



**Discount
Supplements**

The Alternative Healthy Christmas Cookbook

By Discount Supplements Ltd



Introduction

Delve into our healthy Christmas cookbook full of recipes for making your Christmas calorie free.

From indulgent breakfast pancakes, to gluten free puddings, you will find a recipe for all tastes.

All recipes include ingredients available in your local supermarket and online at www.discount-supplements.co.uk.

We wish you a merry and healthy Christmas!

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Image courtesy of <http://barktime.co.uk>



Christmas Breakfast

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Breakfast is the most important meal of the day.

Try our wonderful healthy pancakes full of energy but low in sugar.

Suitable for the whole family.



Super Green Christmas Pancakes with Sugar Free Chocolate Sauce

Serves 2-3

Ingredients (pancakes)

1/2 cup of almond milk
2 cups of brown rice flour
1 egg
3 tbsp unrefined sugar
2 tbsp Lucy Bee Extra Virgin Organic Coconut Oil, melted
2 tbsp Synergy Natural 100% Organic Super Green Powder
2 tbsp Optimum Nutrition Gold Standard, Vanilla Ice Cream, Whey Protein
1/2 tsp baking powder
3 tbsp butter

Ingredients (sauce)

1/3 cup maple syrup
1/3 cup Naturya Organic Cocoa Nibs
3 tbsp Lucy Bee Extra Virgin Organic Coconut Oil

Directions

1. In a large mixing bowl, add the egg, milk, sugar and coconut oil. With a wire whisk, mix the ingredients until combined. Add the brown rice flour, organic super green powder, vanilla whey powder and baking powder and mix.
2. Melt the butter in a large frying pan over medium heat.
3. Ladle approx. 1/3 cup of the mixture onto the pan. Pour enough of the mixture to make 1 or 2 more pancakes at a time, taking care to keep them evenly spaced apart.
4. Cook until bubbles break the surface of the pancakes and the sides are golden brown, about 2-3 minutes. With a spatula flip the pancakes over and cook for a further 1-2 minutes.
5. Transfer the pancakes to a plate and cover loosely with foil to retain heat.
6. Prepare the chocolate sauce by adding ingredients to a small bowl and mix. Microwave for 30 seconds or until the coconut oil has melted and the mixture is warm and ready to pour. Mix thoroughly and serve.





Main and Sides

Try our turkey recipe with all the trimmings. Cooked in 100% organic Coconut oil.

Coconut Glazed Turkey



Ingredients

Spices (salt, freshly ground black pepper, onion powder, granulated garlic powder, tarragon, parsley flakes, thyme, basil & paprika.

3 tbsp Lucy Bee Extra Virgin Organic Coconut Oil

Enough olive oil to cover the turkey

Directions

1. Preheat oven to 160°
2. Lather the turkey with olive oil
3. Sprinkle the bird with seasoning
4. Massage the spices and oil into the turkey ensuring you cover it all
5. Cut open a paper bag, large enough to drape the turkey completely. Leave enough room for the bag to be tucked in on all sides.
6. Drench the bag in melted coconut oil. Coconut oil can be melted in the microwave or on the hob on a low heat.
7. Place in the oven.

Note: a 12kg bird will take approx 6.5 hours to cook. Cooking time will vary depending on your oven and size of bird.

Rosemary and Coconut Roast Potatoes



Ingredients

1/2 kg potatoes
4 tbsp Lucy Bee
Organic Coconut
Oil
2 sprigs fresh
rosemary crushed

Directions

1. Preheat oven to 200°
2. Wash the potatoes and chop into chunks
3. Add the coconut oil to a deep baking tray and place in the bottom rack of the oven to warm. Once hot, carefully remove the dish and add the potato chunks. Coat the potatoes being careful not to splash yourself with oil.
4. Return the dish to the oven and cook for approx 30 minutes.
5. Remove the dish from the oven and sprinkle with rosemary and serve.

Vegan Maple Turnip and Carrot Mash



Ingredients

3 medium
turnips, chopped
4 cups of
chopped carrots
2 tbsp maple
syrup
1 tbsp Lucy Bee
Extra Virgin
Coconut Oil
Pinch of salt

Directions

1. Place the chopped turnips and carrots in a large saucepan. Fill with water and bring to the boil with the lid on.
2. Boil for 20 minutes, or until vegetables are soft.
3. Drain and return the vegetables to the saucepan and add the maple syrup and coconut oil.
4. Mash with a potato masher until smooth.

FODMAP Gravy

Ingredients

30g gluten free flour
60ml Lucy Bee Extra Virgin Organic Coconut Oil
475ml vegetable or chicken stock
1 handful chopped, fresh parsley
1/4 tsp garlic powder
Salt and Pepper to taste

Directions

1. Melt the coconut oil in a saucepan over a low heat then whisk in the flour.
2. Whisk continuously for 8-10 minutes.
3. Once it has darkened as much as you like, let it cool for 2-3 minutes.
4. Slowly add 60ml of stock to the mixture whisking to combine.
5. Place back on the stove on a low heat and add the parsley, garlic powder and whisk.
6. Heat and serve.





The background of the image is a festive holiday scene. On the left, there are several gingerbread cookies. One is shaped like a man with white icing for buttons and a red icing hat. Another is a simple gingerbread man. A third cookie is shaped like a Christmas tree with a blue outline and green icing. To the right of the cookies is a white, circular plate. The entire scene is decorated with red tinsel and small, colorful lights, creating a warm and celebratory atmosphere.

Desserts and Sweets

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Indulge in our healthy, low sugar and high protein yule log, gingerbread men, pecan pie and malva pudding.



High Protein, Low Sugar Yule Log

Ingredients

3 eggs
85g Sweet
Freedom Original
Natural
Sweetener
85g Gluten free
flour
2 tbsp cocoa
powder
1/2 tsp baking
powder
2 tbsp Pro
Performance
100g Whey,
Chocolate
Protein Powder

Directions

1. Heat oven to 200° (fan) or 180° gas mark 6.
2. Grease and line a 23 x 32 cm swiss roll tin with baking parchment.
3. Beat the eggs and sugar until thick and creamy.
4. Mix the flour, chocolate whey powder, cocoa powder and baking powder together then sift onto the egg mixture. Fold in carefully and pour into the tin. Tip the tin from side to side to spread the mixture.
5. Bake for 10 minutes.
6. Lay a sheet of baking parchment on the work surface. Remove the cake from the oven and tip onto the parchment face down.
7. Peel off the lining paper and roll the cake from the longest edge with the paper inside and leave to cool. Unroll to apply filling and decorate.

Filling and Icing

Ingredients

175g dark
chocolate
(chopped)
250g icing sugar
225g Meridian
Smooth Almond
Butter
1 tbsp vanilla
extract
2 tsp nutmeg

Directions

1. To make the icing, melt the chocolate via microwave or stove and let it cool.
2. Sieve the icing sugar into a bowl and add the butter and mix until smooth.
3. Add the melted chocolate and vanilla extract and mix again until smooth.
4. Smooth half of the icing over the sponge cake and roll.
5. Cover the rolled sponge in the remaining icing.

Dairy and Grain Free Chocolate Pecan Pie



Ingredients

(crust)

2 cups ground
blanched almonds
1/4 tsp rock salt
2 tbsp Lucy Bee
Organic Coconut Oil
1 egg

(Filling)

6 tbsp Lucy Bee
Organic Coconut Oil,
melted
1/3 cup Naturya
Organic Cocoa,
melted
3 eggs
1 cup finely shredded
courgettes
1 1/2 tps vanilla
extract
3/4 tsp Sweet
Freedom Original
Natural Sweetener
1 cup raw pecan
halves, divided

Directions

1. Preheat oven to 170°
2. Lightly oil a 9 inch pie pan and set aside.
3. To make the crust, add almond flour, salt, coconut oil and egg to a food processor. Blend with the 's' blade until a ball.
4. Press the dough ball into the pie tin and cover the base and edges. Set aside.
5. Ensure the shredded courgettes are dry by placing in a tea towel and wring out lightly.
6. Add melted coconut oil, dark chocolate, eggs, courgettes, vanilla extract and sweetener to a food processor and blend until smooth.
7. Remove and place in a bowl and stir in the pecan halves.
8. Transfer to the crust filled tin and decorate with remaining pecans.
9. Bake for 35-40 minutes until the crust is golden.

Low Carb, No Sugar Malva Pudding



Ingredients (pudding)

2 tbsp Sweet Freedom Original Natural Sweetener
3 eggs
1 tbsp Walden Farms Calorie Free Apricot Spread
1 cup ground almonds
1/2 cup fine coconut
1 tsp bicarb of soda
1 tbsp almond butter
Pinch of salt
1 tbsp Bragg Apple Cider Vinegar
125ml milk

Ingredients (sauce)

205ml cream
125ml almond butter
3 tbsp Sweet Freedom Original Natural Sweetener
125ml water

Directions

1. Preheat oven to 190°
2. Beat the sweetener and eggs until fluffy and a creamy consistency.
3. In a separate bowl melt butter and add apple cider vinegar and milk.
4. Add this to the creamy mixture and mix well.
5. Pour into an ovenproof dish and bake for 25-30 minutes.
6. Melt the sauce ingredients into a pan over medium heat until smooth.
7. Remove the pudding from the oven, place on a bowl and cover with sauce.
8. Serve with ice cream or whipped cream.

Vegan Gluten Free Gingerbread Men



Ingredients

1 tbsp flax seed
grounded
1/2 cup brown
sugar
1/4 cup Meridian
Smooth Almond
Butter
3 tbsp molasses
1/4 cup vegan
butter, softened
3/4 tsp ginger
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp salt
1/2 tsp baking
soda
1 1/4 - 1 3/4 cups
gluten free
baking pancake
mix

Directions

1. Combine 1 tablespoon of ground flax seed with 3 tablespoons of water. Stir well, and place in the fridge to set for 15 minutes. After 15 minutes, the result should be a sticky egg-like substitute.
2. Add to this softened butter, molasses, almond butter, brown sugar, salt, spices and baking soda and whisk together.
3. Add flour to the wet ingredients and stir with a wooden spoon until well combined. The dough should hold its shape but not feel dry.
4. Cover and chill for at least 1 hour.
5. Preheat oven to 170°
6. Roll the dough no thicker than 1/8 inch on parchment paper. Sprinkle the bottom paper and the top of the dough with flour.
7. Using a cookie cutter cut out your shapes and place on a baking sheet and freeze for 5 minutes to allow them to firm.
8. Remove and place in oven for 8-10 minutes.
9. Remove from oven and let them cool before decorating.

Protein Eggnog

Ingredients

6 organic egg yolks
1/2 cup Optimum Nutrition 100% Whey, Vanilla Ice Cream, Protein Powder
1/2 cup single cream
2 x 1/2 cup of milk (full fat or semi skimmed)
1 tsp Sweet Freedom Original Natural Sweetener
2 tsp cinnamon
4 cinnamon sticks
2 tbsp brandy

Directions

1. Using an electric whisk mix the whey powder, 1/2 cup of milk and the egg yolks in a bowl until frothy.
2. Heat a cup of milk with brandy until hot but not boiling.
3. Slowly pour the milk into the whey mixture while whisking.
4. Once mixed and smooth, transfer the mixture to a pan and heat on low to medium heat while stirring.
5. For more flavour add a stick of cinnamon.
6. Pour into a mug and sprinkle with cinnamon.





Specialist Ingredients:

Specialist ingredients for each recipe are available at unbeatable prices from
www.discount-supplements.co.uk.

Lucy Bee Extra Virgin Organic Coconut Oil

Sweet Freedom Original Natural Sweetener

Walden Farms Calorie Free Apricot Spread

Braggs Apple Cider Vinegar

Optimum Nutrition 100% Whey, Vanilla Ice Cream Flavour, Protein Powder

Meridian Smooth Almond Butter

Naturya Organic Cocoa

Pro Performance 100% Whey, Chocolate Flavour, Protein Powder

Synergy Natural 100% Organic Super Green Powder



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Merry Christmas

from **Discount Supplements**