



THE TASTY BIT

3 HEALTHY MEALS FOR THE HOLIDAYS

Christmas magic is silent. You don't hear it – you feel it. You know it. You believe it.

The holidays are a time for relaxing, spending time with loved ones, sleeping in and eating some mouth-watering meals. We encourage you to treat yourself these holidays and stay healthy doing it!

Don't let the Christmas pudding get the better of you this year with these healthy and delicious meals that are bound to bring some festive joy to any family table!



THE SIMPLEST TURKEY RECIPE EVER

Getting the turkey right is not easy. It takes hours in the oven to cook and during this time you might spend half of it stressing it will be too dry and the other half thinking about what dessert to make. Well, we've got you covered (on both accounts). Take all of the stress out of cooking this Christmas with a simple Turkey recipe that healthy and delicious!

INGREDIENTS

- 1 x 6 kg turkey
- 125 g unsalted butter - you can also use coconut oil, but we encourage you to live a little and go for the butter!
- 1 sweet orange
- A handful of herbs - have fun with this and play with sage, thyme and rosemary
- 2 onions
- 10 small potatoes
- 2 sticks of celery
- 3 medium-sized carrots
- Pre-made stuffing of choice (Woolworths Food makes a great stuffing!)



THE SIMPLEST TURKEY RECIPE EVER

DIRECTIONS

- You need to take your turkey out of the fridge 1 to 2 hours before cooking.
- Remove the giblets (if there are any) and place the big bird into a well-sized roasting tray. You can add the giblets into the tray for extra flavour when making the gravy!
- Massage the butter all over the turkey - getting it everywhere! Then sprinkle with some salt and pepper.
- Cut the orange in half and place these two halves inside the bird. Then pack the herbs inside too!
- Grab your stuffing and put it inside the bird too.
- Roughly chop your veggies (don't peel them) and place them in the tray (you can leave the potatoes whole if you like).
- Then cover the turkey and the tray with foil.
- Preheat your oven to 180 C.
- Cook for 2 hours and 42 minutes. Remove foil after 45 minutes to allow to golden.
- To check if it is cooked, stick a knife into the thickest part and if the juices run clear, it's ready to take out.
- Remove from oven and transfer to a platter, covering with a double layer of foil. Let the turkey rest for 2 hours.
- Make some gravy (we love to just add 2 heaped tablespoons of gravy powder to the veggies and juices left behind and stir until it thickens).
- Make your mom proud by serving this juicy turkey recipe!



THE EASIEST AND CRUNCHIEST BAKED POTATOES

Less oil and more crunch! These baked potatoes pack a healthy punch!

INGREDIENTS

- 4 large potatoes, peeled and cubed (you can also leave the skin on for extra crunch)
- 1 tablespoon olive oil
- 1 tablespoon of minced garlic (you can buy fresh garlic and mince it yourself)
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt

DIRECTIONS

- Preheat oven to 245 C
- Combine oil, garlic, basil, rosemary, parsley, red pepper flakes, and salt in a large bowl.
- Toss in potatoes until evenly coated in this mixture. Place potatoes in a single layer on a roasting pan or baking sheet.
- Roast in the preheated oven, turning occasionally until potatoes are brown on all sides, 20 to 30 minutes.



A NOT-SO-GUILTY TAKE ON MINCE PIES

Christmas isn't truly here until the mince pies are on the table. This fruit filling is so addictive, it might even be worth making a little extra to have on your oats or yoghurt for breakfast! Did we mention it's gluten-free?

This recipe makes 12 mince pies.

MINCEMEAT INGREDIENTS

- 2 medium-sized apples
- 1 vanilla pod
- 100g sultanas
- 100g raisins
- 100g dried cranberries
- Juice of 2 oranges
- 1 tbsp coconut oil, plus extra for greasing the tin
- 1 tsp ground cinnamon
- 1 tsp ground ginger

CRUST INGREDIENTS

- 400g ground almonds
- 6 tbsp coconut oil
- 4 tbsp water
- 20 Medjool dates (about 400g), pitted



A NOT-SO-GUILTY TAKE ON MINCE PIES

DIRECTIONS

- Chop the apples into small pieces (get rid of the core) and place in a medium-sized pot. Slice the vanilla pod in half and scrape the seeds into the pan.
- Stir in the rest of the mincemeat ingredients and place on medium heat. Simmer this for 30 minutes, until apples are nice and soft.
- While simmering, you can make the crust.
- Place all the ingredients in a food processor and blend for a minute or so until everything is mixed together and the dates are completely broken down. Roll out the mixture on a lightly floured surface until it is approximately ½ cm thick.
- Preheat the oven to 180C.
- Grease two six-hole muffin tins with coconut oil and then use the crust mixture to line the holes. Once you've done this, cut the remaining mixture into stars to top the pies. If stars aren't your thing, you can also just use the rim of a drinking glass to make circles.
- Place the tray of crusts in the oven for 8 minutes, until they start turning golden brown. When they do, take them out and allow them to cool while the mincemeat finishes cooking.
- Once the mincemeat has cooked, start assembling the pies (this is the fun part). Add two heaped teaspoons of mincemeat into each pie before placing a star on top. Bake the pies again for 8 minutes.
- Remove from the oven and leave to cool.