



Merrymaker CLUB

MEAL PLAN

07

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



OCTOBER 2016

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LIVE
MAGICALLY.

EMMA AND CARLA PAPAS

MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Sprouted Bread Brekky Sandwich	Grapefruit Delight	Tommy-Cheese Melt	Choc Mint Crunch Smoothie Bowl	Brekky Nut Bar
LUNCH	← LEFTOVERS →				
DINNER	Ginger Chicken Stir Fry	Epic Burrito Bowl	Lamb Meatballs with Greek Salad	Sweet Potato Carbonara	Real Good Plate

WEEKEND

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Easiest Banana Pancakes Ever	Bacon Egg and Avo Frittata
LUNCH	← LEFTOVERS →	
DINNER	Lazy Jerk Chicken with Street Salad	Vego Kofta Salad
SWEET TREAT		Peanut Butter Cups

SHOPPING LIST

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



FRUITS AND VEGGIES

- 700 g (1.6 lb.) pumpkin
- 700 g (1.6 lb.) sweet potato
- 450g (16 oz.) baby spinach
- 200 g (7 oz.) button mushrooms
- 6 radishes
- 6 tomatoes
- 5 carrots
- 4 lemons
- 4 onions
- 4 shallots (scallions)
- 4 zucchinis
- 3 avocados
- 3 bananas
- 3 limes
- 2 bunch broccolini
- 6 cm (3 inches) fresh ginger
- 1 baby cos lettuce
- 1 broccoli
- 1 bunch asparagus
- 1 bunch coriander
- 1 bunch mint
- 1 cucumber
- 1 green capsicum
- 1 head of garlic
- 1 punnet cherry tomatoes
- 1 punnet strawberries
- 1 red chilli
- 1 red onion
- 1 ruby red grapefruit
- ½ purple cabbage
- ½ pineapple

PANTRY ITEMS

- 400 g (14 oz.) can diced tomatoes
- 300 g (10 oz.) quinoa
- 250 g (9 oz.) cashews
- 200 g (7 oz.) cacao butter
- 200 g (7 oz.) macadamias
- 200 g buckwheat groats
- 200 g almonds
- 200 g pumpkin seeds
- 150 g linseeds (flaxseeds)
- 100 g (3 ½ oz.) cacao nibs
or sugar free chocolate
- 100 g cassava flour or tapioca/arrowroot
- 100 g chia seeds
- 100 g coconut flour
- 100 g pine nuts
- 100 g raw cacao powder
- 100 g sesame seeds
- 100 g desiccated coconut
- 100 g shredded coconut
- 750 ml (25 fl. oz.) coconut milk (carton)
- 150 ml (5 fl. oz.) chicken stock or broth
- 100 ml (4 fl. oz.) coconut milk (canned)
- 1 small bag organic natural corn chips (optional)
- Apple cider vinegar
- Almond butter or any other nut butter
- Peanut or any other nut butter
- Coconut aminos or tamari sauce
- Coconut oil
- Olive oil
- Rice malt syrup or honey
- 100% vanilla extract

MEAT, FISH, POULTRY + EGGS

- 14 eggs
- 8 rashers (slices) bacon
- 500 g (1 lb.) chicken breast (or thigh)
- 500 g chicken thighs
- 500 g beef mince
- 500 g lamb mince

DRIED SPICES + HERBS

- All spice
- Cinnamon
- Cumin
- Ground coriander seeds
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Thyme
- Turmeric
- Salt and pepper

FRIDGE / FREEZER

- 200 g (7 oz.) frozen peas
- 150 g (5 oz.) good quality cheese
- 100 g (3 ½ oz.) crumbled feta (optional)
- 100 g olives
- 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...

DAY 1	<ul style="list-style-type: none">○ Make your bread on the weekend for a super easy brekky!☾ Chop up all your veggies beforehand.
DAY 2	<ul style="list-style-type: none">○ You can pre-make your granola and store in the fridge!☾ Chop up all your veggies.
DAY 3	<ul style="list-style-type: none">○ Too easy, just remember to defrost slices of bread if it's frozen!☾ You can pre-make your meatballs, so all you have to do is fry them up!
DAY 4	<ul style="list-style-type: none">○ Be sure to freeze your banana! You can even prep all other ingredients and place into a ziplock bag in the fridge!☾ Chop up all your ingredients and spiralise your spoodles!
DAY 5	<ul style="list-style-type: none">○ These can be pre-made and frozen! Talk about easy!☾ Everything for this Real Good Plate can be pre-made!
DAY 6	<ul style="list-style-type: none">○ Enjoy making brekky this morning, however, these pancakes are SO good cold too and can be reheated!☾ Be sure to turn your slow cooker on in the morning! You can marinate the night before!
DAY 7	<ul style="list-style-type: none">○ Take your time making brekky... but this frittata can be enjoyed cold!☾ SO GOOD! Make your kofta balls beforehand so all you have to do is fry!
DESSERT	<ul style="list-style-type: none">☾ Make and store in the fridge or freeze and thaw when you're ready to eat delish bites of goodness!



RECIPES



SPROUTED BREAD BREKKY SANDWICH

You might look at this recipe and think WHAT THE HECK YOU CRAZY MERRIES?! 24 hrs prep, 3 hrs cooking! Say what?! We know, we know... we have another suggestion in the Merrymaker tip hehe. Sprouted bread is just so delish! You gotta try it!

SERVES: 2 (with extra bread)
PREP TIME: 24 hrs
COOK TIME: 3 hrs

STUFF YOU NEED

FOR THE BREAD

2 cups buckwheat groats
1 cup quinoa
1 cup linseeds (flaxseeds)
1 cup filtered water
¼ cup chia seeds
1 tsp. oregano
1 tsp. rosemary
1 tsp. turmeric
pinch of salt
extra water to soak your seeds!

FOR THE TOPPINGS

2 eggs
2 rashers (slices) bacon
1 avocado sliced

NOW WHAT

In a large bowl place the buckwheat, quinoa and flax, cover with extra water and allow to soak overnight.

Preheat oven to 150°C (340°F) and line two 20 x 15 cm (8 x 6 inch) loaf tins with baking paper.

Drain all of the seeds, it will be a little 'gloopy'!

Now rinse them really well.

In a food processor or blender place 1 cup of water and all the drained/rinsed seeds.

Blend on low speed until it combines to almost smooth.

Add the chia, herbs, turmeric and salt.

Blend again until it becomes thick and combined. Some seeds will still be whole, that's ok, in fact, that makes it nice and crunchy!

Transfer the mixture into the prepared tins and into the oven for 3 hours (yes, we said 3 hours!).

Allow to cool before slicing. Store in container in the fridge or freeze in portions of 2 and defrost as required.

FOR THE TOPPINGS

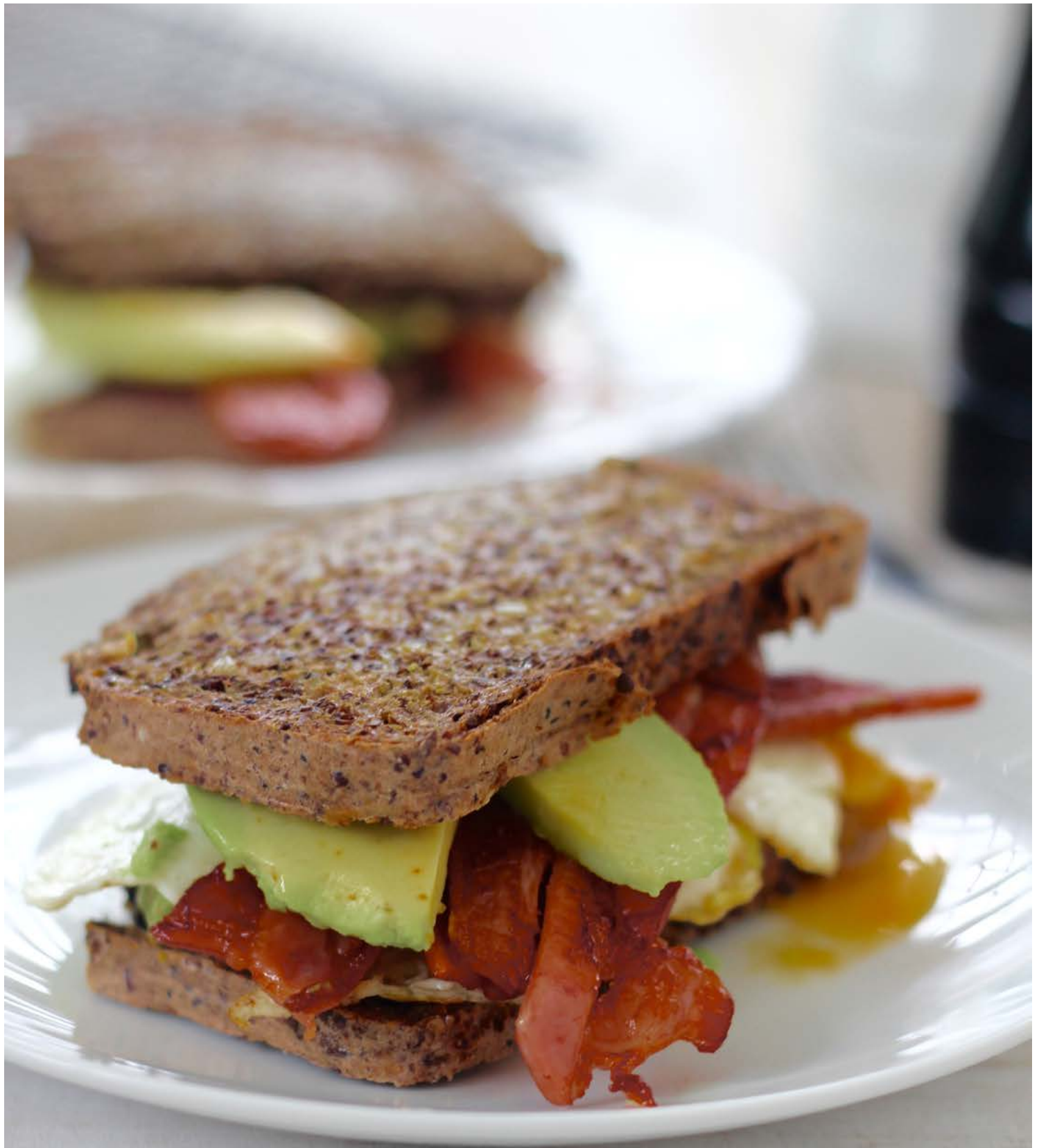
Pop 4 slices of bread in your grill on medium heat, keep an eye on them. Don't forget as they will burn and that will suck!

In a frypan melt a little coconut oil on medium-high heat.

Add the bacon and cook for about 3 minutes and turn to cook the other side.

Crack the 2 eggs into the pan and fry to your liking.

By this time the bread should be grilled nicely. Grab 2 slices of bread and top each with bacon, egg and avo followed by another slice of bread! Ta-da!



MERRYMAKER TIP...

We know this is a crazy sounding recipe. Nothing quick about it! But it's definitely 100% DELISH! There's soaking time and a long cooking time so give it a go for fun or simply make an egg bread based recipe [like this one!](#)

GINGER CHICKEN STIR-FRY

Sometimes a stir-fry seems like a boring dinner idea, then you make it and it's so bloody delish!

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

STUFF YOU NEED

500 g (1 lb.) chicken breast
(or thigh) sliced
4 cm (1 ½ inch) fresh ginger
peeled and cut into
matchsticks
2 zucchinis sliced
1 broccoli cut into florets
1 onion cut into wedges
1 clove garlic crushed
1 red chilli sliced
1 lime cut into wedges
3 tbs. coconut aminos or
tamari sauce
2 tbs. fresh coriander
(cilantro) chopped
1 tbs. sesame seeds
coconut oil

NOW WHAT

In a large frypan on high heat melt a little coconut oil. Add the chicken and stir-fry for for about 2 minutes until the

sides are white. Remove and cover to keep warm.

Add the zucchini, broccoli, onion, garlic and ginger and stir-fry for about 3-4 minutes. Just make sure the broccoli has softened (unless you like super crunchy veggies!).

Add the chicken back into the pan along with the coconut aminos and chilli. Continue to stir until everything is combined and chicken is perfectly cooked.

Serve with fresh lime juice, sesame seeds and coriander.



MERRYMAKER TIP...

Top with your favourite nut!



GRAPEFRUIT DELIGHT

Grapefruits are full of goodness, vitamins and antioxidants PLUS they taste all kinds of amazing. Win win!

SERVES: 2
PREP TIME: 10 mins
FRIDGE TIME: 12 mins

STUFF YOU NEED

- ½ ruby red grapefruit, juice and zest
- ½ cup desiccated coconut
- ½ cup almonds chopped
- ½ cup pumpkin seeds
- 2 tbs. coconut oil or butter melted
- 1 tbs. rice malt syrup or honey
- 1 tsp. cinnamon

SERVE WITH

- 1 cup coconut milk (carton)
- ½ ruby red grapefruit cut into chunks

NOW WHAT

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

In a large bowl place the coconut, almonds, pumpkin seeds, cinnamon and mix well.

Add the grapefruit juice and zest and stir again.

Pour the melted coconut oil and rice malt syrup into the bowl and mix well until combined.

Spoon the granola mix onto the prepared tray in a thin, even layer and place into the oven for 7 minutes.

Stir and bake for a further 5 minutes or until golden.

Enjoy hot granola with icy cold coconut milk right away or allow to cool and place in a container for the week!



MERRYMAKER TIP...

*This recipe is also delish with orange.
Give it a go!*



EPIC BURRITO BOWL

Is Mexican everyone's favourite food or just ours? Another version of the burrito bowl... this time it's even more epic!

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

STUFF YOU NEED

500 g (1 lb.) beef mince
1 onion finely chopped
400 g (14 oz.) can diced tomatoes
2 tsp. paprika
1 tsp. cumin
1 tsp. ground coriander seeds
coconut oil
salt and pepper

SERVE WITH

1 avocado mashed
1 lime cut into wedges
1 small bag organic natural corn chips (optional)
1 baby cos lettuce
¼ purple cabbage shredded
3 tbs. fresh coriander (cilantro) chopped

NOW WHAT

In a large frypan on medium heat melt a little coconut oil. Add the onion and sauté until soft.

Add the paprika, cumin, ground coriander, and continue to cook.

Add the beef and cook until brown.

Add the whole can of diced tomatoes and bring to the boil.

Reduce the heat, allow to simmer, season with salt and pepper and cook for about 15 minutes, stirring every so often.

Serve in bowls with avocado, lettuce leaves, cabbage, coriander and those delish corn chips! YUM!



MERRYMAKER TIP...

Not keen on the corn chips? Simply swap to cauliflower-rice, sweet potato chips or corn on the cob!



TOMMY-CHEESE MELT

How long has it been since you've enjoyed a tomato and cheese toastie? Such a delish way to start the day!

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

NOW WHAT

Place the bread slices under a grill and toast until edges begin to brown.

Turn over and top with tomato, salt and pepper and cheese and grill until cheese is melted.

YUM!

STUFF YOU NEED

4 slices of sprouted bread
(from day 1 brekky)

1 tomato sliced

½ cup grated cheese

salt and pepper



MERRYMAKER TIP...

Change the toppings to whatever floats your merry boat!



LAMB MEATBALLS WITH GREEK SALAD

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

STUFF YOU NEED

FOR THE MEATBALLS

- 500 g (1 lb.) lamb mince
- 100 g (3.5 oz.) crumbled feta (optional)
- 1 garlic clove crushed
- 1 onion finely diced
- 1 egg
- 1/3 bunch fresh mint chopped
- 1 tsp. cumin
- 1/4 tsp. cinnamon
- salt and pepper
- coconut oil

FOR THE SALAD

- 3 tomatoes cut into wedges
- 3 radishes cut into wedges
- 1 cucumber chopped
- 1 red onion thinly sliced
- 1 lemon cut into wedges
- 1/2 cup olives halved
- 2 tbs. olive oil
- 1 tsp. apple cider vinegar
- salt and pepper

NOW WHAT

In a large bowl mix all of the meatball ingredients, except the coconut oil until combined.

Use a tablespoon to measure and roll the meatballs, it will make about 30 meatballs.

In a large frypan on medium, melt a little coconut oil.

Place the meatballs into the frypan and cook for around 15 minutes, turning every 3-5 minutes to ensure all sides are cooked.

For the salad, add all the veggies in a large bowl, drizzle with olive oil, vinegar and toss.

Serve delish meatballs with delish salad and squeeze with fresh lemon juice for the final touch!



MERRYMAKER TIP...

Don't feel like pan frying? You can also bake the meatballs in a 180°C (350°F) oven for 15 minutes. Easy peasy!



CHOC MINT CRUNCH SMOOTHIE BOWL

How good does this smoothie bowl look? We reckon the kiddies might like this one too!

SERVES: 2
TIME: 5 mins

STUFF YOU NEED

- 50 g (2 oz.) baby spinach
- 1 frozen banana
- 2 cups coconut milk (carton)
- 1 cup ice
- 20 fresh mint leaves
- 1 tbs. almond butter or any other nut butter
- 1 tbs. cacao nibs or sugar free chocolate

NOW WHAT

Chuck all the ingredients into the blender, except the cacao nibs/ chocolate and whiz until nice and smooth.

Pop the chocolate into the blender and whiz again.

Mmmm, yummy!



MERRYMAKER TIP...

Be sure to add any extra super dooper foods like gelatin, turmeric, maca, cinnamon... whatever you want!



SWEET POTATO CARBONARA

There is something highly addictive about this dinner! It's just so YUM! We can't get enough of it!

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

STUFF YOU NEED

700 g (1.6 lb.) sweet potatoes
spiralized or peeled
lengthways

200 g (7 oz.) mushrooms
sliced

4 rashers (slices) bacon diced

2 shallots (scallions) sliced

2 eggs whisked

1 lemon juiced and zest

1 clove garlic crushed

1 cup frozen peas

2 tbs. grated cheese (optional
but great idea)

coconut oil or butter

salt and pepper

NOW WHAT

Melt a little coconut oil (or use butter as it adds extra delish factor) in a frypan on high heat.

Add the bacon and fry until nice and crispy. Transfer the bacon bits onto a plate but try and leave the bacon fat in the pan.

Turn the heat down to medium. Add shallots and garlic and cook until soft.

Add sweet potato noodles, mushrooms, lemon zest and juice, peas, salt and pepper, stir well and cook for about 5 minutes or until the sweet potato is almost cooked.

Turn the heat down again and add the eggs and keep stirring, it should start to thicken slightly.

Add the bacon back to the pan along with the cheese, stir and serve! Seriously. So good.



MERRYMAKER TIP...

Add chicken for an extra protein hit! Or any other vegetable for that matter! You could do a sweet potato and zucchini combo!



BREKKY NUT BAR

How good are healthy bars? Usually they have a stack of dates and mega high fructose, not these ones! YAY!

SERVES: 6 (bonus leftovers
for snacks!)

PREP TIME: 10 mins

FREEZER TIME: 30 mins

STUFF YOU NEED

- 1 cup macadamias
- ½ cup pumpkin seeds
- ½ cup peanut or any nut butter
- ½ cup shredded coconut
- ¼ cup coconut oil
- 2 tbs. rice malt syrup
- 1 tsp. 100% vanilla extract
- pinch of salt

NOW WHAT

In a blender or food processor add the macadamias, pumpkin seeds and coconut, whiz until crumbly.

Add the peanut butter, coconut oil, rice malt syrup, vanilla and salt to the blender and whiz until combined.

Spoon out the nutty, sticky deliciousness into a 20 x 20 cm (8 x 8 inch) baking tray or silicone tray.

Use a spoon to spread it out and you might need to get your hands in there to make nice and smooth (go on, have a taste test!). Sprinkle with extra seeds and coconut!

Place into the freezer for 30 mins to set. Once ready, cut into pieces and enjoy!

Store in the freezer and defrost when required.



MERRYMAKER TIP...

*Make it even yummer (not a word)
by roasting your nuts, seeds and coconut
beforehand!*



REAL GOOD PLATE

It's real good stuff... on a plate! Oh so freaking YUM!

SERVES: 4
 PREP TIME: 15 mins
 COOK TIME: 50 mins

STUFF YOU NEED

- 700 g (1.6 lb.) pumpkin
peeled and chopped
- 2 bunch broccolini
- 1 bunch asparagus spears
trimmed
- 1 punnet cherry tomatoes
- 1 lemon chopped into
wedges
- 2 cups water
- 1 cup quinoa
- 2 tbs. pinenuts
- 2 tbs. coconut oil (melted)
- 1 tbs. olive oil
- 1 tsp. turmeric
- salt and pepper

NOW WHAT

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

On 1 baking tray place the pumpkin pieces, drizzle with a little coconut oil, sprinkle with turmeric and season with salt and pepper. Place into oven for 20 minutes.

On the other baking tray place the asparagus, broccolini and cherry tomatoes, drizzle with a little coconut oil and season with salt and pepper.

Once the 20 minutes is up, place into the oven for 30 minutes along with the pumpkin.

While the veggies finish cooking, get onto the quinoa.

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. No need to stir it.

Once the 10 minutes is up, take off the heat and allow to sit, covered, for 5 minutes.

Add the olive oil and a little salt and pepper to the quinoa and stir through.

Once the veggies are cooked add them to the saucepan and stir very slowly and carefully.

Transfer to a large bowl or platter and top with the pinenuts!



MERRYMAKER TIP...

If you miss the meat, add some! You could even simply add canned tuna or salmon. YUM!



EASIEST BANANA PANCAKES EVER

This recipe has got the easy factor covered, the yum factor covered but the best bit... it's also fussy kid approved #merrydance

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

STUFF YOU NEED

FOR THE PANCAKES

4 eggs
2 ripe bananas
1 tsp. 100% vanilla extract
1 tsp. cinnamon
coconut oil

TOPPINGS

strawberries
yoghurt
sugar free chocolate

NOW WHAT

Place all the pancake ingredients (except the coconut oil) into a blender and whiz until smooth.

In a large frypan on medium-high heat melt a little coconut oil.

Turn the heat down a little and pour $\frac{1}{4}$ measuring cups of batter into the pan, allow to cook for about 3 minutes, flip carefully with a spatula and cook the other side for about 1 minute. Continue until all the pancake mix is used.

Top with all the toppings and OH YEAH OH YUM!



MERRYMAKER TIP...

The first pancake is always the hardest little bugger to flip. Flip carefully and slowly! If it turns to pancake scramble... oh well!



LAZY SLOW COOKED JERK CHICKEN WITH STREET SALAD

There's less herbs, less spices, less side dishes, less marinating time so we named it the LAZY jerk chicken! Still yummy, just lazy.

SERVES: 4
PREP TIME: 25 mins
COOK TIME: 6 hrs

STUFF YOU NEED

FOR THE CHICKEN

500 g (1lb.) chicken thighs
2 cloves garlic crushed
1 onion sliced
½ cup chicken stock or broth
1 tsp. cinnamon
1 tsp. thyme
1 tsp. nutmeg
½ tsp. all spice
salt and pepper

FOR THE SALAD

200 g (7 oz.) baby spinach
3 radishes cut into chunks
2 carrots peeled and julienned
½ pineapple diced
¼ red cabbage chopped
2 tbs. olive oil
1 lemon juiced
salt and pepper

NOW WHAT

Place all the chicken ingredients into your slow cooker and stir super well, turn onto low and cook for 6 hours.

Half an hour before the chicken is ready make the street salad! Simply add all the ingredients into a bowl and toss slowly.

The meat should be juicy and soft and delish by now. Serve with delish salad, mmm one of our new fave recipes!



MERRYMAKER TIP...

Chicken can dry out in the slow cooker, when we say 6 hours we mean it!



BACON AND AVO EGG FRITTATA

Nothing says breakfast like bacon, avo and eggs! Get in belly action!

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

STUFF YOU NEED

FOR THE PANCAKES

4 eggs
2 rashers (slices) bacon
chopped
2 shallots (scallions) chopped
½ avocado mashed
100g (3 ½ oz.) baby spinach
¼ cup coconut milk (canned)
salt and pepper

NOW WHAT

Preheat oven to 180°C (350°F) oven and grease a small baking dish with a little coconut oil.

In a frypan melt a little coconut oil on high heat and saute the shallots and bacon until the bacon is crispy.

Add the spinach and saute for 1 minute.

Transfer the bacon, shallots and spinach to the baking dish and dollop with mashed avo.

In another bowl whisk the eggs and milk, season with salt and pepper and then pour into the baking dish.

Place into the oven for 10 minutes. Check and bake for another 10 minutes or until cooked.

YUM!



MERRYMAKER TIP...

Can't be bothered with the frittata? Simply scramble in a pan! Boom.



VEGO KOFTA BALL SALAD

This might be our new favourite recipe, yes we say that all the time but we mean it... for realz this time!

SERVES: 4
 PREP TIME: 20 mins
 COOK TIME: 25 mins

STUFF YOU NEED

FOR THE KOFTA

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

FOR THE SALAD

100 g (3 ½ oz.) baby spinach
 2 tomatoes diced
 1 green capsicum sliced

FOR THE DRESSING

1 lime juiced
 ½ avocado
 ½ cup natural or coconut yoghurt
 2 tbs. fresh mint chopped

NOW WHAT

In a large mixing bowl add the grated zucchini and carrot and squeeze out all the excess liquid. Use a tea towel, it should be quite dry. Leave this for now.

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

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

Use a ¼ measuring cup to divide the mixture and roll firmly together. It should make about 12 balls.

In a bowl add some extra cassava flour, roll each ball in the flour to coat. Leave these for now and make the salad and dressing!

For the salad simply toss all ingredients in a bowl. Easy peasy!

For the dressing simply add all the ingredients into a blender. Whiz until smooth. Leave the salad and dressing in the fridge for now.

It's time to cook the kofta balls!

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

Turn the heat down a little, add your kofta balls and cook turning every couple minutes. Fry until golden and cooked through, it will take around 20 mins.

Serve delish kofta balls with the salad and tasty dressing. Perfect!



MERRYMAKER TIP...

We highly recommend you make extras because these little kofta balls are freaking yum served cold the next day!



PEANUT BUTTER CUPS

Do we really need to say anything more? Peanut butter... that's all!

SERVES: 6 - 8
PREP TIME: 15 mins
FREEZER TIME: 25 mins

STUFF YOU NEED

200 g (7 oz.) cacao butter
½ cup raw cacao powder
½ cup peanut butter or any other nut butter
½ cup rice malt syrup or honey
1 tsp. 100% vanilla extract
pinch of salt

NOW WHAT

Using a double boiler, stir and melt the cacao butter. This means boiling water in a saucepan and placing a glass/heatproof bowl on top of the saucepan, and melting the cacao butter in that bowl.

Add the sweetener, vanilla, salt and cacao powder and continue to stir with a whisk until super smooth.

Half fill chocolate molds with the chocolate mix and place into the freezer for 5 minutes.

Take out and spoon little bits or big bits of peanut butter on top, then fill the rest of each mold with the chocolate mix.

Place back into the freezer for 20 minutes or until set.

Carefully turn out and NOM NOM NOM!



MERRYMAKER TIP...

Swap peanut butter to any other nut butter... or even caramel!



IF YOU HAVE GOOD THOUGHTS
THEY WILL SHINE OUT OF YOUR
FACE LIKE SUNBEAMS AND YOU
WILL ALWAYS LOOK LOVELY.

ROALD DAHL