



Christmas is here

Have a merry one!

WELLMAN
— NUTRITION —





Blini's with Hummus & Smoked Salmon

WHAT YOU NEED:

- 1 cup (120g) buckwheat flour
- 1 tsp. baking powder
- 1 tsp. salt
- 1 egg, separated
- ½ cup (125ml) of sparkling water
- 1 tbsp. coconut oil, for frying
- ½ cup (120g) hummus
- 3.5 oz. (100g) smoked salmon
- black pepper, to taste
- handful parsley, dill or chives, to serve

WHAT YOU NEED TO DO:

Sieve the buckwheat flour, baking powder and salt into a bowl.

Beat the egg yolk with almond milk and pour, stirring in the flour. Keep stirring until you have a smooth batter. Beat the egg whites until stiff. Carefully fold into the batter.

Heat some oil in a frying pan. Spoon small mounds of batter into the pan and fry on both sides until golden brown on medium heat. Flip them when bubbles come to surface.

Brush the blini's with hummus and divide the salmon on top. Grind some pepper and garnish with herbs.



Serves: 4
Prep: 5 min
Cook: 10 min



NUTRITIONAL INFO: (PER SERVING)

230 Kcal
12g Proteins

26g Carbs
10g fats



Celeriac Soup with Parsley Oil

WHAT YOU NEED:

- 3 lbs. 5 oz. (1½ kg) celeriac
- 2 cloves garlic
- 2 onions
- 2 tbsp. (25g) butter
- 1 tsp. ground nutmeg
- 2 chicken stock cubes
- 5 cups (1250ml) of water
- 2 pears
- ½ cup (125ml) cream
- 1 cup (25g) parsley, chopped
- 6 tbsp. olive oil
- 3 tbsp. apple cider vinegar

WHAT YOU NEED TO DO:

Peel the celeriac and cut into 2 cm pieces. Slice the garlic and cut the onion into rings. Heat the butter in a heavy saucepan and fry the celery and onion for 5 minutes, stirring frequently. Add the garlic, nutmeg, pepper and salt and cook for a further 3 minutes. Add the stock cubes and water, bring to boil and simmer 15 min. on low heat.

Meanwhile, peel the pears, cut into quarters, remove the core and chop. Remove the pan from the heat, add the pear, then puree with a hand blender. Add in the cream, season with pepper and salt and cook for another 5 min. Meanwhile, chop the parsley, and place it in a high bowl along with the oil and then mash with a hand blender. Season with pepper and salt.

Divide the soup into bowls and sprinkle with the parsley oil.



Serves: 8
Prep: 15 min
Cook: 30 min



NUTRITIONAL INFO: (PER SERVING)

270 Kcal
4g Protein

14g Carbs
20g Fats



Chicken Pate

WHAT YOU NEED:

- 2.2 lb. (1kg) chicken breast
- 2 eggs
- 3 tsp. dried tarragon
- 4 tbsp. (60ml) port
- 2 tsp. salt
- 5.2 oz. (150g) smoked bacon
- $\frac{3}{4}$ cup (75g) pistachios
- 1 duck breast, around 7 oz. (200g), sliced
- 2 cups (100g) semi-dried tomatoes

WHAT YOU NEED TO DO:

Preheat the oven to 300F (150C).

Mince the chicken breasts in a food processor or high-speed blender. Mix the minced chicken breast with the eggs, tarragon, port and salt in a food processor until smooth.

Line a bread tin with the slices of bacon.

Spoon $\frac{1}{4}$ of the chicken mixture into the tin, and then spread the pistachios. Cover this with $\frac{1}{4}$ of the chicken mixture, and then place the duck on it. Cover again with $\frac{1}{4}$ of the chicken mixture and arrange the tomatoes on top. Finally cover with the rest of the chicken and fold the overhanging slices of bacon inside.

Put the bread tin in a roasting dish halfway filled with water. Bake the pate for about 1 hour slightly below the middle of the oven.

Remove from the oven and pour out the fat released from the pate. Leave to cool in the tin. This takes about $3\frac{1}{2}$ hours.

Finally, take out the pie on a board and cut into slices.



Serves: 10
Prep: 25 min
Cook: 60 min



NUTRITIONAL INFO: (PER SERVING)

310 Kcal
29g Protein

3g Carbs
20g Fats



Stir-Fried Brussels Sprouts with Bacon

WHAT YOU NEED:

- 7 cup (700g) brussels sprouts
- 2 shallots
- 1 tbsp. olive oil
- 4.4 oz. (125g) smoked bacon

WHAT YOU NEED TO DO:

Cut the bottom of the sprouts and remove the outer leaves. Boil them in water for about 8 min.

Meanwhile, finely chop the shallots. Heat the oil in a pan and fry the bacon for 5 minutes. Next add in the shallots and cook for another 2 min.

Drain the brussels sprouts and add them into the pan, then stir-fry for about 2 min. Season with pepper and salt and serve.



Serves: 4
Prep: 10 min
Cook: 15 min



NUTRITIONAL INFO: (PER SERVING)

215 Kcal
9g Protein

8g Carbs
15g Fats



Braised Red Cabbage

WHAT YOU NEED:

- 1 small red cabbage, finely shredded
- 1 star anise
- 1 cinnamon stick
- 5 cardamom
- 1 garlic clove, chopped
- 2 red onions, chopped
- 1 apple, peeled, cored and finely chopped
- 1 ½ tbsp. coconut palm sugar
- 2 tbsp. red wine vinegar
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO:

Heat the oven to 270F (130C). Prepare a large over proof casserole dish and layer up the cabbage, onion, apple, garlic spices and sugar.

Spoon over the vinegar and coconut oil, then cover and cook for 2.5-3 hrs. until tender but not too mushy. Stir twice during cooking.

Remove the star anise and cinnamon stick before serving.



Serves: 8
Prep: 15 min
Cook: 2-3 hrs.



NUTRITIONAL INFO: (PER SERVING)

140 Kcal
2g Protein

13g Carbs
2g Fats



Pork in Cherry Beer Sauce

WHAT YOU NEED:

- 1 ½ cup (350g) pitted cherries in syrup
- 1 shallot
- 3 tbsp. (75g) butter
- 2 tbsp. (25g) flour
- 3 springs fresh thyme
- 1 cup (250ml) cherry beer
- 1.1 lb. (500g) pork
- 3 tbsp. maple syrup

WHAT YOU NEED TO DO:

Drain the cherries but collect the syrup in a bowl. Finely chop the shallots.

Heat 1 tbsp. butter in a saucepan and fry the shallots for 3 minutes. Add the flour and cook, stirring, for 5 min.

Next add in the thyme, cherry beer, half of the cherries and all the syrup from the jar. Simmer on low heat for 10 minutes to reduce. Meanwhile, sprinkle the pork with salt and pepper.

Heat 1 tbsp. butter in a frying pan and fry the pork on high heat for 5 minutes to brown on each side. Reduce the heat to low and cook the pork for another 10 min. Once cooked to your liking, remove the meat from the pan and rest covered with foil, for 5 minutes.

Meanwhile, pour the sauce through a strainer into a saucepan and bring to the boil, then remove from the heat. Mix in the remaining butter, cherries and maple syrup and season with pepper and salt.

Cut the tenderloin into slices 1 cm thick and spoon over the sauce.



Serves: 4
Prep: 10 min
Cook: 30 min



NUTRITIONAL INFO: (PER SERVING)

420 Kcal
30g Protein

33g Carbs
17g Fats



Meatloaf

WHAT YOU NEED:

- 1 onion
- 1 cup (100g) grated cheddar or dairy free alternative
- 1 red pepper
- 2/3 cup (15g) sage
- 1.1 lb. (500g) of half-and-half ground beef and pork
- scant ½ cup (100ml) of tomato puree
- 1 egg
- 2 tbsp. breadcrumbs
- 5.2 oz. (150g) smoked bacon

WHAT YOU NEED TO DO:

Preheat the oven to 375F (190C).

Chop the onion and pepper. Cut half of the sage into strips.

Place the ground beef in a large bowl and add the onion, cheese, pepper, sage strips, tomato puree, egg and breadcrumbs, then mix together.

Cover a bread tin or baking dish with parchment paper and place the slices of bacon in it. Let the slices overlap slightly. Place the meat in the middle and fold the bacon around the meat loaf, top with the rest of the sage. Bake the meatloaf for 45 min. Serve hot, warm or cold.



Serves: 8
Prep: 15 min
Cook: 45 min



NUTRITIONAL INFO: (PER SERVING)

290 Kcal
18g Protein

6g Carbs
21g Fats



Sweet Potato Gingerbread Man

WHAT YOU NEED:

- 1.1 lb. (500g) sweet potato to make 1 cup puree
- 3 cups (360g) buckwheat flour
- 6 tbsp. coconut oil, melted
- 1 egg
- ½ tsp. baking soda
- 4 tbsp. maple syrup
- 2 tbsp. xylitol or other sweetener
- 4 tsp. ground ginger
- 2 tsp. ground nutmeg
- 1 tsp. ground clove
- ½ tsp. salt

WHAT YOU NEED TO DO:

Prepare the sweet potato puree by baking or microwaving the potatoes. Blitz them in a food processor or with a hand blender until smooth. Measure 1 cup and set aside.

In a large bowl or food processor, mix together the flour coconut oil, syrup, sweetener and spices.

Next, add in the potato puree, egg and mix together until dough like texture comes together. Module the dough into a cylinder and wrap in cling film then refrigerate for 1 hr. until firm.

Heat the oven to 340F (170C) and prepare a few baking ray lined with baking paper. Roll the dough on a floured surface to 1/8 inch thick, flouring dough and rolling as needed.

Cut the rolled dough with a cookie cutter and line up onto the baking tray. Bake for about 8-12 minutes, until firm and edges begin to brown. Do this in batches.

Decorate cookies with frosting (optional).

*the amount of servings will depend on the size of the cookie cutter.



Serves: *
Prep: 20 min + 1 hr. chill
Cook: 8-12 min



NUTRITIONAL INFO: (PER SERVING)
N/A



Christmas Cake

WHAT YOU NEED:

- 5 cups (around 750g) dried fruit (raisins, prunes, cranberries)
- 2 oranges, both zested + 1 juiced
- ½ cup (150ml) brandy or sweet sherry
- 4 tbsp. coconut oil, melted
- 3 eggs
- 2 cups (200g) almond meal
- ½ tsp. bicarbonate of soda
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 tsp. vanilla bean extract or paste
- ¼ tsp. nutmeg
- ½ cup (50g) chopped walnuts

WHAT YOU NEED TO DO:

In a medium sized bowl, mix together the dried fruit, orange zest and juice, and brandy (but leave 2 tbsp. for later). Cover the bowl with cling film, and then leave in a cool dark place to soak overnight.

Grease the bottom of a cake tin with a little coconut oil and line with baking paper. Heat the oven to 300F (150C).

Combine the fruit mixture, spices, vanilla, coconut oil and eggs, then add the ground almonds and mix again.

Transfer the mixture into the baking tin and bake for 1.5 hr. Check with a skewer to see if it comes out clean, if not bake for another 30 min. Cover the top if necessary to prevent burning. Remove from the oven and leave to cool.

Use a skewer to pierce the top of the cake at regular intervals, but not all the way through. Spoon over the 2 tbsp. of brandy so that it sinks into the holes. Wrap the cake in baking paper and the tin foil. Feed it with brandy every 1-2 weeks, up to 3 times before serving but not stop about a week before you ice it. It will keep up to 3 months in an airtight container.



Serves: 20
Prep: overnight
Cook: 90 mins



NUTRITIONAL INFO: (PER SERVING)

235 Kcal
4g Protein

29g Carbs
9g Fats



Chocolate Truffles

WHAT YOU NEED:

- 2 small ripe avocados, stone and flesh removed
- 2 tbsp. maple syrup or honey
- 2 tbsp. pumpkin seeds
- 2 tbsp. cocoa powder, unsweetened + 2 tbsp. for coating
- 2 tbsp. coconut oil, melted
- 2 tbsp. almond butter
- 1 tsp. vanilla paste
- 2 tbsp. desiccated coconut, for coating

WHAT YOU NEED TO DO:

Place all ingredients in a high-speed blender and pulse until smooth and well combined.

Roll the mixture into small sized truffles using wet hands, and coat half in coconut and the other half in coco powder.

Chill in the fridge for 3 hours before serving.



Serves: 20
Prep: 15 min
Chill: 3 hrs.



NUTRITIONAL INFO: (PER SERVING)

54 Kcal
1g Protein

4g Carbs
6g Fats