



A DELICIOUS
& NUTRITIOUS
CHRISTMAS

HEALTHIER FOR YOU



WHOLELIFE

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Merry Christmas, from our WholeLife family to yours!

Christmas is a time for celebration, to enjoy festivities with friends and family, and to be thankful for the good things in life. It's also a time when food is often at the heart of our gatherings. Here at WholeLife, we believe in healthy indulgence and have developed this recipe collection to help you celebrate this festive season, without negatively impacting your health. This year, we're showing you how it's possible to maintain healthy eating habits without compromising on deliciousness!

Here are a few tips, and points to consider in relation to your health and wellbeing over the Christmas period, so you can enjoy yourself guilt-free!

- Let your body tell you when you're full – remember that most Christmas food makes for great leftovers, so you won't miss out!
- Take it easy on the alcohol – Australian guidelines recommend limiting your alcohol consumption to four standard drinks on any given day. Check out our awesome mocktail recipes so you can stay hydrated without sacrificing that festive buzz!
- Keep moving! Enjoy a dance or two (or more!) and think about how else you can incorporate some gentle exercise into your day. Swap out the post-Christmas lunch nap, for a short walk or active game that gets your guests up and moving.
- Give your gut some love – many traditional Christmas foods are high in sugar and processed carbohydrates, which can affect your gut microbiome and bring on those 'food coma' or 'food hangover' sensations. Our dessert recipes in this collection feature products high in prebiotic fibre, and wholefoods that are minimally processed and retain their health benefits.
- Food intolerances? That's alright, we have yummy alternatives! Sometimes at Christmas we eat things that we know we might regret later on, or we have a guest over with a food intolerance and we don't quite know how to cater to their needs. In this collection, we've got you covered with dairy-free, gluten-free and vegan recipe ideas!
- Eat with your eyes – presentation goes a long way to making food enjoyable. Healthy options, presented on a beautiful platter with a few flowers or herbs as garnishes will make your table oh-so-inviting. Why not make it a fun activity for the kids to help decorate the platter? It'll keep them occupied during your preparation time, and takes one thing off that never-ending to-do list!

With this collection of beautiful recipes, we're sure you'll whip up a storm for your loved ones this Christmas!

WE WISH YOU ALL A WONDERFUL FESTIVE SEASON.



OAT MILK FRENCH TOAST WITH OMG

French toast is one of those recipes that seems decadent, but depending on how it's prepared, can be quite healthy! This version uses OMG Oat Milk, spiked with cinnamon and vanilla for a wholesome, delicious, dairy-free brunch. Get creative with your toppings! Fresh fruit like berries and banana, coconut yoghurt and maple syrup are all great options. This is one fun breakfast the whole family is sure to love!



SERVES 2



PREP TIME 10 minutes



COOK TIME 10 minutes

INGREDIENTS

- 4 slices of soft bread
- 2 eggs or egg replacer for a vegan alternative
- $\frac{3}{4}$ cup OMG Oat Milk
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp salt
- 2 tsp coconut oil, for cooking

METHOD

1. In a bowl, whisk together eggs, oat milk, vanilla extract, cinnamon and salt.
2. Heat a large pan over medium heat and add coconut oil.
3. Dip each slice of bread into the egg mixture, making sure to coat both sides well, soaking for about 30 seconds.
4. Place the bread slices in the pan and cook until golden brown, about 2-3 minutes per side.
5. Serve with your favourite toppings.



NUTRITIONIST TIP:

Most plant-based milks contain industrial seed oils such as canola, sunflower or rapeseed oil. OMG use Olive Oil in their Oat Milk which has antioxidant and anti-inflammatory properties.



DAIRY-FREE SPICY BAKED FETA PASTA WITH DAIRY FREE DOWN UNDER

Dairy allergies and intolerances are remarkably common, but we firmly believe that no one should have to miss out on a delicious cheesy pasta bake—and now no one will!

Australian-made Dairy Free Down Under's Feta Style is the star of the show in this dish, adding a tangy depth to this herby tomato pasta bake, sure to be a crowd pleaser shared between all your loved ones this Christmas season.



SERVES 2



PREP TIME 15 minutes



COOK TIME 20 minutes

INGREDIENTS

- 1 x block Dairy Free Down Under Feta Style
- 250g cherry tomatoes
- 2 tsp chilli flakes (or more depending on your tolerance!)
- 1 tsp dried basil
- Olive oil, drizzled
- 300g penne pasta
- 2 cups spinach
- 1 tbs fresh parsley, finely chopped

METHOD

1. Preheat oven to 180°C
2. Add tomatoes to an ovenproof dish. Place Feta Style on top of tomatoes. Sprinkle it with chilli flakes and basil. Lightly drizzle with olive oil.
3. Bake for 20 minutes or until tomatoes are tender.
4. Meanwhile, cook pasta as per package instructions.
5. Add cooked pasta and spinach to baking dish, mix thoroughly until Feta Style is coating the pasta and the spinach has wilted.
6. Garnish with fresh parsley and serve.



NUTRITIONIST TIP:

This recipe can be further customised to cater to different health needs - to make it gluten free, choose a gluten free pasta. To reduce impact on blood sugar, choose a high protein or low-carb pasta.



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100% BONE BROTH
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LEMON & HERB ROAST CHICKEN WITH GEVITY RX

Add a little zest to your Christmas feast with this Lemon & Herb Roast Chicken. It's like a burst of sunshine on your holiday table, infusing tradition with a dash of tangy deliciousness. The hero in this recipe is Gevity Rx's Lemon & Herb Body Glue™ - a staple for all Chrissy roasts!



SERVES 4-6



PREP TIME 5 minutes



COOK TIME 1 hour 20 minutes

INGREDIENTS

- 1 x large (1.5kg) free-range / organic chicken
- 1 bulb of garlic
- 1 lemon
- 1 bunch of mixed fresh herbs, such as, thyme, rosemary, roughly chopped
- 2 tbs extra virgin olive oil
- 3 tbs Gevity Rx Body Glue™ Lemon & Herb



NUTRITIONIST TIP:

This recipe takes the guesswork out of home roasts - it's simple and effective with a gut loving flavour kick thanks to the Body Glue™!

METHOD

1. Preheat the oven to 240°C
2. Mix the extra virgin olive oil and Gevity Rx Body Glue™ Lemon & Herb in a small bowl to combine, then rub half the mix all over the chicken.
3. Carefully prick the lemon all over, then place inside the chicken's cavity, along with garlic cloves and remaining herbs.
4. Place the tray in the oven, then turn the heat down immediately to 200°C and cook for 1 hour 20 minutes.
5. Baste the chicken with remaining broth mix halfway through cooking.
6. When cooked, take the tray out of the oven and allow it to rest for 15 minutes while you make your gravy. *See recipe on next page.*
7. Serve with roasted or steamed vegetables



6

FLOURLESS BONE BROTH GRAVY WITH GEVITY RX

Beat it gluten, you're not needed here! This flourless, gluten-free, broth-boosted gravy is like a hug for your roast chicken AND your gut. It's so delicious, no-one will realise it's healthy!



SERVES 2 cups



PREP TIME 5 minutes



COOK TIME 30 minutes

INGREDIENTS

3 cups cauliflower
 4 brown onions, sliced
 4 tbs butter, ghee or coconut oil (dairy free)
 4-6 cloves of garlic, crushed
 1 tbs Gevity Rx Bone Broth Body Glue™
 Natural
 1 cup water



NUTRITIONIST TIP:

Using cauliflower to thicken the gravy adds another serving of veggies to your Christmas table. Onions are a good source of Quercetin, a nutrient that supports immune health!

METHOD

1. Steam cauliflower until soft and mushy, then set aside.
2. Add 2 tbs of butter (use ghee or coconut oil for a dairy free option) to frypan on medium heat.
3. Sauté onions till golden brown - this will take roughly 20 minutes.
4. Add the remaining butter along with the garlic and continue cooking for another 5 minutes.
5. Now add the cauliflower, Gevity Rx Bone Broth Body Glue™ Natural, water and stir through.
6. Add the gravy mixture into a food processor or a blender and blitz until completely smooth and creamy.
7. Now add the gravy back into the frying pan and continue to simmer until the natural sweetness from the onions is gone and you achieve a constitution that you like.
8. Serve the gravy with our Lemon & Herb Roast Chicken or anything you like!



GINGER GLAZED SMOKED LEG HAM WITH THE GINGER PEOPLE

A leg of ham is a Christmas staple, but if you've never made one before it can feel like a daunting prospect. Fear not! This recipe is easy, sure to impress, and makes a delightful centrepiece for you to enjoy with all your guests.



SERVES 4-6



PREP TIME 15 minutes



COOK TIME 4 hour 50 minutes

INGREDIENTS

- 1 (5kg) joint (mild cure boneless) ham
- 6.5 litres non-alcoholic ginger ale or ginger beer
- 1 cup The Ginger People® Ginger Syrup
- ½ cup The Ginger People® Bare Uncrystallised Ginger, coarsely chopped
- 2 tbs hot English mustard
- ½ cup soft dark brown sugar
- ½ tsp ground cloves



NUTRITIONIST TIP:

Ginger is a great tummy soother, known for its anti-nausea properties. It's also great for digestion making it a perfect addition to your Christmas table.

METHOD

1. Place the ham in a large pan on the stove and add ginger beer. Bring the pan to the boil, and then lower the heat slightly so that it keeps bubbling steadily for 4 ½ hours.
2. Towards the end of the 4 ½ hours, preheat the oven to 220°C, and begin making the glaze.
3. In a bowl, add Ginger Syrup and Bare Uncrystallised Ginger. Stir in 2 tbs of hot English mustard. Add ½ a cup of soft, dark brown sugar and sprinkle in ½ a teaspoon of ground cloves.
4. After 4 ½ hours, gently lift the ham out of the pan and place on a foil-lined baking tray. Carefully cut away the skin, leaving a thin layer of fat. There is no need to score the surface. Simply slap on the glaze and place the tray with the ham into the oven for 20 minutes.
5. Serve hot or cold, alongside all your other Christmas favourites!



LEAFY GREEN SALAD WITH ROASTED NUTS AND CRANBERRIES

WITH WHOLELIFE HEALTHFOODS

At WholeLife, we stock a range of seeds, nuts, dried fruit, and grains which are sure to add crunch, variety, and, of course, extra nutrition, to all your Christmas side salads. Why not try this zesty, green garden salad at the next lunch or dinner you're catering this festive season?



SERVES 4-6



PREP TIME 10 minutes



COOK TIME 10-15 minutes

INGREDIENTS

Salad

400g leafy greens of your choice (spinach, rocket and lettuce work well)

400g raw mixed nuts (such as almonds, hazelnuts, pistachios, walnuts, pecans, macadamias, Brazil nuts)

½ cup of cranberries

100g feta (or dairy free alternative)

Dressing

4 tbs olive oil

Juice of one lemon

Salt and pepper to taste

METHOD

1. Preheat oven to 180°C. Line baking tray with paper and place nuts on top. Roast for 5-10 minutes until golden. Take out and leave to cool, then roughly chop.
2. Arrange leafy greens on a platter. Crumble feta over the top, reserving a quarter of the feta for the last step.
3. Mix olive oil and lemon together in a jar or bowl and season with salt and pepper. Drizzle over the salad, tossing lightly to coat.
4. Scatter the nuts, cranberries and remaining feta on top and serve immediately.

NUTRITIONIST TIP:

This delicious salad is jam-packed with good fats from nuts and olive oil. Cranberries provide a nice sweet touch and are a rich source of vitamin C and antioxidants.



ICE CREAM SUNDAE WITH SOAKED FRUIT & ALMOND CRUNCH

WITH COYO

This divine dairy free sundae is teeming with plant-based pre and probiotics, sure to make your tum happy and tastebuds happier! This is a celebration of decadent ice cream curls, sweet berries and a nutty crunch to remind you of the summer sunshine. Make in bulk and share with your loved ones this holiday season.



 SERVES 4

 PREP TIME 5 minutes

 COOK TIME 35 minutes

INGREDIENTS

500ml COYO Vanilla Bean Ice Cream
 1 punnet of whole raspberries
 1 punnet of strawberries, chopped
 ¼ cup and 1 tbs raw sugar
 1 tbs ginger beer
 1 tbs fresh squeezed orange juice
 1 cup raw almonds, sliced
 1 can of dairy free whipped cream or whipped COYO Natural Coconut Yoghurt



NUTRITIONIST TIP:

COYO is a gut friendly and most importantly delicious dairy free icecream which even the most fussy icecream enthusiast will love! Packed with prebiotic fibre that naturally sweetens the icecream to keep it lower calorie per serve.

METHOD

1. In a mixing bowl, add the chopped strawberries, whole raspberries, orange juice, ginger beer and 1 tbs of the raw sugar. Stir well to combine, then mash together, cover with wrap and set aside in the fridge to soak for at least 20 minutes.
2. Line a baking tray with baking paper and set to the side.
3. In a small saucepan, over medium heat, add the almonds and remaining ¼ cup of raw sugar, stirring consistently until the sugar melts totally, coating the almonds. Quickly remove from heat, toss the almonds onto baking paper and spread out with a spatula. Place in the fridge to set and cool.
4. To serve, take your glass and spoon in the soaked fruit and two generous scoops of COYO Vanilla Bean Ice Cream.
5. Top with fluffy whipped cream or whipped COYO Coconut Yoghurt and broken chunks of your almond crunch, Enjoy!



FROZEN YOGHURT & MUESLI CHRISTMAS PUDDINGS

WITH BROOKFARM

A new take on the classic Christmas pudding. Here's a dessert from Brookfarm, perfect for a warm Aussie Christmas.



SERVES 6



PREP TIME 10 minutes



FREEZE TIME 5 hours

INGREDIENTS

4 cups unsweetened natural Greek yoghurt
 1 cup full cream milk
 ¼ cup double cream
 1 tbs pure vanilla extract
 1 cup Brookfarm Toasted Muesli
 Macadamia Cranberry
 50g melted dark chocolate
 Dried cranberries to serve

METHOD

1. In a large bowl, whisk together the yoghurt, milk, double cream and vanilla extract. Add muesli and mix until well combined.
2. Line 6 teacups (½ cup capacity) with baking paper. Divide frozen yoghurt mixture between the cups, wrap tightly with cling film and allow at least 5 hours freezing time.
3. To serve, remove from the freezer and discard plastic wrap. Dip cups into hot water for a few seconds to help dislodge the puddings. Invert onto serving plates or into bowls.
4. Top with melted chocolate and some dried cranberries.
5. Stand for 5 minutes for the yoghurt to soften before serving.

NUTRITIONIST TIP:

Visually pleasing, lower in sugar and higher in fibre than traditional dessert options, this option is great for people wanting to reduce the impact on their blood glucose after eating dessert. For an even lower sugar option, try using the Brookfarm Paleo Granola mix.



RAW CHRISTMAS SLICE WITH HONEST TO GOODNESS

The healthier festive treat you've been looking for! Impress your guests with layer-upon-layer of decadence with this delicious raw Christmas slice.



SERVES 12



PREP TIME 30 minutes



FREEZE TIME 3 hours

INGREDIENTS

First layer:

12 pitted medjool dates (soften in boiling water)

1/3 cup cacao powder

1/3 cup Brazil nuts

2 tbs ABC butter

2 heaped tbs coconut flour

1-2 tbs boiling water

Second layer:

1 cup frozen blackberries

1/3 cup pistachios

2 tbs Buckwheat groats

Third layer:

Thick part of coconut cream (top part of the can)

4 tbs vanilla coconut yoghurt

Handful raw cashews

1-2 tbs maple syrup

Fourth layer:

Dark chocolate, melted

Toppings:

Freeze dried strawberries

Goji berries

Dried cranberries

Pistachios

RAW CHRISTMAS SLICE WITH HONEST TO GOODNESS

METHOD

1. Blitz all the first layer ingredients in a high-speed blender until combined (nutty chunks are good if you like a crunchier texture).
2. Line a rectangular deep dish with baking paper and press the mixture down.
3. Top the base with blackberries, pistachios and buckwheat.
4. In a high-speed blender, thoroughly combine the coconut cream, yoghurt, cashews and maple syrup until you get a thick, smooth and creamy texture.
5. Spread the cream on top of the first two layers and freeze for three hours.
6. Once set, remove from freezer and allow to soften for 10 minutes. Slice into squares with a hot knife.
7. Top with melted dark chocolate and toppings, and enjoy!

NUTRITIONIST TIP:

This slice is a sure fire way to get yourself reinvented to all the best parties next year. Featuring Wholefoods that are high in antioxidants and micronutrients such as selenium and zinc, this recipe ticks both the health and the taste boxes!





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BANANA MANGO BROTHSICLES WITH GEVITY RX

Chill out this summer with a treat that's both cool and nourishing - Gevity Rx's Banana Mango Brothsicles. These ice-cold delights are not your average popsicles; they're a refreshing blend of tropical sweetness with the hidden goodness of bone broth!



SERVES 6



PREP TIME 10 minutes



FREEZE TIME 6 hours

INGREDIENTS

- 2 cups frozen mango
- 2 cups frozen banana
- 1 ½ can organic coconut cream
- 2 tbs coconut oil
- 1 tbs Gevity Rx Bone Broth Body Glue™
- A.M. Cleanse
- 1 set popsicle moulds

METHOD

1. Add all ingredients to a blender and blitz until combined to smoothie-like consistency. If the mixture seems too thick to pour, add more coconut cream as needed.
2. Pour into moulds, add sticks, and pop into the freezer for 6 hours.



NUTRITIONIST TIP:

High in collagen, Body Glue™ is a fantastic way to ensure a gut friendly treat for kids and adults alike! Swap out different frozen fruits for variety all through summer.



CHRISTMAS RUM BALLS WITH GOODMIX

Rum balls, but healthy! These goodMix Christmas Rum Balls are easy to make, packed full of protein and fibre, are gluten-free, vegan, nutritious and delicious! They're the perfect after-dinner sweet treat.



 SERVES 30

 PREP TIME 10 minutes

INGREDIENTS

750g goodMix Bliss Ball Mix
 ½ cup currants
 ½ cup raisins
 5 tbs non-alcoholic rum
 3-4 tsp mixed spice
 120g coconut oil
 desiccated coconut

METHOD

1. Pour non-alcoholic rum and mixed spice over currants and raisins, mixing through well then leave to soak overnight.
2. Add goodMix Bliss Ball mix and coconut oil; mix well, squeezing mix together with clean hands.
3. Shape into balls, cover with coconut if desired & store in the fridge.



NUTRITIONIST TIP:

High in protein and packed with antioxidants.



SPICY MARGARITA MOCKTAIL WITH STRANGELOVE

The silly season is, in many ways, the best time of year—it's warm, festive, and everyone's focused on having a good time, relaxing, and catching up with loved ones—but it can get the better of us all. It's handy to have a couple of alcohol-free drink alternatives up your sleeve for when you're needing a break from it all!

Here is one of our favourite mocktails, using StrangeLove's lo-cal sodas.



 SERVES 4

 PREP TIME 10 minutes

INGREDIENTS

¼ cup jalapeños, sliced

¼ cup water

1 ½ tbs raw sugar

⅓ cup orange juice

300ml StrangeLove Lime & Jalapeño Lo-Cal Soda

2 tbs lime juice

Ice

Sea salt and Mexican spice mix (to salt rim of glass)

Sliced lime, jalapeños, and mint to garnish

METHOD

1. Add sliced jalapeños and seeds, water, and raw sugar to a saucepan and heat until sugar has dissolved. Once dissolved, strain and reserve the liquid, and set aside to cool.
2. Combine sea salt and a pinch of Mexican spice mix on a plate. Run a wedge of lime along the edge of a glass, and roll into the salt mix to coat the rim of the glass.
3. Pour the jalapeño syrup, orange juice, StrangeLove Lime & Jalapeño Lo-Cal Soda, and lime juice into a 28oz cocktail shaker, and add a handful of ice.
4. Shake well, until the outside of the cocktail shaker is cold and frosty. Strain your margarita into the glass, over extra ice.
5. Garnish with sliced lime, jalapeños and mint.

NUTRITIONIST TIP:

It's all too easy when trying to reduce alcohol intake to reach for equally unhealthy sodas. This is a great alternative which doesn't take the fun out of Christmas drinks!

Note: Adjust quantities of jalapeños, sugar and lime juice to increase or decrease the spice, sweetness, or tang of your StrangeLove margarita mocktails.




PALOMA MOCKTAIL WITH STRANGELOVE

The silly season is, in many ways, the best time of year—it's warm, festive, and everyone's focused on having a good time, relaxing, and catching up with loved ones—but it can get the better of us all. It's handy to have a couple of alcohol-free drink alternatives up your sleeve for when you're needing a break from it all!

Here is one of our favourite mocktails, using StrangeLove's lo-cal sodas.



 SERVES 4

 PREP TIME 10 minutes

INGREDIENTS

300ml StrangeLove Holy Grapefruit
Lo-Cal Soda
Juice of one lime
Juice of one grapefruit
Ice
Sliced grapefruit and lime, to garnish

METHOD

1. Pour StrangeLove Holy Grapefruit Lo-Cal Soda, lime and grapefruit juice into a large glass jar or jug.
2. Stir until well combined, and distribute into glasses with ice.
3. Garnish with sliced grapefruit and lime.

NUTRITIONIST TIP:

Citrus juices contain beneficial compounds that can actually reduce cholesterol if consumed regularly. Ditching the alcohol and keeping the citrus is a heart healthy choice.



WHOLELIFE *vibe*

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