

# Christmas Gingerbread Truffles

A guilt free, nutritious, Christmas inspired treat!

## Truffle

¾ cup pitted medjool dates, soaked for half hour  
2 cups finely shredded dried coconut  
½ cup oat bran or buckwheat flour, optional, can swap for almond meal or more LSA or coconut  
½ cup ground LSA  
½ cup cacao powder  
½ tsp Himalayan salt  
1 tsp ground ginger  
2 tsp ground cinnamon  
1.5 tsp ground allspice  
1 tsp pure vanilla powder  
3 Tbs pure maple syrup or molasses



## White "Chocolate" Sauce

2 Tbs of coconut butter  
1 Tbs maple syrup  
Hot water

*Blend all truffle ingredients in a food processor until well mixed. Add small amounts of water at a time until desired dough like consistency. Mould into small balls and set aside in a tray.*

*Melt coconut butter and maple syrup with small amounts of hot water at a time until consistency is right for pouring. Mix well. Do not heat over hot plate as this will cook and brown the mixture. Drizzle over the top of truffles and pop in the freezer for 30 mins.*

# Almond Milk

1 cup Almonds Soaked (2/3 cup before soaking)  
3 cups filtered water  
2 dates  
1 Vanilla Bean

Night before:

*Soak almonds for 8-12 hours over night and rinse well.*

Next morning:

*Place almonds in blender with 3 cups of fresh filtered water.  
Blend all ingredients on high until well blended.  
Pour ingredients through a nut milk bag.*

*Nut bags can be purchased at health food store.*

*Supplement stores may not have them however you will find them in true health FOOD store that sell health foods.*

*Nut Milk will last in the fridge approx 4 days - you will need to shake or stir it before you use it. You can use any other nut to replace the almonds. You can use hemp and sesame seeds also!*

*You can store the soaked almonds in the fridge in a jar or bowl covered with water for 3-4 days. Make sure you rinse the water and replace with fresh water every day to prevent spoilage.*

*The nut pulp you have left over can keep in the freezer for two months and is great for using as a biscuit base to slices etc.*

It's beginning to look a lot like CHRISTMAS



# Orange Macadamia Crusted Ham

When you want that “wow” factor this Christmas, you can’t go past this easy to prepare, yet absolutely delicious, variation on the good old ham!

Serves 10+

Prep time: 5 minutes

Cooking time: 120 minutes

7kg leg of ham  
2 cups macadamia nuts, chopped finely  
¼ cup mandarin or orange marmalade  
2 large oranges, rind grated finely  
¼ cup creamed honey  
1 teaspoon ground cinnamon

*Preheat oven to 150°C.*

*Line a large roasting pan with 2 sheets of baking paper.*

*Remove the rind from the ham. Place ham in the lined roasting pan.*

*Place chopped macadamia nuts in a bowl and add marmalade, orange rind, honey and cinnamon. Mix thoroughly.*

*Press the nut mixture onto the ham, using moistened fingers.*

*Bake for 60 minutes. Increase oven temperature to 200 C and cook for 45 to 60 minutes, until crust is crisp and golden.*

*Slice and serve warm or cold.*



# Spinach Pear Salad with Maple-Cinnamon Vinaigrette

This is a quick and simple salad that tastes wonderfully gourmet!

## Salad

330g baby spinach  
220g coarsely chopped pecans  
60g dried cranberries  
1 small shallot, thinly sliced  
2 pears, thinly sliced

## Dressing

120ml olive oil  
45ml Balsamic vinegar  
60g maple syrup  
¼ teaspoon cinnamon  
¼ teaspoon sea salt

*Place all the salad ingredients except the pears in a large bowl and set aside.*

*Whisk all the dressing ingredients in a bowl. Pour over the salad and toss gently.*

*Place the salad on the individual plates and top with the sliced pears.*

*Salad will keep for 1 day.*



# White Chocolate Cherry Cheesecake

This classic cheesecake will make anyone want to go raw. The crunchy, salted texture of the crust, the creamy cake, and the sweet, tart cherries make this one of the superstar desserts in my collection.

Serves 12

Soak time: 2 hours    Prep time: 45 minutes    Chill time: 120 minutes

## Crust

225g Walnuts, soaked 6-8hrs and dehydrated  
- if you do not have a dehydrator place them in the oven on a low heat for half an hour  
48g medjool dates  
30g palm sugar  
20g cacao powder  
44g cacao nibs  
1/8 teaspoon sea salt

## Filling

3 cups cashews, soaked 2 hours  
1 cup basic nut milk - if you don't want to make your own nut milk, Almond milk is ok.  
255g agave nectar  
60ml lemon juice  
30ml organic vanilla extract  
30g lecithin powder - Sunflower lecithin is a better choice as most lecithin is made of soy (and most soy products are genetically modified)  
164g cacao butter, warmed to liquid

## Topping

2 cups fresh or frozen cherries, pitted and thawed



## Method Crust

*In a food processor, grind the walnuts into a flour.*

*Add the dates and palm sugar and process until incorporated. Add the cacao powder, cacao nibs, and sea salt and process again until the mixture starts to stick together.*

*Reserve 60g of the crust for the topping.*

*Spread the mixture evenly into a 23cm springform pan lined with baking paper. Starting in the centre, press the mixture firmly and work your way out. Make the crust as even as possible. Don't forget the edges.*

## Filling

*Place the cashews, nut milk, agave, lemon juice, and vanilla into a high power blender and process until very smooth. Add the lecithin and cacao butter and blend again.*

*Pour the filling onto the crust and smooth using an offset spatula.*

*Spread 155g of the cherries over the top of the filling, staggering them evenly.*

*Use a toothpick to gently push the cherries into the filling. Alternatively, you can spread the cherries over the crust and pour the filling over them. I prefer to place them myself so I have an evenly polka-dotted cheesecake.*

*Spread the remaining cherries over the top in the empty areas. Gently press the cherries half way down into the mixture with your finger.*

*Sprinkle the reserved crust mix lightly over the top.*

*Place the cheesecake in the freezer for 2 hours. Let thaw before serving.*

*Store in the freezer for 1 month or in the refrigerator for 3 days.*

*Variation: Substitute your favourite berries in place of cherries.*