florets

1 clove garlic crushed

1 lime juiced

1 red chilli sliced

2 cups water

1 ½ cups coconut milk  
 (canned)

1 cup quinoa

2 cm (1 inch) piece ginger  
 grated

2 tsp. cumin

1 tsp. turmeric

## NOW WHAT

Preheat oven to 180°C (350°F).

In a large casserole dish add the coconut milk, lime juice, ginger, chilli, garlic, spices and stir well.

Now add the veggies and stir to coat them in the curry mix. Place into the oven for 10 minutes.

Add the fish to the casserole dish and season with salt and pepper.

Cover and place back into the oven for 15 minutes or until the fish is cooked and flakes away.

While the fish cooks prepare the quinoa.

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

Add the quinoa and the 2 cups of water to a saucepan, bring to the boil, cover and lower the heat to simmer for 15 minutes. The water will absorb.

Serve delish fish curry on top of quinoa with extra fresh shallots.



COOK ONCE...  
 EAT TWICE

*Curries are always better the next day!  
 Why not double the sauce and veggies then  
 you'll have curry for days!*



# CHAI BUCKY PORRIDGE

Porridge turns a cold morning into an EPIC morning! Especially this chai bucky porridge! Make it look super pretty with toppings. It deserves to be dressed nice.

---

SERVES:	2
PREP TIME:	5 mins
COOK TIME:	20 mins

---

## STUFF YOU NEED

- ¾ cup coconut milk (carton)
- ½ cup activated buckwheat groats
- ½ cup water
- 1 tbs. natural sweetener

## TOPPINGS

- drizzle of honey
- sprinkle of cinnamon
- crushed nuts

## NOW WHAT

Rinse the buckwheat under water until the water runs clear.

In a saucepan on medium heat place the buckwheat and ½ cup of water, allow to cook and absorb.

It should take about 5 minutes.

Add the milk and sweetener, continue to cook and stir until the buckwheat becomes nice and soft.

It should take around 10 – 15 minutes. Be sure not to boil.

Pour in a bowl, top with all the toppings and make it look pretty!

Oh! Share a photo with us on social media! Yay!



## MERRYMAKER TIP...

*So delish on a cold morning but equally delish made the night before and served cold! Oh! And top with fresh berries if you have them on hand!*



# ROAST VEGGIE PESTO BAKE

Can you say food art? This is seriously easy but seriously impressive. Get ALL your veggie serves in one meal! TICK!

---

SERVES: 4  
PREP TIME: 25 mins  
COOK TIME: 1 hour

---

## STUFF YOU NEED

- 300 g (10 oz.) sweet potato peeled and sliced thinly
- 3 tomatoes sliced
- 3 zucchinis sliced thinly
- 2 long eggplants sliced thinly
- 1 onion sliced thinly
- ¼ cup melted coconut oil

## FOR THE PESTO

- 1 clove garlic
- 1 lemon juiced
- ½ bunch fresh basil
- 1 cup raw cashews
- ¼ cup olive oil
- salt and pepper

## NOW WHAT

Preheat oven to 180°C (350°F) and grease a large round casserole dish.

Once you've prepped all your veggies, make the pesto!

Simply add all the pesto ingredients to your blender or food processor and whiz until smooth or crunchy (take your pick!).

Now it's time to make your pretty bake!

Evenly arrange the vegetable slices vertically in the dish, following the shape of the dish, alternating vegetables.

Drizzle with melted coconut oil.

Place teaspoons of pesto evenly around the veggies and season with salt and pepper.

Place into the oven for 30 minutes, cover and cook for a further 30 minutes.



COOK ONCE...  
EAT TWICE

*Serve as a side with your favourite protein!  
Simple as... totally delish.*



# STUFFED BAKED MUSHIES

You know we like food stuffed with other food! Plus... these mushies are a flavour sensation!

---

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

---

## STUFF YOU NEED

- 2 large field mushrooms
- 1 avocado
- ¼ cup pumpkin seeds
- ¼ cup sundried tomatoes chopped
- ¼ cup walnuts
- ½ lemon juiced
- 2 tbs. fresh basil chopped
- 2 tbs. fresh coriander chopped
- 1 tbs. olive oil
- salt and pepper

## NOW WHAT

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

Remove the stalks from the mushrooms and place on the baking tray, smooth side down.

In a food processor or blender whiz the mushroom stalks, avocado, basil, pumpkin seeds, walnuts, lemon and olive oil until smooth.

Spoon the mixture into the mushroom caps and top with sundried tomatoes.

Bake for 10-15 minutes or until the mushrooms are cooked through.

Top with extra herbs and a drizzle of olive oil!



## MERRYMAKER TIP...

*Make these mushies even more delish and top with some feta or mozzarella or whatever cheese pleases your taste buds.*



# SHEPHERD'S PIE

When we were little we remember eating Shepherd's Pie like so: first, eat the top, then mix tomato sauce in with the meat, eat the meat, then eat the crust. Now this doesn't have a crust... but it's still just as fun and yum!

---

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

---

## STUFF YOU NEED

### FOR THE MINCE

500 g (1 lbs.) beef mince  
 200 g (7 oz.) button mushrooms sliced  
 1 onion chopped finely  
 1 clove garlic crushed  
 1 tomato diced  
 ¼ cup water  
 2 tbs. 100% tomato paste  
 1 tsp. oregano  
 1 tsp. thyme  
 1 tsp. cinnamon  
 coconut oil  
 salt and pepper

### FOR THE TOP LAYER

300 g (10 oz.) sweet potato, peeled and cut into small cubes  
 300 g pumpkin, peeled and cut into small cubes  
 2 tbs. butter  
 water

## NOW WHAT

Preheat your oven to 180°C (350°F).

Start with the mince.

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

Add the onion and sauté until soft.

Add garlic and the beef mince and cook until the mince is just brown.

Add the mushrooms, tomato, herbs, cinnamon, tomato paste, salt and pepper.

Stir well, add the water and allow to simmer for 10 minutes.

While the mince simmers get the top layer ready!

Place the sweet potato and pumpkin in a large saucepan.

Add enough water to cover all the veggies.

Bring the water to the boil, then turn down to simmer. Allow to cook for 15 minutes or until the sweet potato is soft.

Drain the veggies and place them into a blender or food processor.

Add the butter, season with salt and pepper and whiz until nice and smooth.

By this time the mince should be ready.

Transfer the mince into a large casserole dish then top with the potato pumpkin mix.

Place into the oven for 15 minutes or until just brown.

Enjoy! NOM!



*Double your mince mix and use half for the shepherd's pie and serve the rest with zughetti! Simply spiralise or peel 4 zucchinis and fry up quickly in some butter! Uh, yum!*



# NANA-NUTTY SMOOTHIE BOWL

Seriously. If this smoothie bowl doesn't bring a smile to your face... we're not sure what will. Epic taste. So super pretty and full of GOOD stuff! What more could you want to wake up to?

---

SERVES: 2  
PREP TIME: 5 mins

---

## NOW WHAT

In a blender whiz all ingredients (except the toppings) until thick and smooth.

Pour into bowls and top with ALL the toppings!

## STUFF YOU NEED

- 2 frozen bananas
- 2 cups coconut milk (carton)
- 2 tbs. chia seeds
- 2 tbs. nut butter
- 1 tsp. cinnamon
- 1 tsp. natural sweetener  
(honey tastes GOOD)

## TOPPING IDEAS

- banana
- sugar free chocolate
- extra nuts
- cacao nibs
- shredded coconut



## MERRYMAKER TIP...

*Don't like banana or going low fructose?  
Swap to 2 cups of any frozen fruit, berries  
are GOOD!*



# SLOW COOKED CHICKEN TIKKA MASALA

Slow cooked anything rocks our socks and this tikka chicken is about to rock yours too. When we say tikka you say masala... TIKKA!

---

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

---

## STUFF YOU NEED

### FOR THE CHICKEN

- 500 g (1 lbs.) chicken thighs chopped into chunks
- 1 onion diced
- 1 clove garlic crushed
- 2 cm (1 inch) piece ginger grated
- 2 cups 100% tomato passata
- 3/4 cup coconut milk (canned)
- 2 tbs. 100% tomato paste
- 1 tbs. paprika
- 1 tsp. garam masala

### SERVE WITH

- 1 broccoli cut into florets
- ½ cauliflower cut into florets
- 3 tbs. fresh coriander (cilantro)
- 1 tbs. melted coconut oil
- salt and pepper

## NOW WHAT

Add all the chicken ingredients to the slow cooker and stir super well.

Turn on to low heat and cook for 8 hours.

An hour before the slow cooker is finished preheat oven to 180°C (350°F) and line a baking tray with baking paper.

Lay the cauliflower and broccoli onto the tray, drizzle with oil and season with salt and pepper.

Cook for 30 minutes, turn and cook for another 10 minutes.

Once everything is cooked, serve out bowls of delish tikka chicken, baked veggies and fresh coriander!



COOK ONCE...  
EAT TWICE

*Check out tomorrow's recipe for our cook twice idea! It involves PIZZA!*



# CRUMBED AVO FRIES WITH CRISPY BACON AND GREENS

HELLO delicious crumbed avo fries! Where have you been all our lives? Serious get in belly action.

---

SERVES: 2  
PREP TIME: 15 mins  
COOK TIME: 30 mins

---

## STUFF YOU NEED

4 rashers (slices) bacon  
1 shallot (scallion) sliced  
100 g (3 ½ oz.) baby spinach  
100 g baby kale  
2 tbs. fresh coriander  
chopped  
salt and pepper

## FOR THE FRIES

1 avocado sliced  
1 egg whisked  
½ cup desiccated coconut  
3 tbs. cassava flour or  
arrowroot/tapioca flour  
1 tsp. paprika  
1 tsp. garlic powder

## NOW WHAT

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

Get 3 bowls. Mix the cassava, paprika and garlic powder in number 1. Place the whisked egg in 2. Place the shredded coconut in 3.

Carefully dip each slice of avocado into the cassava mix, followed by the egg and finish off covering with shredded coconut.

Place the fries onto the prepared baking tray and bake for 10 minutes.

Flip and cook for a further 5 minutes.

Meanwhile, in a fry pan on medium heat, start cooking your bacon!

Cook each side for 5 minutes, depending how crispy you like it... you can leave it longer!

Push the bacon to the side.

Add the shallot to the fry pan and cook for a minute, finally add the baby spinach, kale and saute until just wilted.

Serve out plates with bacon, greens and of course those delish fries!

Sprinkle with coriander, season with salt and pepper and go to brekky heaven!



MERRYMAKER TIP...

*Make extra fries for tomorrow... trust us.*



# TIKKA CHICKEN TASTY PIZZA

Pizza could well be our all time favourite food. It's especially fun to make for friends because sharing food is FUN food!

---

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

---

## STUFF YOU NEED

### FOR THE BASE

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

### TOPPINGS

- 150 g (5 oz.) grated cheese (optional)
- 2 tbs. 100% tomato paste
- leftover chicken from the night before
- leftover broccoli from the night before

## NOW WHAT

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

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

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

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

Spread the pizza mix onto the prepared baking tray.

It should be about ½ cm (¼ inch) thick.

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

Take the base out of the oven.

Spread the tomato paste onto the base, add ¾ of the cheese, then the rest of the toppings!

Top with the remaining cheese and place back into the oven for 10 minutes, slice and enjoy!

MERRYMAKER TIP...

*You know you can top your pizza with anything, right? Right! Go topping cray cray!*



# VANILLA BERRY WAFFLES

Waffles are seriously the goods. They're pretty much the hipster version of pancakes. They're so cool.

---

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

---

## STUFF YOU NEED

2 eggs  
1 ½ cups almond meal  
1 cup frozen berries  
¾ cup coconut milk (canned)  
2 tbs. coconut flour  
1 tbs. maple syrup (optional if you want no sweetener!)  
1 tsp. 100% vanilla extract  
1 tsp. cinnamon  
pinch of salt

## TOPPINGS

coconut or natural yoghurt  
extra berries

## NOW WHAT

Turn on your waffle maker and let it heat up!

In a blender, whiz all of the ingredients (except the berries!) until smooth.

Place large spoonfuls of batter (about ¼ cup but this depends on your waffle maker size) on to the waffle maker.

Place several frozen berries on top of the batter in the waffle maker, carefully close the waffle maker and cook for around 6 minutes, they'll crisp up and turn into delicious waffles!

Continue until all the batter is used!

Top with EVERYTHING and anything! We like coconut yoghurt and berries!



MERRYMAKER TIP...

*Don't have a waffle maker? Simply cook on a fry pan like pancakes!*



# CRISPY PORK BELLY WITH RASPBERRY-APPLE SAUCE

We don't think this meal needs any description. You better prepare for some drool action because that's what you're gonna get. Crispy goodness coming at ya!

---

SERVES: 4  
 PREP TIME: 2 hours  
 COOK TIME: 1 hr 30 mins

---

## STUFF YOU NEED

1 kg (2 lbs.) pork belly (get the butcher to score it!)  
 salt

## MARINADE

2 cloves garlic crushed  
 ¼ cup coconut aminos or tamari sauce  
 2 tbs. honey  
 1 tsp. apple cider vinegar

## SAUCE

2 apples chopped  
 1 cup fresh or frozen raspberries  
 ¼ cup water  
 ½ lemon juiced  
 1 tsp. coconut oil  
 1 tsp. cinnamon

## SALAD

100 g (3 ½ oz.) baby spinach  
 100 g rocket  
 100 g bean shoots  
 2 tbs. fresh coriander chopped  
 2 tbs. sesame seeds  
 1 tbs. olive oil

## NOW WHAT

With some paper towel pat the skin of the pork belly dry.

Less moisture = better crackle = better life.

In a casserole dish or marinating container (that will fit your pork belly) add all the marinade ingredients and stir well.

Place the pork belly into the marinade skin side up (but make sure the marinade doesn't touch the skin) then pop it into the fridge for 2 hours or leave it overnight. Don't cover as this helps dry out the skin.

Once you're ready to cook the pork belly preheat oven to 220°C (420°F).

Remove the pork belly from the marinade and place skin side up into a greased roasting pan.

Season really well with salt (you can be generous), you should rub it into the skin. Give it a massage!

Place the pork into the oven for 20 minutes, watch that skin puff and crisp up!

Turn the oven down to 160°C (320°F) and cook for 1 hour.

If the skin isn't quite crisp enough (oh no, oh well!) place under a hot grill for 5-10 minutes.

Allow the pork to rest for 10 minutes before cutting and serving with salad and sauce.

## FOR THE SAUCE

In a medium heat saucepan melt the coconut oil.

Place all the ingredients into the saucepan and bring to the boil, cover and turn down to simmer for about 15 minutes.

Blend or mash to make smooth or leave chunky.

## FOR THE SALAD

Easy peasy, just add everything to a bowl or on a platter and toss.

COOK ONCE...  
 EAT TWICE

*Make enough to enjoy a cold salad of pork belly deliciousness!*



# RAW PUMPKIN DELISH CAKE

You may think it's weird to put pumpkin and zucchini into a raw cake... and it totally is. But trust us on this one, give it a try... make it and go to raw pumpkin delish cake heaven. Oh so creamy. Oh so yum.

---

SERVES: 12  
 PREP: 30 mins (+soaking time)  
 FREEZER TIME: 2 hours

---

## STUFF YOU NEED

### FOR THE BASE

300 g (10 oz.) pecans  
 1 ½ cups shredded coconut  
 ½ cup activated buckwheat  
 groats (rinse with cold water)  
 ¼ cup maple syrup (or preferred  
 natural sweetener)  
 1 cm (½ inch) fresh grated ginger  
 2 tbs. coconut oil  
 1 tsp. cinnamon  
 1 tsp. 100% vanilla extract  
 ½ tsp. nutmeg  
 pinch of salt

### FOR THE FILLING

200 g (7 oz.) peeled and steamed  
 pumpkin  
 1 lemon rind and juice  
 1 zucchini peeled and chopped  
 2 cups raw cashews (soaked  
 overnight)  
 ½ cup coconut milk (canned)  
 ½ cup coconut oil  
 ¼ cup maple syrup  
 1 tsp. cinnamon  
 1 tsp. 100% vanilla extract  
 pinch of salt

## NOW WHAT

Line the base of a 24 cm (10 inch) springform cake tin with baking paper.

Start with the base. In a food processor, place all the ingredients, except the buckwheat and whiz until a smooth, thick batter forms.

Add the buckwheat and whiz again until just combined (you want them to stay crunchy!).

Press into the cake tin, making sure you press it out evenly, covering the entire base.

Place this into the freezer.

Now for the filling.

Drain and rinse the cashews and place them into the food processor along with all the other filling ingredients.

Whiz on high speed until completely smooth (this takes around 5-7 minutes).

Take out the base from the freezer and transfer the filling on top of the base. Shake the tin to even it out.

Place the cake into the freezer for 2 hours or until set.

Once the cake is set take out of the freezer and rub the outside of the cake tin with a hot cloth and release the springform slowly (you may need to run a knife around the edge).

Serve with extra pecans, slice and enjoy!



## MERRYMAKER TIP...

*You can freeze this cake in separate slices and thaw out when it's time for healthy pumpkin cheesecake! Yay!*



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**LIFE IS A JOURNEY**  
TO BE EXPERIENCED,  
NOT A PROBLEM  
TO BE SOLVED.

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WINNIE THE POOH