

Festive



Recipes

MOCKTAILS

Ginger Lime Fizz

Ingredients

12oz Ginger beer
4oz Sparkling water
4 teaspoons fresh squeezed lime juice
Small bunch of mint
Ice cubes



Method

- ♦ Mix all of the ingredients together
- ♦ Add ice cubes to a glass and pour over the mixture
- ♦ Add the mint and serve



Orange & Cranberry Spritzer

Ingredients

500ml fresh orange juice
500ml fresh cranberry juice
400ml sparkling elderflower drink

Method

Mix the orange and cranberry in a jug
Pour in the elderflower and it will fizz
Mix together and serve

MULLED JUICES

Mulled Apple Juice

Ingredients

- 2 oranges—sliced
- 1 cinnamon stick & 1 to serve
- 3cm fresh ginger root—peeled and thinly sliced
- 2 Star anise & extra to serve
- 6 whole cloves and extra to serve
- 1 litre fresh apple juice



Method

- ◆ Add one of the oranges, 1 cinnamon stick, ginger, star anise and cloves to a pan with a litre of boiling water and simmer gently for 10 minutes
- ◆ Add the apple juice and gently heat for 3-4 minutes, taking care not to boil
- ◆ Strain the mulled juice, pour into a jug and garnish with cinnamon stick, slices or remaining oranges

Mulled Berry Juice

Ingredients

- 400ml fresh apple juice
- 300ml pomegranate juice
- 300ml cranberry juice
- 1 cinnamon stick
- 3 cloves



Method

- ◆ Simmer all of the ingredients together in a pan for approximately 10 minutes to allow the flavours to infuse
- ◆ Strain the juice and discard the leftover spice
- ◆ Serve hot and enjoy!

Lemon and Garlic Hummus

Ingredients

410g can	chickpeas, rinsed and drained
1-2	lemons juiced
1	garlic clove—crushed
2tablespoons	tahini
5-6tablespoons	olive oil
cayenne pepper, to taste	
Flat leaf parsley to garnish	



Method

- ◆ Tip the chickpeas in a blender with two tablespoons of cold water, juice of 1 lemon and garlic, whizz to a thick puree.
- ◆ Add the tahini and blend again.
- ◆ Keeping the motor running, gradually add the olive oil. Season to taste with the salt and pepper, and add more lemon juice if you want.
- ◆ Spoon into a bowl and drizzle with a little extra olive oil.

Beetroot Hummus

4 small	cooked beetroot
200g can	chickpeas (drained)
3 tablespoons	tahini
2 tablespoons	olive oil
1	clove garlic
	Juice of half a lemon



Method

- ◆ Put all the ingredients together in a blender or food processor and blend until smooth.

Green Pea Dip

Ingredients

500 grams	frozen peas
1	garlic clove—peeled and crushed
2 tablespoons	freshly chopped mint
100grams	natural yogurt
1 teaspoon	lemon juice



- ◆ Put all the ingredients in a blender and blend until smooth.

Serve dips with carrot, celery, pepper or cucumber sticks.

Homemade Crisps

Ingredients

120grams sweet potato
120grams carrots
100grams parsnips
100grams beetroot
spray oil

Method

- ◆ Preheat the oven to 180°C/gas 4. Slice the vegetables very thinly – a mandoline slicer is perfect.
- ◆ Spray a little oil over a baking sheet and arrange the vegetable slices ensuring they don't overlap. You may need to make them in separate batches depending on the size of your oven
- ◆ Cook for 20 minutes, until lightly browned. Turn the vegetables frequently during cooking as they can easily burn. You may need to remove some crisps before the 20 minutes is up, as some will cook faster than others
- ◆ When all the crisps are ready, allow them to cool then mix together and serve.
- ◆ Take care not to burn your veggies—turn them often during cooking
- ◆ You can cook the crisps in the microwave on 300W for 10 minutes, then 1 minute on full power, which works quite well but only for smaller batches.



Spicy Roasted Chickpeas

Ingredients

400g tin	chickpeas—drained
2 teaspoons	vegetable oil
½ teaspoon	ground cumin
½ teaspoon	chilli powder
Pinch of pepper	

Method

- ◆ Drain and rinse the chickpeas, and pat dry with kitchen paper.
- ◆ Preheat the oven to 190°C, Gas mark 5.
- ◆ Oil a large baking tray with 1 teaspoon vegetable oil and place the tray in the oven for 3 minutes.
- ◆ Spread the chickpeas onto the hot baking tray and cook for 15 minutes, mixing a couple of times to make sure they cook evenly.
- ◆ Remove from the oven, place the chickpeas in a bowl and drizzle with the remaining oil. Mix well. Add the cumin and chilli powder.
- ◆ Mix again and tip back onto the baking tray.
- ◆ Roast for another 10-15 minutes until brown and crunchy.
- ◆ Serve immediately or enjoy cool.

These can be made the day before and stored in an airtight container. If you'd like to serve them warm just reheat in a hot oven for 2 minutes.



Turkey Stir Fry (Change 4 Life recipe)

Ingredients

125grams	fine egg noodles
1 small	orange just the juice
1 tablespoon	reduced salt soy sauce
1 tablespoon	cornflour
1 tablespoon	vegetable oil
350grams	skinless turkey breast cut into strips
5	spring onions—thinly sliced
1	pepper—deseeded and thinly sliced
1	carrot—cut into thin strips
2	celery sticks—thinly sliced
1	handful of mushrooms—sliced
Pinch of pepper	

Method

- ◆ Put the noodles into a heatproof bowl and cover with boiling water. Soak for 6 minutes, or follow the instructions on the packet
- ◆ Next, mix together the orange juice, soy sauce and cornflour until smooth. Set to one side
- ◆ Heat the oil in a work or large frying pan. Add the turkey and stir fry briskly for 3-4 minutes
- ◆ Add the spring onions, pepper, carrot, celery and mushrooms. Stir fry over a high heat for another 3-4 minutes, until the turkey is cooked. The vegetables should remain crisp and crunchy
- ◆ Give the orange juice mixture a good stir, then add it to the stir fry and cook for a few minutes until thickened.
- ◆ Drain the noodles well, then add them to the turkey mixture
- ◆ Serve at once

If you prefer, leave out the noodles and cook 150grams long grain rice to serve with the stir fry

Turkey Risotto

Ingredients

- 500grams cooked turkey
 - 200grams broccoli florets, cut into small pieces
 - 2 carrots, cut into small julienne strips
 - 1 red pepper, cut into small julienne strips
 - 1 tablespoons oil
 - 1 onion, chopped
 - 200grams short grain rice
 - 600ml chicken stock (made using low salt stock cube)
 - 1 teaspoon garlic puree
 - 100grams cheese - grated
- Pepper to season

Method

- ◆ Blanch broccoli florets, carrots and red peppers in boiling water for 2 minutes.
- ◆ Fry onions in oil until soft, then add the rice and stir-fry for 2 minutes.
- ◆ Add stock and bring to the boil. Simmer for 20-25 minutes until rice is cooked and mixture is creamy.
- ◆ Add garlic puree and cheese and stir well. Stir in cooked turkey meat and seasoning. Gently fold in the cooked vegetables and serve.



Bubble and Squeak

Ingredients

200grams	roast potatoes
200grams	carrots
200grams	cabbage
200grams	parsnips
200grams	sprouts
150grams	turkey
4 tablespoons	reduced fat mayonnaise
1	egg
1 tablespoon	oil

Method

- ◆ Mash together the cold roast potatoes, parsnips, cooked carrots, cabbage and sprouts with a little chopped turkey
- ◆ Mix the mayonnaise and egg together and bind together with the vegetable mix.
- ◆ Heat the oil in a nonstick pan, fill with mixture and level off with a spoon.
- ◆ Fry over a moderate heat for 5 minutes and then place under a moderate grill until golden brown. Turn out onto a serving dish.
- ◆ Great served with side salad.



Leek, Onion & Potato Soup

Serves: 4

Ingredients

2	Leeks—washed, trimmed and sliced finely
2	Potatoes, peeled and diced
1	Onion, chopped small
900ml (1½ pints)	Vegetable stock made with reduced salt stock cube
300ml (½ pint)	Semi skimmed milk
1teaspoon	Vegetable Oil
Mixed herbs	
Pepper	
Chives—chopped	

Method

- ◆ In large saucepan heat vegetable oil. Add leeks, potatoes and onion.
- ◆ In a jug make up the stock using 1 stock cube
- ◆ Season vegetables with mixed herbs and pepper.
- ◆ Add a quarter of a cup of stock to vegetables. Cover and let vegetables sweat over low heat for 15 minutes.
- ◆ Add remaining stock and milk, put lid back on and simmer for 20 minutes. If garnishing, add chopped chives.



Fruit Cheesecake

Ingredients

175 grams digestive, oat or ginger biscuits—crushed
65 grams low fat spread
200grams Quark
100grams low fat natural yogurt
2 tablespoons Icing sugar
1 teaspoon Vanilla essence
Frozen raspberries or forest fruits to decorate

Method

- ◆ Melt the margarine in a microwave or over a low heat
- ◆ Stir in the crushed biscuits
- ◆ Spread the biscuit mixture in a flan dish or into individual dishes
- ◆ In a bowl mix together the Quark, yogurt, icing sugar and vanilla essence
- ◆ Spoon the mixture onto the biscuit base
- ◆ Chill in a fridge for 2 hours
- ◆ If using frozen fruits make sure they have defrosted and then place them on top of the cheesecake
- ◆ Serve



Mock Ferrero Roche

Ingredients

8 Ryvitas
4 tablespoons Nutella



Method

- ◆ Crush the Ryvitas and place in a bowl
- ◆ Warm the Nutella for 10-20 seconds in a microwave
- ◆ Mix both ingredients together
- ◆ Put small spoonful into paper cases
- ◆ Chill in fridge until hardened
- ◆ Serve

Frozen Yogurt Bark

Ingredients

500grams Greek yogurt
2 tablespoons honey
1 tablespoon cranberries
1 tablespoon raisins

Toppings:

5 fresh strawberries, chopped
1 tablespoon dark chocolate chips
1 teaspoon desiccated coconut



Method

- ◆ Mix the yogurt and honey together until well combined. Add the cranberries and raisins and stir again.
- ◆ Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want your bark to be.
- ◆ Sprinkle the strawberries, chocolate chips and desiccated coconut on top and place in the freezer for 2-4 hours or until it is completely frozen.
- ◆ Remove from the freezer and use a sharp knife to break the bark into pieces.
- ◆ The bark can be stored in the freezer in food bags