



Christmas Recipes

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Christmas is a great time of the year to enjoy and share delicious food with your favourite people. Often there is special meaning to the food that you share, and the memories you have for the holidays probably include food.

Often I hear how people blew their diet, overindulged, or can't make changes until after the holidays. This doesn't have to be the case!

You can enjoy the festive season and eat delicious healthier foods so you continue to feel your best.

I have compiled 20 scrumptious holiday inspired recipes that you can add to the turkey on your Christmas table. They include an appetiser, mains, sides, and of course desserts.

Ingredients used in these recipes can be found at most major supermarkets and health food stores, so you don't have to worry about searching high and low for that unusual food item.

Notes: please check the serving sizes and adjust if necessary e.g. halve or double.

As a qualified clinical nutritionist and naturopath, I specialise in food intolerances/allergies and gut health, but work with a range of clients with varied needs. If you would like a more individualised meal plan created or to work with me 1:1 you can learn more at www.brookearcher.com.au or contact me directly at info@brookearcher.com.au.





Smoked Salmon & Avocado Cucumber Bites

2 servings

5 minutes

Ingredients

1/2 Cucumber (large)
1/2 Avocado (mashed)
170 grams Smoked Salmon
3 grams Capers
750 milligrams Sea Salt

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 In a small bowl, mash the avocado with a fork.
- 3 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

Notes

Leftovers: Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

More Flavor: Add spices like chili flakes, cayenne or black pepper.

Make it Vegan: Omit the smoked salmon and use hemp hearts on top instead.



Glazed Christmas Ham

20 servings

3 hours

Ingredients

- 5 kilograms Ham, Bone-In (rind removed)
- 1 Navel Orange (juice and zest of)
- 1 1/2 tsps Ground Mustard
- 1 1/2 tsps Cinnamon
- 1/4 tsp Ground Allspice
- 1/4 tsp Nutmeg
- 1/4 cup Honey
- 1/4 cup Maple Syrup
- 1 tbsp Whole Cloves

Directions

- 1 Preheat the oven to 150 degrees.
- 2 Place it in a large baking dish. Score the fat and down into the meat in a criss cross pattern.
- 3 Place the rest of the ingredients (except the cloves) into a small bowl and mix well, trying to get all the lumps out.
- 4 Use 2/3rd's of the marinade to baste the ham on both the end and top scored sides.
- 5 Poke the cloves into the crosses where each of the scores meet on the top.
- 6 Fill the bottom of the baking dish with water, about 1 1/2 - 2 cm's deep. This will mix with the marinade that has run down the meat. Place the ham into the oven and bake for 30mins.
- 7 Using the remainder of the marinade, baste again. Return to oven for a further 30-45 mins. If edges of the ham are beginning to blacken, cover them with some aluminium foil.
- 8 Remove the ham from the oven, cover it with aluminium foil and let it rest for 15-20 minutes and then slice and serve warm. To serve cold, remove the aluminium foil after those 20 minutes and let cool completely.

Notes

Storage: Store wrapped in a wet tea towel, in a ham bag, in the refrigerator.



Cranberry Pumpkin Seed Stuffing

8 servings

35 minutes

Ingredients

- 15 milliliters Avocado Oil
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (diced)
- 61 grams Dried Unsweetened Cranberries
- 14 slices Gluten-Free Bread (small, cubed or torn)
- 238 milliliters Vegetable Broth
- 3 Egg (whisked)
- 32 grams Pumpkin Seeds
- 9 grams Poultry Seasoning
- 6 grams Sea Salt (to taste)

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat the oil in a pan over medium-high heat. Cook the onion, celery, and cranberries for about five minutes. Set aside.
- 3 In a large bowl, combine the bread, broth, and eggs until evenly absorbed. Stir in the pumpkin seeds, poultry seasoning, salt, and cooked veggies. Transfer to a baking dish and bake for 25 minutes, or until golden brown. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one cup.

More Flavor: Add garlic. Use butter instead of oil.



Poultry Seasoning

10 servings

5 minutes

Ingredients

- 3 grams Ground Sage
- 3 grams Dried Thyme
- 1 gram Dried Marjoram
- 2 grams Dried Rosemary
- 2 grams Nutmeg (ground)

Directions

- 1 Combine all spices into a jar or container with a lid and shake well to combine.

Notes

Leftovers: Store in an airtight container for up to three months.

Serving Size: One serving equals approximately one teaspoon.

More Flavor: Add salt and pepper to taste.

No Marjoram: Use oregano instead.



Dried Cranberry Sauce

10 servings

15 minutes

Ingredients

- 1 1/2 cups Dried Unsweetened Cranberries (soaked in water for min 2 hours, longer better.)
- 3 Green Apple (peeled, cored, and roughly chopped)
- 1/2 Navel Orange (juice of)
- 1/4 cup Honey

Directions

- 1 Place the soaked cranberries and 1/4 cup of the water into the Thermomix bowl or food processor.
- 2 Add the roughly chop the apples.
- 3 Thermomix: cook for 10 mins, speed 1 reverse, at 100 degrees. Check to make sure apples are cooked through, if not soft then continue for another minute or two. Stovetop: add the apples and cranberry mixture to a small saucepan and cook on low-med until apples are cooked through.
- 4 Once cooked, return to the Thermomix or food processor and blend on speed 3 (med) for 30 seconds or until all roughly mashed together.
- 5 Add the orange juice and honey and process for another 30 seconds to combine all together.
- 6 Serve warm, or place straight into a sterile jar and secure the lid and allow to cool.



Pork Roast with Creamy Onion Gravy

6 servings

1 hour 20 minutes

Ingredients

- 473 milliliters Chicken Broth
- 3 Yellow Onion (cut into wedges)
- 4 Garlic (clove, roughly chopped)
- 998 grams Pork Loin Roast
- 15 milliliters Extra Virgin Olive Oil
- 2 grams Italian Seasoning
- 6 grams Sea Salt
- 15 milliliters Coconut Aminos

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Add the broth, onion and garlic to the bottom of a small roasting pan, dutch oven or high-sided baking dish.
- 3 Drizzle the pork with the olive oil and then season with the Italian seasoning and salt. Rub the seasoning on all sides of the roast. Place the pork roast on top of the onions in the roasting pan.
- 4 Transfer the meat to the oven and roast for 20 minutes. Reduce the oven temperature to 350°F (176°C) and continue to roast for 40 to 55 minutes (about 20 to 25 minutes per pound) or until the pork is cooked through. Transfer the cooked roast to a plate to rest for 10 to 15 minutes.
- 5 Meanwhile, make the gravy. Transfer the cooking liquid, roasted onions and garlic from the roasting pan to a blender or food processor. Add the coconut aminos and blend until smooth. Add extra chicken broth to achieve your desired consistency, if necessary. Season with additional salt if needed.
- 6 To serve, slice the pork, divide between plates and top with the gravy. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

More Flavor: Add garlic powder or onion powder to the pork seasoning.

Serve it With: Serve alongside roasted vegetables, and mashed potatoes or mashed cauliflower.

Gravy: If most of the liquid evaporated during cooking, add more chicken broth to the blender, then thin the gravy with additional broth after blending if needed.





Roasted Potatoes with Tahini Dressing & Herbs

4 servings

50 minutes

Ingredients

6 Yellow Potato (small, washed and cubed)
22 milliliters Extra Virgin Olive Oil
4 grams Dried Rosemary
Sea Salt & Black Pepper (to taste)
45 grams Tahini
5 milliliters Lemon Juice
15 milliliters Water
40 grams Pickled Red Onions (homemade or store-bought)
30 grams Parsley (washed and dried)
4 grams Fresh Dill (washed and dried)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Place the potatoes on the tray. Toss with olive oil, dried rosemary, salt, and pepper. Place the tray in the middle rack of the oven and cook for 30 to 40 minutes or until golden brown.
- 3 In the meantime, in a small bowl whisk together the tahini, lemon juice, and water until smooth. Season with salt.
- 4 Once the potatoes are cooked, place them on a serving platter. Drizzle with the tahini dressing. Add the pickled onions and spread parsley and dill on top. Enjoy!

Notes

Leftovers: Refrigerate the potatoes and tahini dressing in separate airtight containers for up to three days. Reheat the potatoes in the oven before serving and top with pickled onions and herbs.

Serving Size: One serving is equal to approximately one cup of roasted potatoes and dressing.

More Flavor: Add spices like paprika, garlic powder, and/or chili powder to the potatoes before roasting.

Additional Toppings: Fresh mint and sesame seeds.

No Pickled Red Onions: Use thinly sliced fresh red onion instead.



Balsamic Roasted Brussels Sprouts & Bacon

6 servings

35 minutes

Ingredients

- 528 grams Brussels Sprouts (trimmed, halved)
- 22 milliliters Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 slices Bacon (chopped)
- 22 milliliters Balsamic Vinegar

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Place the Brussels sprouts on a baking sheet. Toss with the oil, salt, and pepper to coat.
- 3 Add the bacon to the baking sheet and toss again. Make sure the Brussels sprouts are in a single layer and that the bacon is spread out.
- 4 Roast for 20 to 23 minutes, tossing halfway through, until golden brown and crisp.
- 5 Add to a serving dish and toss with balsamic vinegar. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

Make it Vegan: Omit the bacon or use vegan bacon or sausage.

More Flavor: Use turkey bacon or crumbled sausage.



Apple & Beet Quinoa Salad

4 servings

25 minutes

Ingredients

85 grams Quinoa (uncooked)
1 Apple (julienned)
2 Beet (small, peeled, grated)
2 Carrot (small, peeled, grated)
21 grams Kale Leaves (chopped)
40 grams Dried Unsweetened Cranberries
59 milliliters Orange Juice
29 milliliters Apple Cider Vinegar
15 grams Dijon Mustard
20 grams Hemp Seeds
3 grams Sea Salt

Directions

- 1 Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
- 2 Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

Make it a Meal: Serve with your favorite protein on top.



Potato & Egg Salad

4 servings

25 minutes

Ingredients

450 grams Mini Potatoes (chopped)
2 Egg
59 milliliters Extra Virgin Olive Oil
22 milliliters Apple Cider Vinegar
8 grams Dijon Mustard
3 grams Sea Salt
30 grams Parsley (finely chopped)
2 stalks Green Onion (green part only, chopped)

Directions

- 1 Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
- 2 Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
- 3 In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

More Flavor: Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

Additional Toppings: Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.

Make it Vegan: Omit the egg.



Fennel, Radicchio & Grapefruit Salad

4 servings

25 minutes

Ingredients

- 1 bulb Fennel (cored and thinly sliced)
- 120 grams Radicchio (thinly sliced)
- 20 grams Shallot (thinly sliced)
- 29 milliliters Grapefruit Juice
- 59 milliliters Extra Virgin Olive Oil
- 7 grams Raw Honey
- 750 milligrams Sea Salt
- 2 Grapefruit (peeled and pulled apart into pieces)
- 6 grams Mint Leaves (thinly sliced)
- 45 grams Hazelnuts (toasted and chopped)

Directions

- 1 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 2 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 3 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

Notes

No Radicchio: Use endive or romaine lettuce instead.

No Grapefruit: Use navel orange instead.

No Honey: Use maple syrup instead.



Salmon Carpaccio

1 serving

10 minutes

Ingredients

7 grams Mayonnaise
1/2 Lemon (juiced, divided)
Sea Salt & Black Pepper (to taste)
99 grams Salmon Fillet (sushi-grade, skinless)
1 Cucumber (medium, thinly sliced)
20 grams Arugula
6 grams Capers
5 milliliters Extra Virgin Olive Oil

Directions

- 1 In a small bowl, mix together the mayonnaise and 1/2 of the lemon juice. Season with salt and set aside.
- 2 Thinly slice the salmon fillet. Arrange the salmon, cucumber, and arugula on a serving plate. Top with capers.
- 3 Drizzle with oil, the remaining lemon juice, and the mayo sauce. Season well with salt and pepper. Enjoy!

Notes

Leftovers: Best to serve immediately. Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add micro greens and radishes.

Additional Toppings: Lemon zest and chopped parsley.

Slicing Salmon: To easily slice the salmon, wrap it in plastic wrap and place it in the freezer for about an hour then slice it.



One Pan Lemon Prawn & Asparagus

2 servings

30 minutes

Ingredients

- 402 grams Asparagus (woody ends trimmed)
- 340 grams Prawn (uncooked, shells on)
- 30 milliliters Extra Virgin Olive Oil
- 750 milligrams Sea Salt (or more, to taste)
- 1 Lemon (sliced)

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and prawn on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
- 3 Bake for 15 to 18 minutes, or until prawn are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

Notes

More Carbs: Serve with pasta, rice, or quinoa.

Leftovers: Keeps well in the fridge for 2-3 days.



Tomato, Mango, & Basil Salad

5 servings

15 minutes

Ingredients

15 milliliters Balsamic Vinegar
15 milliliters Extra Virgin Olive Oil
7 grams Raw Honey
1 1/2 Mango (large, peeled, diced, and divided)
2 grams Sea Salt
447 grams Cherry Tomatoes (halved)
1 Avocado (large, peeled and diced)
80 grams Red Onion (finely diced)
21 grams Basil Leaves (chopped and tightly packed)

Directions

- 1 Combine the balsamic vinegar, oil, honey, 1/4 of the mango, and salt in a blender and blend until smooth.
- 2 Combine the tomatoes, avocado, red onion, basil, and remaining mango together in a large bowl. Toss with the dressing until well coated. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

Serve it With: Use as a dip with tortilla chips or on top of tacos like a chunky salsa!



Strawberry Pavlova

6 servings

1 hour 45 minutes

Ingredients

60 grams Egg Whites (resting at room temperature for at least 30 minutes)
100 grams Coconut Sugar (finely milled)
1/4 tsp Arrowroot Powder
1/2 tsp Lemon Juice
1 tsp Vanilla Extract (divided)
225 grams Frozen Strawberries (sliced)
15 milliliters Water

Directions

- 1 Preheat the oven to 107°C and line a baking sheet with parchment paper.
- 2 Using a Thermomix or hand mixer, beat the egg whites on high until stiff peaks form, about 5 minutes. Then add the coconut sugar 1 Tbsp at a time, making sure each is whipped and dissolved through before adding the next.
- 3 In a small bowl combine the arrowroot powder, lemon juice and half of the vanilla. With the mixer on low, pour the arrowroot mixture into the egg whites then adjust speed to high for 2 to 3 minutes more until the egg whites are glossy.
- 4 Gently transfer the egg whites to the prepared baking sheet and shape into a flat circle approximately 1-inch tall. Bake until the outside is firm to the touch, about 1 hour. Turn the oven off and leave the oven door slightly ajar. Allow the pavlova to cool in the oven for at least 30 minutes, best if let cool completely.
- 5 Meanwhile, add the strawberries, water and remaining vanilla to a pot over medium heat. Bring to a gentle boil and allow strawberries to bubble for 8 to 10 minutes until the sauce has thickened. Remove from heat and allow the sauce to cool.
- 6 To serve, slice the pavlova into wedges and top with the strawberry sauce. Enjoy!

Notes

Leftovers: Keep in an airtight container at room temperature for up to two days. For best results consume same day. Keep pavlova and strawberry sauce separate until just before serving.

Additional Toppings: Whipped cream and fresh berries.

No Strawberries: Use another berry instead.





Gingerbread Men Cookies

12 servings

1 minute

Ingredients

2 cups Almond Flour
667 milligrams Arrowroot Powder (or tapioca flour)
1/2 tsp Sea Salt
1/2 tsp Baking Soda
1/8 tsp Ground Cloves
1/2 tsp Cinnamon
1/2 tsp Nutmeg
1/2 tsp Ground Ginger
1/4 cup Coconut Sugar
1/2 cup Maple Syrup (or honey)
3 tbsps Coconut Oil (hardened)

Directions

- 1 Preheat oven to 170 degrees.
- 2 Place all the ingredients into the Thermomix bowl or a food processor and mix until forms a dough, and all ingredients are well combined.
- 3 Place a sheet of greaseproof paper onto a flat surface, and dust with some extra arrowroot flour.
- 4 Place dough on the greaseproof paper. Lightly press dough down to flatten, and sprinkle with a small amount of arrowroot flour. Place another sheet of greaseproof paper on top of the dough, and roll into a thin sheet with a rolling pin (about 1/2 cm thick).
- 5 Dust cookie cutters with arrowroot flour to coat the bottom for cutting. This will keep the cookie dough from sticking to the cutter.
- 6 Once you have cut out your cookies, carefully transfer them to a lined baking tray. Roll up remaining dough and repeat until all the dough is used.
- 7 Bake gingerbread at 170 degrees for 10 minutes (For smaller cookies it will only take approximately 7-8 minutes). Remove and let cool on a rack.

Notes

Decorating: These are perfect for decorating with icing or melted chocolate,



Raspberry Coconut Panna Cotta

3 servings

4 hours

Ingredients

30 milliliters Lemon Juice
9 grams Gelatin
485 milliliters Canned Coconut Milk
(full fat, divided)
21 grams Honey
2 milliliters Vanilla Extract
750 milligrams Sea Salt
123 grams Raspberries

Directions

- 1 In a medium bowl, add the lemon juice and then sprinkle the gelatin on top. Let it sit for two to three minutes. Do not mix.
- 2 In a small pot over medium-low heat, add the coconut milk and honey. Whisk to combine. Allow it to heat through for two to three minutes or until warm. Do not let it boil.
- 3 Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
- 4 Pour the coconut milk mixture into a blender and add the raspberries. Blend on high until smooth and creamy. Pour into jars and place in the fridge for four hours to set. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is an eight-ounce ramekin portion.

Additional Toppings: Top with additional raspberries.

No Honey: Use maple syrup instead.



Pistachio Pomegranate Bark

4 servings

30 minutes

Ingredients

- 200 grams Vegan Dark Chocolate
- 140 grams Pomegranate Seeds
- 62 grams Pistachios (shelled and chopped)
- 20 grams Unsweetened Coconut Flakes

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage: Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Coconut Shortbread Cookies

8 servings

20 minutes

Ingredients

56 grams Coconut Flour
16 grams Arrowroot Powder
36 grams Coconut Sugar
59 milliliters Coconut Oil (melted)

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2 In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
- 3 Gently squeeze and shape a tablespoonful of the dough into a ball. Transfer to the baking sheet and use your fingers to flatten each ball slightly. Repeat until all the dough is used.
- 4 Bake for five minutes or until golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

Notes

Leftovers: Freeze in an airtight container or freezer bag. Serve from frozen for best results.

Serving Size: Each serving equals one cookie.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Cherry Blueberry Coconut Popsicles

6 servings

4 hours

Ingredients

- 78 grams Frozen Cherries (roughly chopped)
- 74 grams Blueberries
- 121 milliliters Canned Coconut Milk

Directions

- 1 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 2 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 3 Place in freezer for 4 hours or until completely frozen.
- 4 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy: Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk: Use almond milk or any other dairy milk alternative.