



# The Good Gut Girl Christmas eCookBook

authored by Sharon Hespe  
The Good Gut Girl  
[www.sharonhespe.com.au](http://www.sharonhespe.com.au)  
[naturopath@sharonhespe.com.au](mailto:naturopath@sharonhespe.com.au)



# The Good Gut Girl Christmas eCookBook

I have put together some recipes for you to make it easier at this time of year, all of the recipes have been trialed by myself and my family and they all taste fantastic, in fact we will be having quite a few of these foods over the next few weeks and at Christmas lunch ourselves. As usual, this is not a how to cookbook, it is assumed that you do have some knowledge of cooking, I have trialed all of these recipes so I know that they taste great and are not too difficult to make, most of the pictures are my own, there are a couple where I have used images from the internet, where this has happened I will tell you, (I just forgot to take a picture that day), otherwise if you cook one of my recipes, according to the directions, yes it will look like the picture. Please check the recipe quantity prior to writing your shopping list and cooking, as there will be some you need to adjust for depending on how many people you are cooking for, most of the recipes are for two people.



# The Good Gut Girl Christmas eCookBook

your recipe ecookbook contains recipes and ideas for the following;

breakfast fritters  
chia seed pudding  
ham, egg, avocado & tomato on sourdough  
christmas breakfast tarts  
creamy bircher muesli  
oat and banana pancakes



pate with crackers  
2 cheeses crackers  
chickpea fritters

warm macadamia ham  
iranian roast beef  
roasted stuffed chicken with gravy  
salmon ceviche  
oysters with eschallots and red wine liquer vinegar  
prawns with seafood sauce  
yoghurt roast chicken

egg and beetroot salad  
chat potato salad  
crunchy potato salad  
crunchy brown rice salad  
tomato and onion salad  
potato bake  
cauliflower bake  
roasted pumpkin salad

strawberries, cream, nuts & maple syrup  
pavlova  
pears with coconut custard  
affogato  
christmas cookies  
lemon and lime chessecake  
fruit and nut chocolate bar  
grand marnier almond crepes  
eggnog panna cotta



# breakfast fritters

serves 2

## ingredients

2 tablespoons of spelt flour

2 eggs

1 teaspoon of goats chevre

50 grams of kashkaval cheese grated

100 grams of good quality ham chopped up

1 tomato diced

2 mushrooms sliced

1 handful of baby spinach

1 handful of rocket

sea salt and pepper for seasoning

¼ teaspoon lemon juice for dressing

¼ teaspoon olive oil for dressing

oil to panfry fritters

## preparation

Put flour, cheeses and eggs into a bowl and mix up, then add in the ham, tomato and mushrooms and mix until combined, heat oil in a pan and when hot drop spoonful's of the mixture into the pan, you may need to flatten a little with a spatula, when golden turn them over, mix together the spinach, rocket olive oil and lemon juice, and serve fritters on the spinach and rocket mix. The filling combinations for this are endless, you could put in grated zucchini, corn, any type of leftover cooked vegetable or meat.

# chia seed pudding

serves 2

## ingredients

1/2 cup of coconut milk  
1/8 cup of chia seeds  
1 banana sliced  
1/2 punnet of raspberries  
1 teaspoon of blueberry jam  
1/8 cup of sunflower kernels  
1/2 cup of coconut yoghurt - I used Alpine brand  
strawberries to garnish

## preparation

Stir the chia seeds into the coconut milk and leave overnight in the fridge to gel, they will start to gel together after about 10 minutes, you do not have to wait, it will just be a little runnier. Then layer all of the ingredients together in a glass, it is that simple, you can vary the ingredients and you only need about a 1/4 tsp pf the jam, the picture shows the pudding in shot glasses as I prepared it as one of a few breakfast items for a brunch.





# ham, egg, avocado & tomato on sourdough

serves 2

ingredients

2 eggs

2 slices sourdough, either spelt, oat or quinoa or any type that is wheat free

100 grams of sliced ham

1/2 avocado sliced

1/2 tomato sliced

preparation

Cook eggs as desired, toast sourdough, layer ham, avocado and tomato on sourdough and top with cooked egg.



# christmas breakfast tarts

makes 24 mini tarts

## ingredients

2 cups of oats

4 tablespoons of coconut oil melted

160 grams of almonds

90 grams dessicated coconut

6 medjool dates pitted

pinch of sea salt

1/2 teaspoon of vanilla extract

goat curd for filling or

coconut yogurt for filling

berries for topping, blueberries and raspberries taste great with the  
goat curd



# christmas breakfast tarts

## preparation

Process almonds, coconut, dates salt and vanilla in a food processor until just combined, combine with oats and coconut oil and mix together, put roughly a tablespoon of mixture into a silicon cupcake mould and press into desired shape, only coming a centimetre up the side of the mould, put in the fridge to set for a half hour or so, when set gently remove from mould and fill with either goat curd and berries or coconut yogurt and berries, the cases can be pre made and taken out of the moulds so you do not have to buy 24 moulds. Store them in the fridge until ready to fill and serve.



# creamy bircher muesli

serves 4-6

## ingredients

150 grams of oats  
100mL coconut cream  
300mL a2 milk\*  
100mL good quality cloudy apple juice  
2 ripe bananas  
2 tablespoons of honey  
1/4 teaspoon of vanilla paste  
1 tablespoon of brown sugar  
zest of 1/2 a lemon - zest before juicing  
1 tablespoon of lemon juice  
1 x granny smith apple  
1 x red crispy apple  
200 grams of coconut yoghurt - I used the nudie brand  
2 x fresh passionfruit cut in half and pulp removed  
60 grams of pumpkin seeds  
60 grams of sunflower seeds  
30 grams of sesame seeds



# creamy bircher muesli

## preparation

Combine oats, milk, cream and apple juice together, stir to mix, mash bananas with a fork, stir in honey, vanilla paste, brown sugar, lemon zest and juice and mix, combine with oat mixture and refrigerate overnight. Just before serving grate granny smith apple into oat mixture and stir through, you can adjust mixture if too thick by adding extra milk or juice, or adding more honey if not sweet enough. To serve cut the red apple into thin strips the size of matchsticks, put the bircher muesli into serving glasses, add a dollop of coconut yoghurt, the red apple, a sprinkle of each type of seeds and lastly some passionfruit pulp. This is a very decadent and creamy bircher muesli.

\* this recipe was trialed using a2 milk, you can substitute any other type of milk as desired



# oat & banana pancakes

serves 2

## ingredients

75 grams of oats  
75 grams of wholemeal spelt flour  
1 teaspoon of baking powder  
200mL a2 milk  
1 tablespoon of nuttelex  
2 x eggs  
2 tsp of brown sugar  
pinch of cinnamon and a pinch of sea salt flakes  
10 grams of shredded coconut  
1/4 tsp vanilla bean paste  
1 banana



# oat & banana pancakes

## preparation

Blend up 50 grams of oats, then put in with flour and baking powder into bowl and mix with a wooden spoon, set aside, place milk and nuttalex in a saucepan and gently heat until nuttalex has melted and mixture is warm. Combine the flour mix with the milk mix, add the rest of the oats, eggs, brown sugar, cinnamon, salt, shredded coconut, and vanilla bean paste and mix. Set aside for twenty minutes in the fridge, mash the banana then add into the refrigerated mix and cook as you would normal pancakes using coconut oil.



# pate

## ingredients

1 kg of chicken livers  
2 rashers of bacon diced  
2 onions diced  
2 garlic cloves crushed  
60 grams of nuttalex or 60 grams of olive oil  
1/2 cup of sweet sherry  
100 ml of coconut cream

## preparation

Heat a pan on the stove, add everything except for the sweet sherry and a2 cream, fry until the livers are pink, then add sweet sherry and the cream, cook for a few minutes, then blend, cool and store in fridge.

serve with plain rice crackers



# cheese

Serve any style of cheese that is a2, all goats, sheep, and cheese from a jersey cow are classed as a2, there are lots more varieties than we have pictured, serve on a platter with some veggie sticks, some hommous and home made pate, and plain rice or corn crackers.



# chick pea fritters

serves 2

## ingredients

1 x 440g cans of chickpeas drained and rinsed  
2 x carrots grated  
1/2 x bunch coriander chopped  
100 grams of goat's fetta crumbled  
2 x eggs  
1/4 cup wholemeal spelt flour  
1 teaspoon of baking powder  
Sea salt and cracked black pepper to season  
Vegetable oil for shallow frying  
1/2 cup of a2 yoghurt (or goat or sheep)  
5 mint leaves

## preparation

Place chickpeas in a bowl and mash lightly with potato masher, add grated carrot, coriander and fetta and mix well. Add eggs, flour, baking powder, salt and pepper and mix well. Drop spoonful's into heated oil in a non-stick pan, cook until golden, turn and cook the same on the other side, drain on absorbent paper and serve with the minted yoghurt. To make minted yoghurt chop up the mint leaves and stir through the yoghurt.



# warm macadamia ham

## ingredients

- 2 kg sliced ham\*
- 1/2 cup maple syrup
- 1 cup fig jam
- 1 1/2 cups macadamia nuts chopped

## preparation

Put maple syrup and jam in saucepan on stove, heat and stir until jam has dissolved, add in nuts, put ham in oven proof dish with lid, pour the combined ingredients over the ham and heat gently for approximately 15 minutes, it just needs to heat not cook.

\*if you are serving this ham as your only meat I would allow 200 grams per person, if you are serving it as a part of a menu that had other meats allow 100 grams per person.

this picture is not ours, although our ham is as tasty looking as this picture



# iranian roast beef

## ingredients

2 kg piece of whole beef blade\*  
70 grams tomato paste  
70 grams hot english mustard

## preparation

Mix together tomato paste and hot english mustard, try not to get your nose too close as the mustard will be strong, put beef in pan you will roast in, apply mustard mix all over the roast, you want it to be about 3 to 5mm thick all over, cover and leave to marinate for at least 24 hours, then cook at 200 degrees until cooked as desired. Do not be fooled by the simplicity of this recipe, I have been asked for the recipe on countless occasions as it tastes so good. I called it Iranian beef as I used to work with a chef many many years ago who was Iranian who gave me the recipe.

\*if you are serving this beef as your only meat I would allow 200 grams per person, if you are serving it as a part of a menu that had other meats allow 100 grams per person.



# roasted chicken with stuffing & gravy

## ingredients

1 x whole chicken plus

## ingredients for stuffing

1 tablespoon of nuttelex

1 onion diced

3 large mushrooms diced

1 teaspoon of fresh oregano leaves

2 slices "Ancient Grains" wheat free sourdough bread made into fresh breadcrumbs

2 small eggs

## preparation for stuffing

Melt nuttelex in a non-stick pan, add onions and mushrooms and sauté for three minutes or until onions are translucent, place in a bowl with oregano, breadcrumbs and eggs, mix well to combine, and stuff chicken with mix, put chicken in oven to bake.



# roasted chicken with stuffing & gravy

## ingredients for gravy

40g nuttelex  
6 eschallots peeled and sliced  
¼ cup white wine - vegan friendly  
¼ cup water  
1 tablespoon of spelt flour

## preparation for gravy

Melt nuttelex or butter in pan, add eschallots and sauté for two minutes, add wine and water and cook for five minutes, using pan you have cooked chicken in that still has some chicken juices in it, add the flour and make a roux with the juices, add eschallot mixture and stir and then serve.

this is not our picture



# salmon and salad ceviche

serves 2

## ingredients

- 1 x red onion sliced finely
- juice of 2 large lemons
- 1 teaspoon of sea salt
- 1 pomegranate
- 1 clove garlic diced finely
- 1 fresh red chilli diced finely
- ½ a Lebanese cucumber finely sliced
- 1 avocado cut into 1cm cubes
- 1 handful of mixed colour cherry tomatoes cut in half
- ½ bunch of coriander chopped
- 200 g piece of fresh salmon finely sliced

this recipe is from Jamie Oliver's Super Foods



# salmon and salad ceviche

## preparation

Put the finely sliced salmon in with the lemon juice and salt and mix up, add in the red onion and mix up, leave to cure whilst preparing the salad, combine together the pomegranate seeds, to remove the pomegranate seeds cut pomegranate in half and bash the outside of the husk with a wooden spoon quite firmly, all of the jewels will then fall out, combine them with remaining ingredients, drain the salmon mixture and toss both the salad mixture and salmon mixture combine, serve immediately.

this recipe is from Jamie Oliver's Super Foods



# oysters with eschallots and red wine liqueur vinegar dressing

fresh oysters

dressing

1 x eschallot finely chopped

1/4 cup of Pukara Estate red wine liqueur vinegar

1/4 cup extra virgin olive oil

This dressing will make enough for approximately one dozen oysters, combine dressing ingredients and put a teaspoon or two onto each oyster



# fresh prawns with seafood sauce

fresh prawns\*

ingredients for seafood sauce

1/4 cup of mayonnaise

1./4 cup tomato sauce

dash of lemon juice

preparation

Combine all ingredients together, this should be enough for 1 kg of prawns.

\* if you are having a lot of people and a few meats and salads you only need to allow for 1kg of prawns for 10 people



# yoghurt roast chicken

serves 4

## ingredients

- 1 x chicken
- 8 cloves garlic peeled
- 1 x small onion peeled
- 1 cup of a2 yoghurt (or sheep or goat)
- $\frac{1}{4}$  cup olive oil
- rind of  $\frac{1}{2}$  lemon
- 1 teaspoon of sea salt
- $\frac{1}{4}$  teaspoon of cracked black pepper



# yoghurt roast chicken

## preparation

Remove backbone from chicken and discard, flatten chicken out by pressing on breast area, combine onions and garlic in a food processor and mix up until a paste forms, combine this paste with the rest of the ingredients and rub all over chicken, refrigerate overnight, or at a minimum four hours, heat oven to 200 degrees, place chicken on an oiled rack and cook for approximately 40 to 50 minutes until cooked, cover and rest for ten minutes then cut up and serve.

My tip; use a throw away roasting container – one of those foil ones that you can buy.

Adams tip; If a marinade contains salt, it is best to leave meat for more than 40 minutes, any less than that and the salt may draw the moisture out of the meat, you will get the best results if left to marinate for a few hours or at least overnight. Recipe by Adam Liaw



# egg & beetroot salad

serves 2

## ingredients

1/3 cup raisins  
1 cup cold earl grey tea  
2 carrots grated  
1 large beetroot peeled and grated  
1/3 cup roasted almonds roughly chopped  
1/4 cup flat leaf parsley roughly chopped  
1/3 cup extra virgin olive oil  
1 1/2 tablespoons of red wine vinegar  
sea salt and cracked black pepper for seasoning  
6 soft boiled eggs peeled

## preparation

Soak raisins in tea for twenty minutes, boil water for eggs when water is boiling add in room temperature eggs and cook for six minutes, when six minutes is up then put under cool water immediately to cool them, peel them and put to one side. Combine raisins, carrot, beetroot, almonds, and parsley together in a bowl, season with salt and pepper, add in red wine vinegar and olive oil and toss, serve on salad leaves if desired, slice eggs in half and place on salad. This is a Neil Perry recipe.

# chat potato salad



serves 6

## ingredients

1 kg chat potatoes  
1/2 cup extra virgin olive oil  
2 shallots finely diced  
1 teaspoon of cracked black pepper

## preparation

Cook potatoes in boiling water, when cooked drain, then whilst still hot sprinkle over pepper, shallots and extra virgin olive oil, mix gently with a spoon to combine, you can serve them hot or cold, they are still great cold the next day.

this is not our picture



# herbed potato salad

serves 8

## ingredients

1 kg potatoes - preferably pontiac or desiree  
2 eggs  
1/2 cup mayonnaise  
pinch sea salt and freshly ground black pepper  
4 green shallots finely sliced  
2 x celery stalks finely sliced  
10 chives chopped  
1/4 cup mint leaves chopped finely

## preparation

Cut potatoes into 4 cm cubes, put potatoes and eggs in cold water, cover and bring to boil, when water has been boiling for ten minutes remove eggs and check if potatoes are cooked, if not continue cooking uncovered until potato is just tender, drain potato, peel eggs and grate eggs into a serving bowl, add the still warm potato, mayonnaise, salt, pepper, shallots, celery, chives and mint, gently stir to mix and serve, this is fine if made the day before.

this recipe has been adapted from Naked Foods by Jane Grover



# crunchy brown rice salad

serves 6

## ingredients

2 cups of brown rice  
6 green shallots finely chopped  
1 red capsicum finely diced  
1/3 cup currants  
60 grams of unsalted cashews finely chopped  
2 tablespoons of sunflower seeds  
1/2 cup flat leaf parsley finely chopped

## dressing ingredients

1/4 cup of extra virgin olive oil  
2 tablespoons of sesame oil  
2 tablespoons of tamari sauce  
2 tablespoons of lemon juice  
1 tablespoon of caramelised balsamic vinegar  
1 clove garlic crushed



# crunchy brown rice salad

## preparation

Rinse rice in cold water and cook according to packet instructions, when cooked spread out on tray to cool.

Combine all dressing ingredients in a jar and shake well, put aside.

When rice is cool, combine with all other ingredients, pour dressing over the top and let absorb for about thirty minutes, then serve, this recipe is great the next day as well.

this recipe is from Naked Foods by Jane Grover



# tomato and onion salad

serves 2

ingredients

4 x amorosa tomatoes quartered

1 clove of garlic crushed

¼ red onion sliced finely

½ cup chopped coriander

olive oil for dressing

Pukara Estate Red Wine Liqueur Vinegar for dressing

preparation

Put tomatoes, garlic, red onion and coriander into small salad bowl,  
dress with olive oil and red wine liqueur



# potato bake

serves 2

ingredients

4 potatoes sliced  
2 teaspoons of nuttelex  
100mL coconut cream  
20 grams of kashkaval cheese grated

preparation

Heat oven to 200 degrees, melt nuttelex in baking dish and coat the dish with it, add in sliced potatoes, and sprinkle the grated cheese on the top, pour cream over the cheese and bake for approximately thirty minutes or until the potato is tender.

P.S the picture shows one that I baked and it has rosemary in it.



# cauliflower bake

serves 2

## ingredients

1/4 cauliflower cut into florets  
1 tablespoon of nuttelex  
1 tablespoon of spelt flour  
1/2 cup of a2 milk  
50 grams of kashkaval sheeps cheese grated  
2 tablespoons of spelt or oat breadcrumbs

Heat oven to 200 degrees, par cook cauliflower pieces and arrange in serving dish, melt nuttelex in a small saucepan, add the flour to the melted nuttelex and stir constantly until it bubbles, then add the milk to the mixture and stir or whisk until mixture comes to the boil, add in grated cheese, once the cheese has melted pour the sauce of the cauliflower and sprinkle with the breadcrumbs and put into the oven until golden, about 10 to 15 minutes.



# roasted pumpkin salad

## ingredients

- 1/4 cup of pomegranate molasses or maple syrup\*
- 1/4 cup of olive oil
- 1.5 kg of pumpkin cut into slices
- sea salt and cracked black pepper
- 1/2 cup walnuts
- 1/4 teaspoon of cumin seeds
- 1/2 cup flat leafed parsley
- 1/2 cup mint leaves
- 1 cup a2 yoghurt (or sheep or goat) to serve

Heat oven to 200 degrees, place pomegranate molasses or maple syrup and 2 tablespoons of olive oil in a bowl and brush the pumpkin with it, place pumpkin on some baking paper on a tray and cook until done. Place the remaining oil, walnuts and cumin in a pan and toast, set aside to cool then roughly chop, When pumpkin is cooked place on a serving plate, top with walnut mixture, parsley, mint and a dollop of a2 yoghurt, then drizzle remaining pomegranate molasses or maple syrup over the top.

\* this recipe is by donna hay, I trialed with maple syrup as well as the pomegranate molasses as per the recipe the results were very similar.



# strawberries, cream, nuts and maple syrup

serves 2

ingredients

1 x punnet strawberries

150mL coconut cream, coconut ice cream, or coconut yoghurt

50 grams activated mixed nuts

50 grams of macadamia nuts

1 teaspoon of black chia seeds

1/4 cup maple syrup

preparation

slice up strawberries, add nuts, cream, maple syrup and chia seeds, serve immediately, this recipe can be adapted to whatever berries, or nuts you have at the time, I just put them all together one night and they tasted great



# pavlova

## ingredients

1 x store bought pavlova  
1 x punnet strawberries halved  
300mL coconut yoghurt  
2 x passion-fruit  
2 kiwifruits peeled and sliced

## preparation

Place yoghurt and fruit on pavlova and serve, you could easily make your own pavlova, but a store bought one is fine, remember that pavlovas are really made of egg white and a bit of cornflour just check the on the box, you can use whatever fruits you like as well.

this is not our picture



# pears with coconut custard

serves 4

## ingredients

4 firm beurre bosc pears, core removed and quartered

3 tablespoons of brown sugar

270mL coconut cream -not low fat

1 cup a2 milk

5 egg yolks

2 tablespoons of sugar

½ teaspoon of vanilla bean paste

## preparation

Preheat oven to 200 degrees, put pears and brown sugar in a plastic bag and shake, empty contents on to non-stick baking tray or casserole dish, put in oven and bake for twenty minutes or until soft, combine coconut cream and milk in a saucepan, heat slowly stirring often until hot, put egg yolks, sugar and vanilla bean paste in bowl and whisk for a few minutes, add half of the hot milk mixture into the egg yolk mixture and whisk until combined, pour all of the egg yolk mixture back into the saucepan and heat gently until thickened, do not boil, serve warm custard over the pears. This is not my picture



# affogato

serves 4

ingredients

8 scoops coconut ice cream  
4 shots of amaretto or frangellico  
4 short black espresso coffees

preparation

put ice cream in bowls, pour over amaretto or frangellico, pour coffee on the top and serve immediately.

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# christmas cookies

makes 22

## ingredients

100 grams macadamia nuts chopped coarsely  
125 grams dried apricots cut up finely  
180 grams dairy free white chocolate (sweet william)  
250 grams of nuttelex  
1 cup brown sugar  
1/2 cup castor sugar  
2 teaspoons of vanilla essence  
2 eggs  
2 cups of spelt flour  
1/2 teaspoon of bicarb soda  
1 cup craisins  
2 1/2 cups oats



# christmas cookies

## preparation

Preheat oven to 180 degrees, line two oven trays with baking paper. Mix together macadamias, apricots and white chocolate in a bowl. Put Nuttelex in a mixing bowl with the brown and castor sugars, beat with an electric mixer until soft and creamy, continue to mix until the mixture has increased in volume and the sugar has dissolved. Add vanilla essence and eggs one at a time, beating well between each addition. Add flour and bicarb to Nuttelex & sugar mixture and stir with a spoon lightly, add chocolate and nut mixture and oats and craisins, combine until mixed well, sometimes I do this with my fingers as it is easier. Measure 2 tablespoons of mixture into a ball, put on tray and slightly flatten, repeat with remaining mixture, cook for approximately 12 minutes or until golden.

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# lemon and lime cheesecake

serves 8 - 10

## ingredients for base

80- grams almonds  
45 grams dessicated coconut  
3 medjool dates pitted  
pinch of sea salt  
1/4 teaspoon of vanilla extract  
1 cup of oats  
2 tablespoons of melted coconut oil

## ingredients for cheesecake

440 grams cashews (I used salted)  
210mL lemon juice  
210mL lime juice  
1 teaspoon vanilla extract\1/2 teaspoon sea salt  
350 grams honey  
1 teaspoon lemon zest  
1 teaspoon lime zest  
270mL coconut oil melted



# lemon and lime cheesecake

## preparation

Soak cashews for 4 hours and then rinse, to make the base process almonds, coconut, dates salt and vanilla in a food processor until just combined, combine with oats and coconut oil and mix together, then put in the base of a springform tin. Process cashews, lemon and lime juice, vanilla and salt in a food processor until thick and hard to mix, stir with a spatula, add honey and mix or pulse to combine, and zests and pulse to combine, add coconut oil and process until smooth and creamy, pour into tin and refrigerate for a few hours.

This is a recipe that has been changed (base only) from a Chef Pete Evans recipe, I used individual glasses to serve as it was easier for me.



# chocolate and nut slice

## ingredients

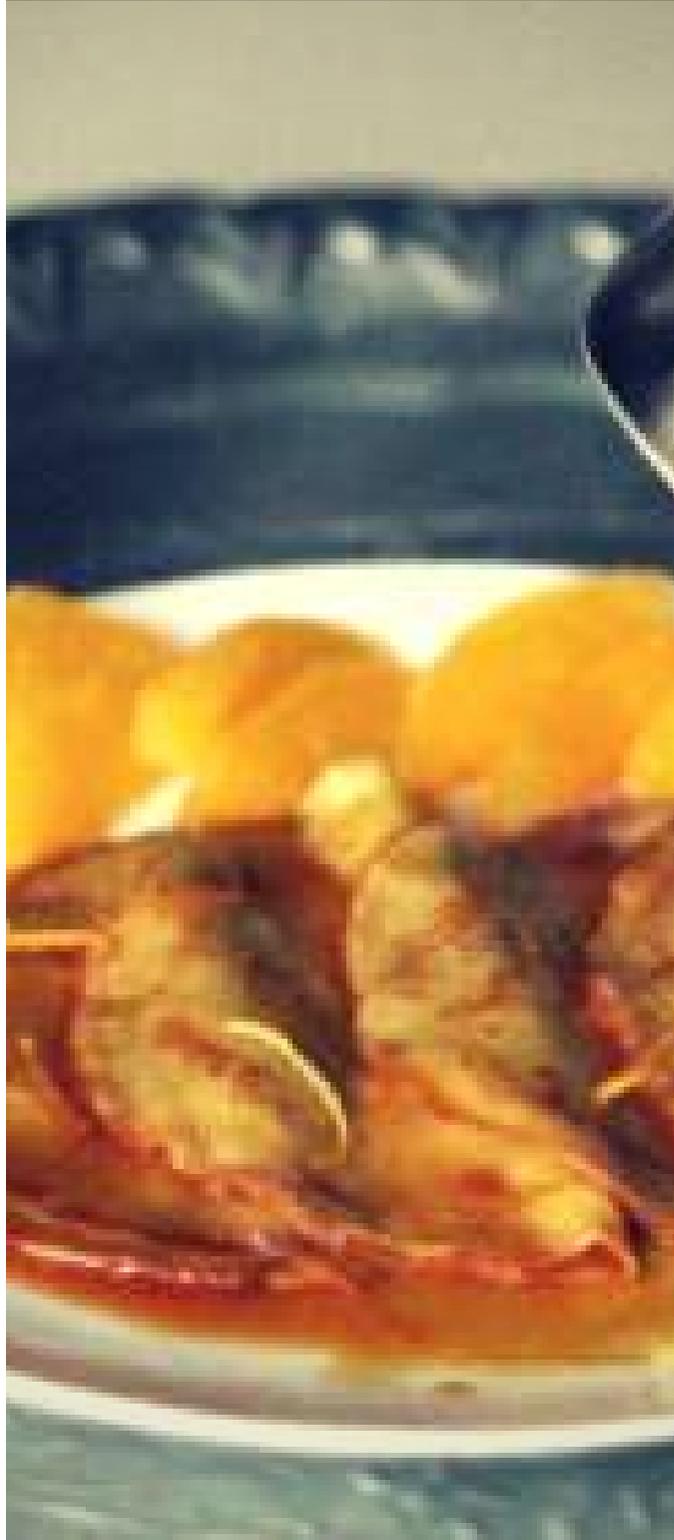
250 grams of dark chocolate

1 packet of raisins, or sultanas

200 grams of mixed nuts such as almonds, pistachios, macadamias

## preparation

Melt chocolate in microwave, when melted add in nuts and raisins, spread on some baking paper on a tray and refrigerate for 10 minutes, then break up and eat, you can use any type of nuts or dried fruit for this recipe.

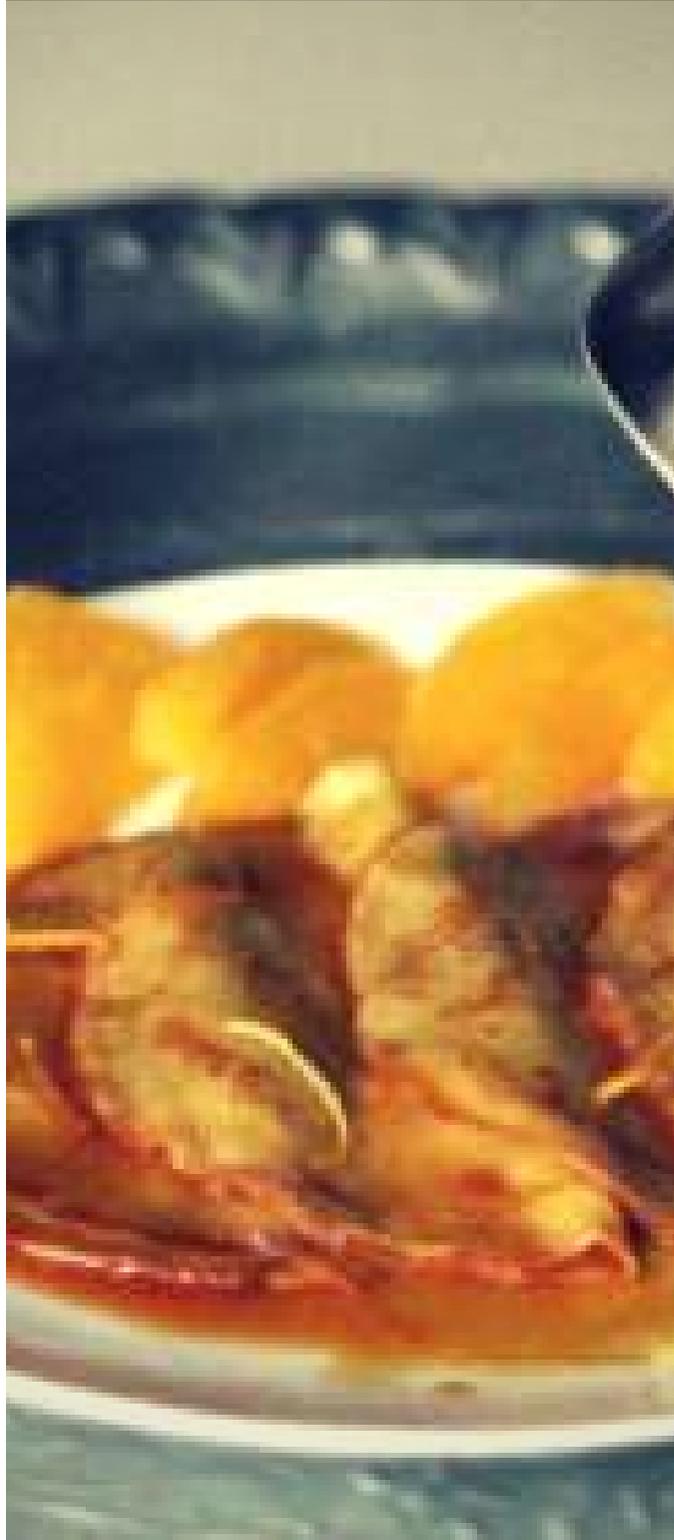


# grand marnier crepes

makes 20

## ingredients

1 cup ground almonds  
1 cup spelt flour  
4 eggs lightly beaten  
2 cups a2 milk  
125 grams nuttelex  
1/4 cup of castor sugar  
1 tablespoon of lemon zest  
1 tablespoon of orange zest  
1 cup of orange juice  
1/4 cup of lemon juice  
1/2 cup Grand Marnier  
2 oranges segmented



# grand marnier crepes

## preparation

Combine almonds and flour in a bowl, gradually stir in eggs and milk and beat until smooth, stand for 30 minutes. Heat pan and pour in 2 to 3 tablespoons of mixture and cook crepe on both sides until done, you may need to heat some nuttelex to cook the crepe in, just depends on your pan, repeat until all crepes are made. Heat Nuttelex in a pan, add sugar and cook stirring until sugar melts and begins to brown, add combined zests and juices, and stir over a high heat until caramalised sugar dissolves, add Grand Marnier and orange segments and heat gently, pour sauce over crepes and serve. Both of these items can be precooked and reheated, it is more of an adult than children desert.

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# eggnog panna cotta

## ingredients

250ml coconut cream  
250ml full-cream a2 milk  
1/2 tsp ground cinnamon  
1/4 tsp grated nutmeg  
125g castor sugar  
2 1/2 gelatine leaves (titanium strength)  
2 eggs, lightly beaten  
100ml brandy or cognac  
1/2 tsp vanilla extract

## preparation

Gently heat cream, milk, cinnamon, nutmeg and sugar in a saucepan, stirring until sugar has dissolved. Soak gelatine leaves in cold water for five minutes. Drain gelatine, squeezing leaves lightly to get rid of excess water. Whisk gelatine into cream until dissolved and allow to cool for one hour. Whisk eggs, brandy and vanilla extract into cooled cream and pour into glasses. Refrigerate overnight. This is an adult dessert as well, if you are serving children omit the brandy.

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