

**BLACKTOWN  
PRISM GROUP 2015  
CHRISTMAS MENU**

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**Menu** *(in no particular order)*

- Strawberry Santas**
- Christmas tree vegetables and dip**
- Sugar-free White Christmas**
- Sugar and flour free Christmas pudding**
- Baked Sweet Potato Croquettes**
- 20 Minute Sriracha Sauce Recipe**
  - Not so devilled eggs**
  - Prosciutto e Melone**
  - Watermelon-Mint Slush**
  - Caprese Skewers**
- Satay Chicken Drummettes**
  - Sweet Potato Latkes**
  - Zucchini Garlic Sticks**
  - Piña Colada Shrimp**
- Crab Stuffed Mushrooms**
  - Baked Zucchini Fritters**
- Strawberry-Mango Mint Tea**
  - Bacon-Wrapped Scallops**
- Salmon, cucumber and cream cheese rolls**
  - Chocolate Bonbons**



Thank you!

Thank you for sharing your Change of Lifestyle journey with me over the past few years.

For all those behind the scenes, it has been great to know there have been people looking after the things I didn't have the time for.

For those that have continued on past the program workbooks, and those just starting – know that you are all supporters for each other.

The recipes, plus new ones overtime, will remain on the web site – however, due to 'technical stuff', the address you type in has changed.

**<http://healthylivingsa.info>**

Don't worry if you forget it. The old 'blacktownprism.info' web site will now automatically transfer to the new location for the foreseeable future.

The new site also has electronic copies of the workbooks, videos and audio tracks. To access these, will require a special logon, this is to ensure we manage the number of copies are 'out there'.

*Jenny*

## Chocolate Bonbons



Makes 15, 100 cals each (today's sampler is 50 cal)

### Ingredients

- 4 large Medjool dates, pitted
- 3/4 cup raw cashews
- 2 tablespoons sugar free chopped up dark chocolate
- 2 tablespoons cacao powder (optional)

### Instructions

1. Place pitted dates and cashews in food processor and process for 1-2 minutes until completely pureed.
2. Add the dark chocolate chips and pulse a few times, just until combined.
3. Remove dough from food processor and form into 15 balls
4. Roll bonbons in cacao powder (optional)

Refrigerate the bonbons to harden them but it is not entirely necessary.

## Strawberry Santas



12 Cals per santa

- 2 punnets of strawberries
- ½ cup of mascarpone cheese
- 1 teaspoon of vanilla extract
- 1 teaspoon of rice malt syrup

Cut the hull off the strawberries. Wash and dry well.

Whisk the mascarpone, vanilla and rice malt until thick and creamy.

Place in a piping bag.

Cut across the top of the strawberries to form hats.

Place some of the cream in a circle on the strawberry, attach the hat then add buttons and hat “pom-pom”.

Use a “dot” of melted sugar free chocolate to form eyes.

Refrigerate until ready to serve.

## Christmas tree vegetables and dip



1 polystyrene cone

Toothpicks

Mixed vegetables

(I dunked the broccoli and cauliflower in hot water for 3 mins then chilled in ice water to make it more “all dente”)

Serve with hommus and tzatziki or your favourite dip.

(I used black swan as I like it and it is low in calories per teaspoon)

## *Salmon, cucumber and cream cheese rolls*



Makes 15, 57 cal's each

1 cucumber  
 ½ cup cream cheese, softened  
 ¼ cup finely chopped fresh chives  
 1 tablespoon of horseradish cream (masterfoods)  
 ¼ teaspoon salt  
 Approx. 250 thinly sliced smoked salmon  
 Fennel leaves

Slice cucumbers into very slim slices using vegetable peeler  
 Stir together cream cheese, chives, horseradish, salt, and pepper to taste and mix well.  
 Pat cucumber dry. Arrange salmon on top of the cucumber slices, and then spread with a thin layer of cream cheese mixture.  
 Roll up Cucumber slice slowly ensuring the mixture does not escape through the sides.  
 Sprinkle with fennel leaves for decoration.

## *Bacon-Wrapped Scallops*



Makes 15, 27 cal's each

500 gm Bacon rashers  
 15 Scallops  
 1 tsp Smoked Paprika

Preheat oven to 425°F.

Rinse scallops under cold water.

Cut bacon strips in half.

Wrap each scallop with 1/2 strip of bacon.

Skewer 2–3 bacon-wrapped scallops per skewer.

Sprinkle with smoked paprika, seasoning both sides.

Bake at 425°F for 20 minutes.

Flip, then bake for an additional 15 minutes.

## Sugar-free White Christmas



Makes 40 pieces, 80 cals per piece

- 2 1/2 cups of coconut butter
- 1 1/4 cup of coconut milk
- 1 vanilla bean, seeds scraped
- 1 tablespoon of rice malt syrup
- 1/2 cup of desiccated coconut
- 1 cup of macadamia nuts, roughly chopped
- 1 cup of pistachios
- 1 cup of frozen raspberries (keep in the freezer until ready to use)

Line a 20cm square slice tin with baking paper. Melt the coconut butter in a bowl over hot water until it has completely turned to liquid.

Place the coconut butter in the food processor. Add the coconut milk, vanilla, syrup and coconut until well combined. It is important to work quickly here, because you do not want the coconut butter to start solidifying. It is easier to stir through the dry ingredients when it is still runny. Stir in the macadamia nuts and pistachios. Gently fold in the frozen raspberries.

Pour mixture into the prepared tin. Place the tray in the freezer for 3-4 hours.

Use the baking paper to lift the white Christmas out of the tin and slice into small squares (about 40). These are best stored in the freezer.

Note: You can eat them directly from the freezer or you can place them in the fridge for 30 minutes before serving to allow the raspberries to soften a little.

## Sugar and flour free Christmas pudding



Serves 20, 190 cals per serve (today's sampler is 63)

- 600 g mixed dried Fruit or a mix of the following (raisins, prunes, figs, apricot, currants, sultanas, dates)
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla bean extract or paste
- 1/4 teaspoon nutmeg
- zest and juice from 1 orange
- 3 tablespoons extra virgin olive oil
- 3 eggs
- 200 g (2 cups) ground almonds
- 50 g walnuts

Preheat your oven to 150° C (fan forced)

Prepare a 20 cm round cake tin with baking paper lining the sides and the base.

Combine dried fruit, spice, vanilla, orange zest + juice, olive oil and eggs.

Add the almonds and walnuts and mix through.

Spoon Christmas cake batter into your baking tin.

Bake for 1 hour and 30 minutes. Check with a skewer to see if it comes out clean, if not bake for another 30 minutes.

Cover the top if necessary to prevent over-browning.

Cool, then remove from the tin and store in an airtight container in the fridge for up to 1 month.

### NOTE:

If you wish to soak your Christmas cake in orange liqueur, as soon as you remove the cake from the oven, skewer holes through the cake and drizzle over 1/4 cup orange liqueur so it can penetrate through the holes and infuse into the cake.

## Strawberry-Mango Mint Tea



Serves 6, 25 cal's per serve

6 whole Green Tea, *bags (white tea preferred)*  
 6 cup Water, *boiled, still hot*  
 1 cup Strawberries, *sliced*  
 1 cup Mango, *diced*  
 1 cup Mint Leaves, *chopped*

Boil 6 cups of hot water. Steep the white tea for 20-30 minutes, remove the tea bags, and then allow the tea to cool completely. This will take at least two hours in the refrigerator.

Stir in the strawberries, mango and mint. Allow the tea to sit for at least 2 hours, up to 12 hours. The longer it sits before serving, the sweeter and stronger the fruit flavours in the tea become.

Add ice to your jar/pitcher and give it a quick stir before serving.

## Baked Zucchini Fritters



1 whole Zucchini, *shredded (large zucchini)*  
 1 tsp Sea Salt  
 80gm Goat Cheese, *soft and at room temperature*  
 1 whole Egg  
 1/2 tsp Onion Powder  
 1/4 tsp Garlic Powder  
 1/4 tsp Black Pepper

Preheat the oven to 200°C degrees

Combine the zucchini and salt together and set aside

Beat the egg and goat cheese together until smooth

Add the garlic powder, onion powder, and pepper to the egg and cheese mixture and mix well

Remove all the excess water from the zucchini (place the zucchini in a thin dish towel and squeeze out the water)

Add zucchini to the egg and cheese mixture and combine well

Spoon out 16 equal size amounts of the mixture onto a baking sheet covered with parchment paper

Bake for 20 minutes, remove from the oven, and flip the fritters over  
 Bake for another 10-15 minutes

## Baked Sweet Potato Croquettes



Makes 30 croquettes, 48 cal each

3 cup Sweet Potato, *mashed, cold*  
 2 Tbsp Salted Butter, *melted*  
 2 whole Egg  
 1 cup Almond Meal  
 1 pinch Salt  
 Sriracha, *or hot sauce of your choice*

Preheat oven to 200°C. Incorporate melted butter and salt in your leftover mashed sweet potatoes (preferably refrigerated overnight or up to a few days).

Whisk the eggs in one bowl and place the ground almonds in another bowl.

Take 1 heaped tbsp of mashed sweet potatoes, shape into a slightly flattened ball, dive into the whisked eggs then coat on all sides with almond flour. Place on a baking sheet lined with parchment paper. Repeat for each croquette. Bake at 200°C for 25-30 minutes until the tops are crispy and the center is hot.

Serve with Sriracha Sauce or with your choice of hot sauce.

## 20 Minute Sriracha Sauce Recipe



Makes 1 cup, 5 cal per teaspoon

70gm fresh red jalapeno peppers  
 70gm fresh mini sweet snacking peppers  
 2 garlic cloves, smashed and peeled  
 30ml apple cider vinegar (or white or unsweetened rice vinegar)  
 1 tablespoons tomato paste  
 4 teaspoons honey  
 2 teaspoons fish sauce, Braggs Liquid Aminos or Coconut Aminos

In a food processor or high speed blender, add all ingredients and blend until smooth.

In a medium saucepan over high heat, pour the sauce in and cook on high until it begins to boil. Reduce to a simmer and cook for 10-15 minutes.

Taste and adjust with additional honey, vinegar or Bragg's (or whatever you're using) if needed. You're looking for a nice balance of flavor.

Transfer the sriracha sauce to jars. Sriracha will keep for 2 weeks in the refrigerator. Better yet, can them and store in pantry, or frozen into ice cubes and defrosted prior to use.

## Crab Stuffed Mushrooms



Makes approx. 20 – 60 cal's each

450g Blue Crab Meat, *shredded*  
 600g Mushrooms, *stems removed*  
 1/2 cup Mayonnaise  
 3 Tbsp. Chives, *finely chopped*  
 1 tsp dried Oregano  
 1/2 tsp Paprika

Mix the crab, mayo, chives and spices in a large bowl. Set aside to rest for 15 minutes.

Preheat the oven to 180°C. Meanwhile, clean the mushrooms and remove the stems. Then pat the mushrooms dry.

Stuff mushroom caps with crab mixture and place on baking sheet lined with a piece of baking paper.

Bake for 20 minutes, or until crab mixture is lightly golden on top.

Allow to rest for a minute or two to cool, and serve.

## Piña Colada Shrimp



Makes approx. 20 prawns, 18 cal's per prawn

500 g Raw Shrimp  
 1 Egg  
 1/2 cup crushed Pineapple, juice removed  
 1/4 cup Coconut Cream  
 1/2 cup Coconut Milk  
 1/4 cup Coconut Flour  
 1 cup unsweetened Coconut Flakes  
 1 pinch Sea Salt

Peel and de-vein the raw shrimp. In a small bowl let the shrimp sit in 1/2 cup coconut milk. While the shrimp are chillin' in their bath set up your plates to coat the shrimp. Coconut flour and salt in one plate, whisked egg in another, and shredded coconut in the other.

Dip shrimp in coconut flour > Then egg > Then shredded coconut

Lay in a baking pan and bake at 180°C for 10-12 minutes. OR fry in coconut oil in a skillet cooking the shrimp on medium high heat for about 2-3 minutes each side

For the sauce, simply blend the coconut cream and crushed pineapple. You can even use the thick part of the canned coconut milk instead.

## Not so devilled eggs



Makes 16 halves, 40 cal's per half

2 Tbsp. Mayonnaise  
 8 whole Eggs  
 Salt and pepper to taste  
 1 teaspoon of finely diced onion  
 Fresh chives for serving

Place eggs in a pot and cover with water.  
 Bring water to a boil.  
 Boil eggs for 10 minutes.  
 Rinse under cold water.  
 Peel when cooled.  
 Slice eggs, lengthwise, down the centre.  
 Remove yolk and place in a bowl.  
 Mix yolks with mayonnaise, onion, salt, and pepper.  
 Scoop yolk mixture back into the hard-boiled egg whites.  
 Sprinkle with chive pieces.

## Prosciutto e Melone



Makes 16, 70cal's each

1/2 Rockmelon

100g Prosciutto

Cut rockmelon in half, and scoop out small balls with a melon baller or rounded measuring spoon.

Cut prosciutto into 1/2-inch strips, approximately 4 inches long.

Weave prosciutto ribbon through a stack of 2 melon balls, and skewer with a toothpick.

Serve.

### Notes

Choosing a perfectly ripe melon is easy. To start, smell the cantaloupe. It should have a sweet scent, and smell just like the inner fruit of the melon. If the skin has an orange tint to it, it is ripe. If it appears green underneath, it may not be ripe yet. A soft melon is overripe and should not be selected.

## Zucchini Garlic Sticks



Makes 16 sticks, 15 cal's per stick

- 4 whole Zucchini
- 3 clove Garlic
- ¼ tsp dried basil
- ¼ tsp dried oregano
- 3 Tbsp. Parmesan Cheese
- 1 Tbsp. Extra Virgin Olive Oil

Chop the garlic and sauté in olive oil with basil and oregano.

Mix the sautéed garlic with 2 tbsp. of the parmesan. Blend if desired.

Pre-heat oven to 200

Slice the zucchini in half lengthwise, then width wise

On a parchment lined baking tray line up the zucchini, coat with garlic mix and sprinkle remainder of parmesan over it.

Bake for 15-20 minutes until cheese is crispy. Serve with garlic (Tzadziki) dip or marinara sauce.

## Sweet Potato Latkes



makes 20, 38 cal's each

- 900gm Sweet Potato, *grated*
- 4 whole Eggs, *Beaten*
- 1/2 whole Onion, *Chopped*
- 1/4 cup Coconut Flour
- 1 Tbsp. ground Cinnamon
- 1 Tbsp. Salt
- 2 tsp Nutmeg Powder
- 1 tsp Black Pepper

Grease two baking sheets. Pre-heat your oven to 200C.

Peel and then grate your sweet potatoes. Once you've grated them, add all your other ingredients to a your grated sweet potatoes and mix together with your hands.

Now make little handful balls from the mixture. Place them on the baking sheets and flatten them out.

Bake for 20-25 minutes. Then take them out of the oven, flip, apply some olive oil with a brush and bake some more. I like mine to be crispier.

Nice served with a small dollop of sour cream.

## Watermelon-Mint Slush



Serves 4, 80 cal's each

1kg Watermelon, *diced and frozen*

10 whole Mint Leaves

2 whole Lime

Put the watermelon and mint leaves in a blender and squeeze the juice from the limes over it.

Run until semi-liquefied (you should be able to drink it through a straw).

Serve with a straw in a tall glass and decorated with a mint sprig.

## Caprese Skewers



26 cal's per skewer

Per skewer:

1 basil leaf

1 cherry tomato

1 cherry bocconcini

Balsamic glaze and extra virgin olive oil to dress

Skewer part of the leaf, add tomato, bocconcini and finish with the other end of the leaf.

Drizzle with balsamic glaze and oil to serve.

# *Satay Chicken Drummettes*



Makes 16, 1 drummette is 70 cal.

16 chicken drummettes, skin removed

1 tablespoon of crunchy peanut butter

1 tablespoon of sweet chilli sauce (prism recipe)

1 egg white

Mix the egg white, peanut butter and chilli sauce until well combined.

Brush over the drummette and bake at 200°C for approx. 45-50 mins until cooked through and golden.