

# FUNCTIONAL HEALTH CHRISTMAS RECIPES

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I hope you enjoy my healthy, wholefood recipes so you can indulge over the holidays and honour your health at the same time.

Merry Christmas  
Love Melissa xo



*functional health canberra*

# RASPBERRY CHOCOLATE CAKE

FUNCTIONAL HEALTH CHRISTMAS RECIPES



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## METHOD

- 1.1. Preheat oven to 160 degrees.
  2. In a large bowl combine, eggs, coconut oil, blended dates & rice malt syrup.
  4. Add cocoa powder, spelt flour, baking powder, salt and mix until well combine.
  5. Pour into square tin lined with baking paper & top with raspberries.
  6. Bake for 20 - 25 minutes or until it passes the skewer test.
- Enjoy!

## INGREDIENTS

- 1 cup dates (soaked and blended in 1/2 cup boiling water)
- 1/4 cup coconut oil melted
- 1/3 cup rapadura sugar
- 1/2 cup cocoa powder
- 3 free range eggs
- 1 cup emmer flour or almond meal
- 1 teaspoon baking powder
- 1 cup organic frozen or fresh raspberries
- pinch of himalayan salt



# SPICED ALMOND COOKIES

FUNCTIONAL HEALTH CHRISTMAS RECIPES



## METHOD

1. Preheat oven to 130 degrees.
2. In a large bowl, combine almond meal, desiccated coconut, cinnamon, ginger & nutmeg & salt.
3. In a small pot, combine rice malt syrup, coconut oil & heat gently on stove.
4. Mix the bicarb soda and water, then pour into rice malt syrup pot and mix until it starts to froth.
5. Pour the wet mixture into the dry ingredients and mix until well combined. Cool mixture in fridge for 30 minutes.
6. Form into small cookies, add a little water if needed to help them stick together & garnish with flaked almonds.
7. Bake for 20 minutes or until golden.

## INGREDIENTS

2 cups almond meal  
2 cups desiccated coconut  
1/2 cup rapadura sugar  
1 teaspoon cinnamon  
1 teaspoon ginger  
1.2 teaspoon nutmeg  
1/2 cup coconut oil  
1 teaspoon bicarb soda  
pinch of himalayan salt  
1-2 tablespoons water  
flaked almonds to garnish

# HEALTHY SESAME SNAPS

FUNCTIONAL HEALTH CHRISTMAS RECIPES



## METHOD

1. Preheat oven to 180 degrees.
2. In a medium bowl, combine all of the ingredients and mix well.
3. Spread mixture on lined baking tray. You can place a second piece of baking paper on top of the mixture and spread with a rolling pin or your fingers until the mixture is about 1/2 cm thick.
4. Bake for 10 minutes or until golden.

Enjoy!

## INGREDIENTS

2 cups sesame seeds  
2/3 cup almond meal  
1/3 cup rice malt syrup  
2 tablespoons coconut oil,  
melted  
Pinch of seaweed salt

# CARAMELISED ORANGE LOAF

FUNCTIONAL HEALTH CHRISTMAS RECIPES



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## METHOD

1. Preheat oven to 160 degrees.
2. In a large bowl, combine almond meal, desiccated coconut, cinnamon, ginger & nutmeg & salt.
3. In a large bowl, combine almond meal, coconut flour, baking soda, salt and cinnamon.
4. In a separate bowl, mix rice malt syrup, coconut oil, orange zest & juice & eggs.
5. Add flour mixture to wet mixture and combine well.
6. Line loaf tin with baking paper and pour batter in, spreading out evenly.
7. Bake for 40 -45 minutes, until passes skewer test.

### **Caramelised Orange**

1. Heat butter and rice malt syrup in a large pan until golden. Add orange slices and brown until caramelised.
2. Garnish the top of the cake with the oranges and butter sauce.

## INGREDIENTS

- 2 1 1/2 cups almond meal
- 1/3 cup coconut flour
- 1 teaspoon baking soda
- pinch of himalayan salt
- 2 free range eggs
- 1/4 cup melted coconut oil
- 1/2 cup rapadura sugar
- 1 teaspoon cinnamon
- juice and zest from 1 large orange
- Caramelised Orange**
- 1 orange thinly sliced
- 2 teaspoons butter
- 2 teaspoons rice malt syrup



# CACAO CRACKLES

FUNCTIONAL HEALTH CHRISTMAS RECIPES



## METHOD

1. In a medium bowl, combine coconut oil, rice malt syrup, nut butter, cacao powder and salt.
2. Mix through puffed rice and desiccated coconut.
3. Place in mini muffin cases on a tray and freezer for 10-15 minutes.
4. Store in an airtight container in the fridge.

## INGREDIENTS

2 cups puffed rice  
1 cup unsweetened desiccated coconut  
1/3 cup coconut oil melted  
1/3 cup raw cacao powder  
2 tablespoons nut butter  
1/3 cup rice malt syrup  
Pinch of salt

# NUT FREE BLISS BALLS

FUNCTIONAL HEALTH CHRISTMAS RECIPES



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## METHOD

1. Place pumpkin seeds and sunflower seeds into food processor and blend until nuts are finely chopped.
3. Add remaining ingredients and blend until smooth 5 - 8 minutes.
4. Using wet hands roll mixture into balls, if the mixture feels a bit a dry add a little water.
5. Roll the balls in desiccated coconut and refrigerate until ready to serve.

## INGREDIENTS

1 cup dates, pitted & soaked in hot water for 15 minutes to soften  
1 tablespoon coconut oil  
1 tablespoon rice malt syrup  
1 cup sunflower seeds  
1 cup pumpkin seeds  
2 tablespoons cacao  
pinch of salt  
Unsweetened desiccated coconut for coating

# CRANBERRY PISTACHIO BISCOTTI

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## METHOD

1. Preheat oven to 160 degrees
  2. In a medium bowl, combine eggs, rice malt syrup, lemon zest and mix using a hand mixer on high for 30 seconds, until frothy.
  3. Add the flours, baking soda and salt to the mixing bowl, stir until dough forms.
  4. Add cranberries and pistachios, stir to combine.
  5. Line tray with baking paper and spoon dough to create a long rectangle.
  6. Bake for 20 minutes, or until golden. Remove from oven and let cool completely.
  7. Slice the biscotti approximately an inch thick and lay them on their side.
  8. Place back in the oven to bake for an additional 15 minutes, until crunchy.
- Enjoy!

## INGREDIENTS

2 free range eggs  
1/2 cup rapadura sugar  
zest from 1 lemon  
1 1/2 cups almond meal  
2 tablespoons arrowroot flour  
1/2 teaspoon baking soda  
pinch of himalayan salt  
1/2 cup dried cranberries  
1/2 cup pistachios, roughly chopped