

# *Merrymaker* CLUB

MEAL PLAN

09

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

09

DECEMBER 2016

# CONTENTS

Meal Plan . . . . .	6
Shopping List . . . . .	7
Meal Prep Ideas . . . . .	8

## RECIPES

Pine Lime Smoothie . . . . .	10
Spinach and Ricotta Zucchini Lasagne . . . . .	12
Coconut Herb Bread . . . . .	14
Baked Fish Parcels . . . . .	16
Peaches and Cream Smoothie . . . . .	18
Turkey and Cranberry Meatballs . . . . .	20
Avo Omelette . . . . .	22
Lamb Delishness . . . . .	24
Gingerbread Chia Pudding . . . . .	26
Chicken Caesar Salad . . . . .	28
Epic Fruit Platter with Chocolate Yumness . . . . .	30
Prawn Kebabs . . . . .	32
Funday Hotcakes . . . . .	34
Quinoa Pizza . . . . .	36
Merry Nana Pops . . . . .	38

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# GRATITUDE IS THE GAME CHANGER

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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	Pine Lime Smoothie	Coconut Herb Bread	Peaches and Cream Smoothie	Avo Omelette	Gingerbread Chia Pudding
LUNCH	← LEFTOVERS →				
DINNER	Spinach and Ricotta Zucchini Lasagne	Baked Fish Parcels	Turkey and Cranberry Meatballs	Lamb Delishness	Chicken Caesar Salad

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Epic Fruit Platter with Chocolate Yumness	Funday Hotcakes
LUNCH	← LEFTOVERS →	
DINNER	Prawn Kebabs	Quinoa Pizza
SWEET TREAT		Merry Nana Pops

## WEEKEND

# SHOPPING LIST

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



## FRUITS AND VEGGIES

- 350 g ( oz.) baby spinach
- 200 g (7 oz.) rocket
- 200 g bok choy
- 200 g mushrooms
- 5 zucchinis
- 4 lemons
- 3 avocados
- 3 carrots
- 3 cm (1 inch) piece ginger
- 2 bananas
- 2 broccoli heads
- 2 cucumbers
- 2 limes
- 2 peaches
- 2 serves of seasonal fruit (for platter)
- 1 head garlic
- 1 onion
- 1 bunch asparagus
- 1 bunch fresh dill
- 1 bunch fresh basil
- 1 cos lettuce
- 1 pineapple
- 1 punnet cherry tomatoes
- 1 punnet blueberries
- 1 punnet strawberries
- 1 red chilli
- 1 tomato

## PANTRY ITEMS

- 2 L (½ gallon) coconut milk (carton)
- 120 ml (4 fl. oz.) coconut milk (canned)
- 400 g (14 oz.) can crushed tomatoes
- 300 g (10 oz.) quinoa
- 200 g (7 oz.) raw cacao powder
- 200 g raw cashews
- 150 g (5 oz.) chia seeds
- 150 g coconut flour
- 150 g macadamia nuts
- 100 g (3 ½ oz.) pumpkin seeds
- 100 g unsweetened dried cranberries /goji berries
- Anchovy paste (optional)
- Apple cider vinegar
- Dijon mustard
- Tomato paste
- Coconut oil
- Macadamia oil
- Olive oil
- Baking powder (gluten free)
- Peanut butter or nut butter
- Honey or rice malt syrup
- 100% vanilla extract
- Sugar free chocolate
- 12 skewers soaked in water for 10 mins

## MEAT, FISH, POULTRY + EGGS

- 24 prawns peeled, tails on
- 4 x 150 g (5 oz.) fillets white fish
- 17 eggs
- 800 g (1 lb. 10 oz.) chicken breast
- 500 g (1 lb.) turkey mince
- 12 lamb cutlets
- 4 rashers (slices) bacon diced

## DRIED SPICES + HERBS

- Cinnamon
- Ground ginger
- Oregano
- Salt and pepper

## FRIDGE / FREEZER

- 375 g (13 oz.) ricotta
- 100 g frozen peas
- 100 g (3 ½ oz.) butter
- 200 g (7 oz.) grated cheese (optional)

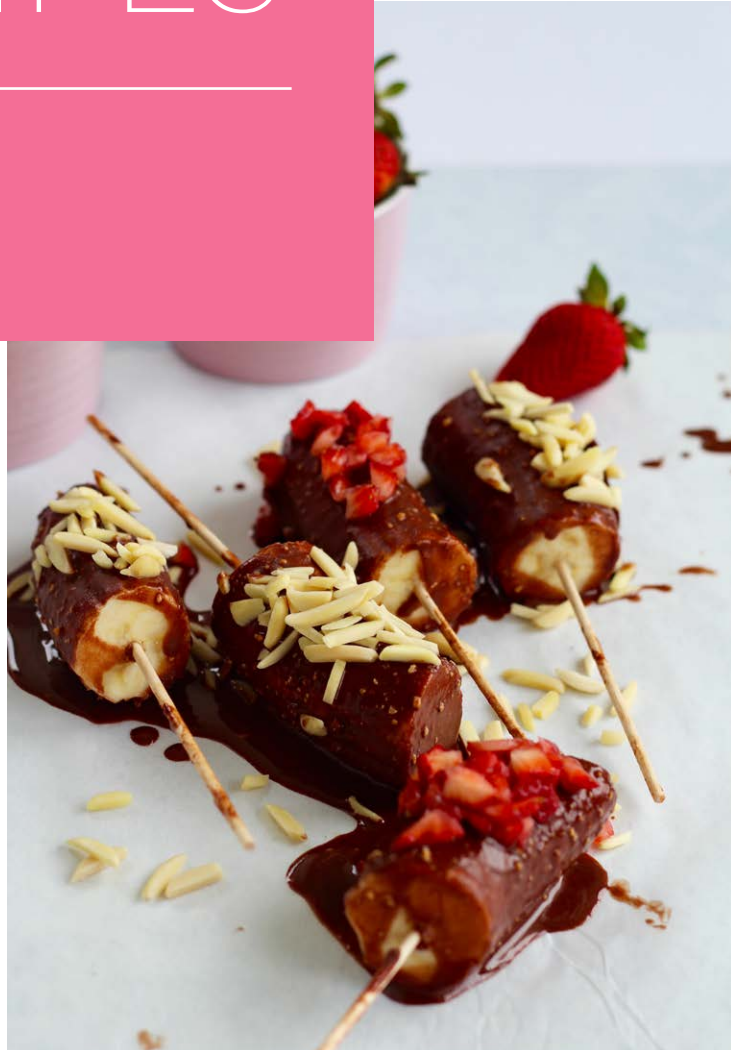
# MEAL PREP

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...

<b>DAY 1</b>	<ul style="list-style-type: none"><li>○ Easy peasy smoothie!</li><li>☾ Make the whole lasagne the day before. Super yum served cold! Or make the spinach and ricotta mix and the tomato sauce before, then assemble and bake when ready to eat.</li></ul>
<b>DAY 2</b>	<ul style="list-style-type: none"><li>○ Pre-make and freeze in individual portions. Just make sure you allow enough time to defrost, then grill! YUM!</li><li>☾ Saaaa easy! But you could prep the fish parcels then whack in the oven when you are ready to it.</li></ul>
<b>DAY 3</b>	<ul style="list-style-type: none"><li>○ Smoothie, too easy!</li><li>☾ Pre-make the meatballs and cook just before you are ready to eat. Prep all the veggies.</li></ul>
<b>DAY 4</b>	<ul style="list-style-type: none"><li>○ Pretty easy! But you could chop the tomato!</li><li>☾ Prep the salad and marinate the cutlets.</li></ul>
<b>DAY 5</b>	<ul style="list-style-type: none"><li>○ Make the chia pudding the night before.</li><li>☾ Pre-cook the eggs, chicken and bacon. Then assemble!</li></ul>
<b>DAY 6</b>	<ul style="list-style-type: none"><li>○ Cut the fruit the night before.</li><li>☾ Prep the salad before!</li></ul>
<b>DAY 7</b>	<ul style="list-style-type: none"><li>○ Have fun making these delish hotcakes!</li><li>☾ Don't forget to soak the quinoa! Pre-cook the chicken and veggies so it is easy peasy when it comes to dinner time!</li></ul>
<b>DESSERT</b>	<ul style="list-style-type: none"><li>☾ Seriously easy as sweet treat!</li></ul>



RECIPES



# PINE LIME SMOOTHIE

This smoothie is like a splice (remember those epic icy poles?!) but way better... coz healthy!

---

SERVES: 2  
PREP TIME: 5 mins

---

## NOW WHAT

Place all the ingredients in the blender.

Whiz it until smooth yo!

## STUFF YOU NEED

150 g (6 oz.) pineapple chunks

50 g (2 oz.) baby spinach

1 lime juiced  
(or use the whole thing if organic and you have a high power blender!)

2 cups coconut milk (carton)

1 cup ice

2 tbs. chia seeds

1 tsp. honey  
or rice malt syrup



MERRYMAKER TIP...

*You could leave the ice out and make these actual splices! Use popsicle moulds! Yum and fun!*



# SPINACH AND RICOTTA ZUCCHINI LASAGNE

We say to layer this lasagne up... but we also tried it by simply chucking each section into a casserole dish and it worked out perfectly! P.s this dish is delish served hot or cold depending on the weather.

---

SERVES: 4  
 PREP TIME: 30 mins  
 COOK TIME: 40 mins

---

## STUFF YOU NEED

### FOR THE SAUCE

400 g (14 oz.) can crushed tomatoes  
 1 onion diced  
 1 garlic clove crushed  
 1 tsp. oregano  
 1 tsp. cinnamon  
 salt and pepper  
 coconut oil

### FOR THE LAYERS

375 g (13 oz.) ricotta  
 150 g (5 oz.) spinach  
 4 zucchinis thinly sliced lengthwise  
 1 egg  
 1 ½ cups raw cashews  
 ½ cup grated cheese (optional)  
 2 tbs. fresh basil chopped  
 1 tbs. fresh dill chopped  
 salt and pepper

## NOW WHAT

Start with the zucchinis. There is a little bit of prepping, you could even do this the day before.

Lay the zucchini out across a cooling rack and sprinkle with salt, allow to sit for 5-10 minutes to draw out excess moisture. Use a paper towel or tea towel to pat dry.

Now for the sauce. In a large saucepan, sauté garlic and onion in a little oil until onion is soft.

Add all the other ingredients to the saucepan, allow to boil, then reduce the heat to a simmer. Allow to simmer for about 15 minutes stirring every now and then.

Once cooked, remove from heat and allow to cool for a couple minutes.

Preheat oven to 180°C (350°F).

In a blender or food processor add the cashews and whiz for a minute or so. Add the ricotta, spinach, egg, basil and dill. Season with salt and pepper and whiz until smooth (or leave chunky if you like).

Now time to make the lasagne!

In a large casserole dish place a thin layer of tomato sauce at the bottom.

Then a layer of zucchini, depending how thin you cut them feel free to overlap lots and even do 2 layers of zucchini.

Add a thick layer of the ricotta and spinach mixture.

Then follow with a layer of zucchinis. Then the tomato mix. Then another zucchini layer. Then a spinach and ricotta layer. You get the picture! Do this until everything runs out. If you have leftovers, add them to another small dish and bake up at the same time #moreleftoversyay

Sprinkle with grated cheese if you like! Bake in oven for about 30 minutes. YUM!



MERRYMAKER TIP...

*Not a fan of ricotta? Swap to more nuts!  
Or fry up some mince meat to add to the  
sauce mince.*

# COCONUT HERB BREAD

This is our new fave grain free bread. When we say bread it's like this soft delish almost quiche, almost bread thing. All we know, it's freaking yum as!

---

SERVES: 2 (with leftovers)  
PREP TIME: 10 mins  
COOK TIME: 40 mins

---

## STUFF YOU NEED

4 eggs  
1 cup water  
½ cup coconut flour  
¼ cup butter softened  
3 tbs. fresh basil chopped  
2 tbs. fresh dill chopped  
½ tbs. apple cider vinegar  
½ tsp. baking powder  
½ tsp. salt

## NOW WHAT

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 blender whiz the eggs, apple cider vinegar, water and butter until combined. It should take about a minute.

Add the coconut flour, salt, and baking powder and whiz until combined. It may look a little curdled, this is a-ok!

Add the herbs and whiz again!

Pour the bread mix into the loaf tin and pop into the oven for about 40 minutes. Or until cooked.

Allow to cool, then slice!

Now, add your favourite toppings. Think avocado and tomato/ bacon and egg/melted cheese! YUM!



MERRYMAKER TIP...

*Freeze the leftovers or enjoy for epic snacks!*



# BAKED FISH PARCELS

Such a fun and yum recipe. The best way to get more fish in your life!

---

SERVES: 4  
 PREP TIME: 15 mins  
 COOK TIME: 40 mins

---

## STUFF YOU NEED

- 200 g (7 oz.) bok choy
- 4 x 150 g (5 oz.) fillets white fish
- 3 cm (1 inch) piece ginger grated
- 1 bunch asparagus trimmed
- 1 lemon sliced
- 1 clove garlic crushed
- 2 tbs. dill chopped

## SERVE WITH

- 2 cups water
- 1 cup quinoa

## NOW WHAT

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

Cut 4 rectangles of foil, you'll need to fold these over to close them up so make sure they are big enough.

Fold the foil pieces in half to create a line in the centre and lay the foil on the baking tray.

Divide the bok choy and asparagus in 4 equal parts.

Place the bok choy and asparagus in the centre of one side of the foil, place one fish fillet on top, then the dill, ginger, lemon slices and garlic.

Season with a little salt and pepper.

Fold the other half of foil on top, then fold back each side so it is fully enclosed.

Place parcels onto baking tray and into the oven for 20 minutes.

Cook the quinoa while the fish is cooking.

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

In a saucepan bring 2 cups of water to the boil.

Add the quinoa and reduce heat to a simmer. Cover and simmer for 15 minutes, the water should almost completely absorb.

By this time the fish should be cooked. Serve delish fish and veggies with quinoa.



## MERRYMAKER TIP...

*Like it hot? Spice things up and add some slices of fresh chilli. YUM!*



# PEACHES AND CREAM SMOOTHIE

One of the best things about summer has got to be the fruit! If peaches aren't in season... swap to a cup of berries!

---

SERVES: 2  
PREP TIME: 5 mins

---

## NOW WHAT

Whiz it yeh! Until smooooooth.

## STUFF YOU NEED

- 2 peaches cut in half and  
chuck the seeds
- 2 cups coconut milk (carton)
- 1 cup ice
- 2 tbs. chia seeds
- 1 tsp. 100% vanilla extract
- 1 tsp. honey or rice malt  
syrup



## MERRYMAKER TIP...

*Add some spinach to get your greens in.  
We kept it out for the pretty factor!*



# TURKEY AND CRANBERRY MEATBALLS

It's Christmas in a meatball! If you can't get your hands on unsweetened cranberries swap to soaked goji berries!

---

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

---

## STUFF YOU NEED

### FOR THE MEATBALLS

500 g (1 lb.) turkey mince  
¼ cup unsweetened dried cranberries chopped  
1 tsp. lemon rind  
salt and pepper

### FOR THE SALAD

3 carrots spiralized or peeled lengthways  
2 cucumbers spiralized or peeled lengthways  
½ cos lettuce sliced  
1 lemon juiced  
1 tbs. fresh dill chopped  
1 tbs. olive oil

## NOW WHAT

Start with the meatballs.

In a large bowl add the turkey, cranberries, lemon rind, season with a little salt and pepper and mix until well combined.

Roll the mixture into tablespoon sized balls, it should make about 20.

Melt a little oil in a fry pan on high heat and cook the meatballs. Turning every so often. It should take about 15 minutes.

Now for the salad, simply place all ingredients in a large bowl and toss!

Serve balls with salad. Boom!



MERRYMAKER TIP...

*Serve with roast veggies if it's cooler weather.*



# AVO OMELETTE

Eggs and avo always make our day. Best combo everrrr.

---

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

---

## STUFF YOU NEED

4 eggs whisked  
1 avocado mashed  
1 tomato diced  
1 tbs. dill chopped  
1 tbs. coconut oil

## NOW WHAT

In a medium sized fry pan heat the coconut oil and ensure the base of the pan is well coated in oil.

Pour the eggs into the pan and allow to cook slowly for a few minutes.

Use a spatula to lift up the edges of the omelette, then lift up the pan on an angle to allow the uncooked egg to spread further and cook.

Cover the pan with a lid and cook for another minute or 2.

Once the omelette is looking almost cooked, spoon the avocado onto one half of the omelette, followed by the tomato and the dill.

Use the spatula again to fold the empty half of the omelette on top of the avo and tomato side.

Slice in half, season with salt and pepper and eat up!

Add the quinoa and reduce heat to a simmer. Cover and simmer for 15 minutes, the water should almost completely absorb.

By this time the fish should be cooked. Serve delish fish and veggies with quinoa.



## MERRYMAKER TIP...

*We know this is like at least 40% of our tips, but if you eat cheese... add it! Ahhh cheese you magical thing you!*



# LAMB DELISHNESS

This photo screams delish! It's sahhhh good!

---

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

---

## STUFF YOU NEED

### FOR THE LAMB

12 lamb cutlets  
 1 lemon juiced  
 1 clove garlic crushed  
 2 tbs. macadamia oil  
 1 tsp. oregano  
 salt and pepper

### FOR THE SALAD

200 g (7 oz.) rocket  
 1 broccoli head cut into florets  
 1 punnet cherry tomatoes  
 ¼ cup pumpkin seeds  
 1 tbs. olive oil

## NOW WHAT

Start with the marinade, add the macadamia oil, lemon juice, oregano and a little salt and pepper to a large bowl. Mix well.

Add the lamb to the marinade and turn the chops to coat really well. Cover and refrigerate for at least 10 minutes.

In a large fry pan on medium-high heat, place each chop and cook for about 2-3 minutes on each side or to your liking.

As you cook each chop, place on plate and cover with foil.

Once all the chops are cooked, allow to sit for a couple minutes.

In the same fry pan, fry up the broccoli and cherry tomatoes, you may need to add a little extra oil. Cook to your liking, do you like them crunchy or well done?

To serve, start with a bed of rocket, followed by broccoli, tomatoes, pumpkin seeds and a drizzle of olive oil. Place the chops on top! Told ya, it's lamb delishness!



## MERRYMAKER TIP...

*Get your BBQ on and grill the lamb cutlets on the barbie! Bloody yum!*



# GINGERBREAD CHIA PUDDING

Everything in a chia pudding is better!

---

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

---

## STUFF YOU NEED

### FOR THE LAMB

1 cup coconut milk (carton)  
¼ cup chia seeds  
1 tbs. honey or rice malt syrup  
1 tsp. cinnamon  
1 tsp. 100% vanilla extract  
½ tsp. ground ginger  
pinch of salt

## NOW WHAT

In a bowl add all the chia pudding ingredients and mix really well.

Cover and leave in the fridge for at least 2 hours or overnight.

When you're ready to eat you may need to add a little extra milk.

Top with your favourite toppings!



MERRYMAKER TIP...

*Make your gingerbread pudding a little zesty and add some orange or lemon rind!*



# CHICKEN CAESAR SALAD

THIS IS SO EPIC. But if you can't be bothered with the dressing, we feel ya! Simply swap to a drizzle of olive oil and squeeze of lemon juice. Still epically yum.

---

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

---

## STUFF YOU NEED

### FOR THE SALAD

400 g (14 oz.) chicken breast chopped  
 4 rashers (slices) bacon diced  
 2 eggs boiled and sliced  
 1 avocado sliced  
 ½ cos lettuce shredded  
 ½ cup macadamia nuts  
 1 tbs. macadamia oil  
 1 tsp. oregano  
 salt and pepper

### FOR THE DRESSING

½ cup olive oil  
 2 egg yolks  
 2 tbs. lemon juice  
 1 tbs. anchovy paste (totally optional!)  
 ½ tbs. dijon mustard  
 salt and pepper

## NOW WHAT

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

In a bowl add the chicken, macadamia oil, oregano, salt, pepper and stir well.

Lay the chicken pieces on the baking tray and cook for about 15 minutes or until fully cooked.

While the chicken cooks, fry up the bacon on a high heat fry pan and boil your eggs. Set aside.

Now it's dressing time.

In a blender add the egg yolks, lemon juice, mustard, salt, pepper and whiz.

Continue to blend and add the olive oil VERY slowly, teaspoon by teaspoon.

It should take you around 5 minutes, once all of the oil is added, it will be thick and creamy.

Add the anchovy paste if you like, we skipped this step (not fans).

Cover and keep in the fridge until ready to serve.

When ready to serve make the salad by combining the lettuce, avocado and cooked bacon.

Then top with chicken pieces, boiled egg slices and macadamia nuts.

Drizzle with dressing and eat up!



MERRYMAKER TIP...

*If you want to make #paleo croutons we say go for it! Grab the recipe [here!](#)*



# EPIC FRUIT PLATTER WITH CHOCOLATE YUMNESS

Eat fruit with good fats because it's better for your body! And you'll thank us. This chocolate stuff is SO yum.

---

SERVES: 2  
TIME: 15 mins

---

## STUFF YOU NEED

2 serves of seasonal fruit  
chopped cute

## FOR THE CHOCOLATE YUMNESS

½ cup coconut milk (carton)  
¼ cup raw cashews  
3 tbs. raw cacao powder  
1 tsp. honey or rice malt syrup  
1 tsp. 100% vanilla extract

## NOW WHAT

Cut up your fruit cute, we even used mini cookie cutters because SAH cute.

For the choccy yumness, whiz everything in your blender until super smooth.

Dip fruit into the choccy yumness and eat it all up!



MERRYMAKER TIP...

*This would be the cutest date night dessert!*



# PRAWN KEBABS

The most perfect summery dinner! Super light, fresh and oh so fun and yum!

---

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

---

## STUFF YOU NEED

### FOR THE KEBABS

- 24 prawns peeled, tails on
- 8 skewers soaked in water for 10 mins
- 1 red chilli diced
- 1 lime juiced
- 2 tbs. macadamia oil

### FOR THE SALAD

- 150 g (5.2 oz) baby spinach
- 1 avocado sliced
- 1 zucchini peeled lengthways
- ½ punnet strawberries sliced
- ¼ cup pumpkin seeds
- 3 tbs. fresh basil chopped
- 1 tbs. olive oil

## NOW WHAT

In a large bowl add the chilli, lime juice and oil. Add the prawns, cover and refrigerate for about 10 minutes.

Make the salad, combine all the ingredients in a bowl and toss slowly, cover and refrigerate.

Thread the prawns onto the skewers and heat the BBQ grill or fry pan to high.

Grill the prawns for a couple minutes on each side or until cooked through.

Serve with delish salad. Easy peasy yum!



MERRYMAKER TIP...

*Swap the strawberries to pomegranate seeds for a burst of delish!*



# FUNDAY HOTCAKES

Hotcakes make every day FUNNER! Especially when you go cray cray with the toppings... and why wouldn't you?!

---

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

---

## STUFF YOU NEED

4 eggs  
½ cup coconut milk (canned)  
½ cup fresh blueberries  
(or frozen and thawed)  
¼ cup coconut flour  
¼ cup nut butter  
1 tsp. 100% vanilla extract  
pinch of salt  
coconut oil or butter  
for the pan

## TOPPINGS

Sugar free chocolate melted  
Peanut butter

## NOW WHAT

Place all of the hotcake ingredients (except the blueberries) into your blender or food processor.

Whiz until smooth.

Melt a little coconut oil in a large fry pan on low/medium heat and place ¼ cups of batter in the middle of the pan. Add 3-5 blueberries to the top of each hotcake.

Cook each hotcake for around 4-5 minutes.

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

Cook for a further 2-3 minutes and place on a plate covered with foil.

Continue to cook pancakes until all the batter is used!

Now have FUN topping your stack of pancakes with all the FUN toppings! YAY!



MERRYMAKER TIP...

*You can swap blueberries to any chopped fruit you like!*



# QUINOA PIZZA

Seriously, this might be best and most easy healthy pizza base recipe out there! It's pretty much a 1 ingredient pizza base! BOOM!

---

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

---

## STUFF YOU NEED

### FOR THE PIZZA BASE

- 1 ½ cups quinoa
- ½ cup water (plus extra for soaking)
- 1 tsp. baking powder (gluten free)
- 1 tsp. salt

### FOR THE TOPPINGS

- 400 g (14 oz.) chicken breast cut into chunks
- 200 g (7 oz.) mushrooms sliced
- 1 broccoli head cut into florets
- 1 cup grated cheese (optional)
- ½ cup frozen peas
- 2 tbs. tomato paste
- coconut oil

## NOW WHAT

Place the quinoa into a bowl and cover with water so all the quinoa is covered. Allow to soak overnight or for at least 8 hours.

Drain and rinse the quinoa until the water runs clear.

Place the quinoa, water, baking powder and salt into your blender or food processor and whiz until a smooth batter forms.

Line 2 x 23 cm (9 inch) springform cake tins with baking paper and preheat your oven to 180°C (350°F).

Divide the mixture between both cake tins and spread out to the edges with the back of a spoon. Make sure the base is even by shaking the tin a little.

Place both bases into the oven for 15 minutes.

Meanwhile place the chicken onto a lined baking tray and drizzle with a little oil and place into the oven.

Cook the broccoli and peas, either boil for a couple minutes or fry in a hot pan with a little oil. You'll only need to slightly cook as they will cook in the oven once on top of the pizza.

OK, back to the pizza bases!

Take out of the oven, release the springform and then carefully flip each base over.

Place back into the oven for 5 minutes.

Take out of the oven again, top with tomato paste, chicken, peas, broccoli and cheese, place back into the oven until your cheese is melted!

Enjoy!



## MERRYMAKER TIP...

*This is SO yum cold and also make the perfect grain free pita bread! Hello dip and fun and yum!*



# MERRY NANA POPS

Hello delicious cute Nana Pops! Seriously, you don't need a magnum when you can have a Merry Nana Pop instead!

---

SERVES: 2  
 PREP TIME: 15 mins  
 FREEZER TIME: 1 hr

---

## STUFF YOU NEED

2 bananas  
 4 bamboo skewers  
 or paddle pop sticks

## FOR THE CHOCCY

¼ cup coconut oil  
 ½ cup raw cacao powder  
 ½ cup nut butter (we've also used  
 coconut butter before)  
 ¼ cup honey or rice malt syrup  
 1 tsp. 100% vanilla extract

## TOPPINGS

Crushed nuts  
 Chopped strawberries  
 Whatever your heart desires

## NOW WHAT

Cut each banana in half and thread a skewer half way into each banana section, set aside on a lined baking tray that will fit in your freezer.

Now for the choccy! Place all ingredients into your blender or food processor.

Whiz until smooth, scraping the edges as you go.

This will take around 3-5 minutes - the friction from the whizzing will combine all the ingredients to this perfect smooth chocolatey goodness.

Pour choccy into a bowl.

Carefully dip each nana into the chocolate, and back onto the lined baking tray. Place into the freezer for 5 minutes.

Coat again with chocolate, and place back into the freezer for 5 minutes.

Coat one last time, and sprinkle with toppings, now place into the freezer for at least 45 minutes.

Enjoy and NOM NOM NOM!

Oh! There will be leftover chocolate! Place into moulds and into the freezer for yummy choccy snacks!



MERRYMAKER TIP...

*Don't like bananas? This would be delish with strawberries (you could make kebabs!).*



---

YOU WANT TO  
CHANGE YOUR LIFE?  
CHANGE THE WAY YOU THINK.

---

HARVEY SPECTER