

# FLANNERY'S

ORGANIC & WHOLEFOOD MARKET

Look out for

**PINE MELON ICE BLOCKS**

**CHRISTMAS PROTEIN BLISS BALLS**

**SUMMER VEGAN BBQ**

**GINGERBREAD PANCAKE STACK**

**PLUS MORE...**

OUR FAVOURITE

Summer Festive Recipes



# TASTY RECIPES INSIDE:

With another year flown by, we welcome the festive season as a time of winding down to enjoy quality time with family and friends! Nothing quite beats the beauty of homemade food, so we have pulled together our favourite summer recipes to make and share with your favourite people.

We have treats made with fresh summer fruits, or try a plant-based BBQ for your family feast [page 08]. Don't forget to stay hydrated with an aloe vera tonic! [page 11]

We feel grateful to have such amazing products at our fingertips to inspire us each day and we hope this recipe book brings some of that inspiration into your homes.

Have fun being creative in your kitchen, and celebrate the good times with delicious food you've made with love.

*The Flannerys Team*

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## DIETARY KEY





# VEGO CHOC BROWNIES

Recipe courtesy of Emily Smith | @emjoysmith\_  
Makes: 12 | Time: 30mins

VE

## INGREDIENTS:

- 2 x large VEGO chocolate bars
- 1 cup OWN blanched almond meal
- 1 cup OWN wholemeal spelt flour
- ½ cup OWN cacao
- ½ cup OWN coconut sugar
- 2 x chia eggs [2tbsp chia mixed with 6 tbsp water – leave for 10 mins]
- ½ cup OWN coconut oil [melted]
- 2 tbsp maple syrup
- ½ cup Nutty Bruce coconut almond milk
- 1 tbsp baking powder
- ½ tsp vanilla paste

## DIRECTIONS:

### Making the pops

1. Pre heat oven 180 degrees and line a square baking tin.
2. Prep chia eggs and set aside.
3. Roughly chop one vego bar and combine in bowl with almond meal, flour, cacao, coconut sugar & baking powder.
4. Add wet ingredients to dry mixture and stir until well combined.
5. Pour mixture into lined baking tin and top with second vego bar [press pieces in until the mixture surrounds them].
6. Place in oven for 20 minutes or until just cooked through [centre should be very fudgy and gooey].
7. Let cool completely and cut into squares
8. Store in fridge.





# GINGERBREAD PANCAKE STACK

Recipe courtesy of Emily Smith | @emjoysmith\_  
Serves: 2 | Time: 25mins



## INGREDIENTS:

- 1 ½ cups Bobs Red Mill oat flour
- ½ cup OWN almond meal
- 2 organic eggs
- 1 cup plant milk (we use Nutty Bruce: Almond & Coconut)
- 2 tsp ground ginger
- 2 tsp all spice
- 1 tsp cinnamon
- 2 tsp baking powder
- 1 tbsp organic butter (for cooking – do not add to mixture)

## DIRECTIONS:

### Making the pancake stack

1. Place all ingredients in blender or food processor and blend until smooth
2. Heat the butter in a pan
3. On medium high heat cook your pancakes to desired size, these won't take long at all about 1 minute each side.
4. Stack and serve with your favourite toppings! We loved blueberries, maple syrup & chia seed.





# MANGO POPS

Recipe courtesy of Bridget Hunt | @bridgethunt\_  
Makes: 6-8 | Time: 15mins [set overnight]

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Find your local store at [flannerys.com.au](https://flannerys.com.au) for all the delicious ingredients.

## INGREDIENTS:

- Flesh of 2 x organic mangoes
- $\frac{3}{4}$  x cup Coyo organic natural coconut yoghurt
- 1-2 tsp organic vanilla
- 10 scoops of organic collagen powder.  
120g – 10 ice blocks = 10g of protein per ice- block

## DIRECTIONS:

### Making the pops

1. Blend all ingredients into a blender until smooth and fill ice cream molds and set in the freezer for 4 hours or over night.



# PINE MELON ICE BLOCKS

Recipe courtesy of Laura Scherian | @laura\_scherian  
Makes: 10-12 | Time: 15mins [set overnight]

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There is no better time for an ice-block than summer-time in Australia, so why not have a go at making your own.

These Pine-Melon Ice-blocks are super refreshing and delicious. They are also extremely hydrating and full of vitamins and minerals, in particular vitamin C. Keep them in your freezer this summer and you will always have a cool and refreshing snack on hand!



## INGREDIENTS:

- 1 cup organic watermelon, roughly chopped
- 1 cup organic pineapple, roughly chopped
- ½ cup JT's Coconut Essence coconut water or organic apple juice
- 1-2 Tbsp. Absolute Organic maple syrup, OWN honey or Jimalie coconut syrup (optional)
- 1-2 organic kiwi fruit, peeled and sliced into rounds

## DIRECTIONS:

### Making the ice blocks

1. In a blender combine all ingredients except Kiwi fruit. Fill ice-block molds half way with mixture. Place 1-2 pieces of kiwi fruit in each and put in ice-block stick.
2. Place in freezer over night and remove as needed.



# CHRISTMAS PROTEIN BLISS BALLS

Recipe courtesy of Laura Scherian | @laura\_scherian  
Makes: 8-12 | Time: 15mins

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VE

Christmas is just around the corner and this super quick and easy breakfast recipe will have you feeling festive! Packed with only good ingredients, this gingerbread pancake stack will tick all the boxes.



## INGREDIENTS:

- ½ cup OWN organic sultanas
- 4 Tbsp. OWN maple syrup
- 1 Tbsp. Jimalie coconut oil
- 1 cup OWN almond meal
- 4 scoops of natural protein of your choice
- 2 Tbsp. water
- 1-2 tsp. Simply Organic ground ginger
- ½ tsp. Simply Organic ground cinnamon
- ¼ tsp. Simply Organic ground nutmeg
- 1/8 tsp. Simply Organic ground cloves (optional)

**NOTE:** mix together spices before adding to food processor.

## DIRECTIONS:

### Making the bliss balls

1. Use a food processor to blitz together sultanas, maple syrup, and coconut oil. Add all other ingredients and blitz until well combined.
2. Mold into whatever size balls you would like and decorate as you wish. Once made, keep refrigerated.



# VEEF <sup>01</sup> BURGERS

Recipe courtesy of Maddie Bingham  
@maddie\_bingham

## INGREDIENTS:

- VeeF Burger Patties
- Green Vie Cheddar Cheese Slices
- Spanish onion
- Tomato
- Avocado
- Cos lettuce
- Woodstock Organic Sliced Kosher Dill Pickles
- Roza's Gourmet Tomato Chutney
- Organic Vegenaïse (optional)
- Healthybake Organic Sourdough Khorasan Rolls

## DIRECTIONS:

### *Making the burgers*

1. Grill the VeeF Patties on the BBQ according to packet instructions. If you like your cheese slightly melted, put a slice on top of each patty when they are on the BBQ and almost done.
2. Prepare the salad ingredients by slicing the Spanish onion, tomato and avocado.
3. Prepare the bread rolls by cutting them open and spreading some of the tomato chutney on the top bun.
4. Build your burger by adding the patty and cheese to your roll, followed by the Cos lettuce, tomato, Spanish onion, pickles and avocado.







03

## WATERMELON & AVOCADO SIDE SALAD

02

### INGREDIENTS:

- ½ watermelon
- 1 avocado
- 3 slices of Spanish onion
- A handful of fresh basil and mint
- A few squares of Botanical Cuisine Macadamia Feta
- Fresh lime, to serve

### INGREDIENTS:

- Chop up half a watermelon into cubes and add to a bowl or plate.
- Slice and dice the avocado and add it to the watermelon, followed by thinly sliced Spanish onion.
- Top with fresh basil, mint, macadamia feta and a squeeze of fresh lime.

## GRILLED CORN COBS WITH GARLIC AIOLI

03

### INGREDIENTS:

- 4 corn cobs
- The juice of ½ lime
- 1 tbsp. Organic Vegenaïse
- Fresh coriander, to serve
- Daiya Mozzarella Style Shreds
- Sprinkle of smoked paprika, to serve
- 1 tsp. salt
- ¼ tsp. pepper
- 1 clove of garlic, crushed

### DIRECTIONS:

- Tie corn back with string. Grill corn on the BBQ rotating constantly for 10-15 minutes until they are lightly charred.
- Make the aioli by adding the vegenaïse, lime juice and crushed garlic into a bowl, mix well and season with salt and pepper.
- When ready to serve, spread some of the aioli on the corn and top with cheese shreds, coriander and a sprinkle of smoked paprika.



02

## INGREDIENTS:

- ½ x cup OWN coconut chips
- ½ x cup OWN macadamia nuts
- 1/3 x cup OWN pistachios
- ¾ x cup OWN cacao butter
- 1 x cup ABC spread
- 1/3 x cup goji berries
- 1/3 x cup sour cherries
- ¼ x cup maple syrup
- 2 x tsp. vanilla
- 4 x raspberry Pana white chocolate blocks chopped into

## DIRECTIONS:

### Making the white Christmas

1. On a chopping board, roughly chop macadamias and pistachios.
2. In a pan over medium heat toast coconut and macadamias lightly, till they begin to turn light brown.
3. Over medium/low heat in a saucepan melt and combine the cacao butter and ABC spread. Continue stirring with a whisk to ensure all the ABC butter has broken up and combined thoroughly.
4. Remove from the stove, and add in maple syrup and vanilla and allow to cool.
5. In the meantime, in a lined baking dish add the toasted coconut, macadamias, pistachios, goji berries, sour cherries and PANA organic, raspberry white chocolate (saving a little to sprinkle on the top) and mix around to ensure they're distributed evenly.
6. Pour over the cacao butter mixture and pop into the freezer to set for 2 hours.
7. Once set (it will appear solid), chop into bite size pieces and try not to eat the whole lot at once.

# PALEO NOT SO WHITE CHRISTMAS

Recipe courtesy of Bridget Hunt | @bridgethunt\_  
Serves: 20-30 pieces | Time: 2hrs 25mins

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# ALOE VERA TONIC



Recipe courtesy of Laura Scherian | @laura\_scherian  
Makes: 4 | Time: 10mins [steep: 1hr+]

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Aloe Vera has many health benefits that extend well beyond the most common use of relieving sunburn. Commonly used to assist with bowel movements, relieve heart burn and for other soothing effects on the digestive tract. It has been teamed it up with some natural sweetness from raw honey, fresh mint, raspberries and a splash of lime juice to give it a little sass. Voila, a star has been born. A refreshing and nourishing elixir to enjoy anytime of the day.

## INGREDIENTS:

- 400ml Aloe Vera of Australian Natural Juice
- Juice of 1 organic lime
- 1 organic lime, sliced
- 125g organic raspberries
- ½ cup organic mint leaves, plus some to garnish
- 1/3- ½ cup Ambrosia raw honey
- Ice cubes

## DIRECTIONS:

### Making the tonic

1. In a large jug gently whisk together Aloe Vera juice and honey, until honey is dissolved.
2. Add half of the raspberries, sliced lime and mint leaves, gently stir and then leave to steep in fridge for at least 1 hour.
3. Fill four glasses half way with ice cubes and equally distribute remaining raspberries, lime and mint leaves. Pour over Aloe Vera mixture and serve.

# REFRESHING SMOOTHIE

Recipe courtesy of JT's Coconut Essence / @jtscoconutessence  
Serves: 2 | Time: 5mins

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VE

No fancy blender at home? No worries. All you need is a jug, a cheap stick blender and some fruit and veggies for this healthy and ultra refreshing Coconut Water smoothie recipe.

This recipe serves two so you can make a large glass for yourself or for friends or family - sharing is caring.



## INGREDIENTS:

- 510ml chilled can of Coconut Essence Coconut Water or our Tropical Coconut Water works just as well
- 1/2 cup frozen pineapple
- 1 banana sliced
- 4 handfuls of spinach
- 1/2 lemon squeezed

## DIRECTIONS:

### *Making the coconut water smoothie*

1. Add all ingredients to a jug and blend with your stick blender and serve in a glass with ice. Rinse blender stick under the tap and drain.

You can enjoy this smoothie at any time of the day and it's great for a pick me up! So you can end your week feeling refreshed or start the weekend with get up and go!





# BREAD & BUTTERLESS PUDDING WITH HOMEMADE JAM

Recipe courtesy of Laura Scherian  
@laura\_scherian  
Serves: 4 | Time: 45mins [jam setting: 1hr]

DF

GF

So, everyone loves bread and butter pudding. Here is an old school recipe with a twist and a few adjustments to make it suitable for specific dietary needs. Perfect for dessert or even a weekend breakfast treat!

## INGREDIENTS:

### For the raspberry chia jam

- 1 cup frozen raspberries
- 1 Tbsp. OWN organic maple syrup
- 2 Tbsp. OWN organic chia seeds
- 1/3 cup water

### For the pudding

- 1 Tbsp. OWN organic coconut oil
- 6 slices of Gluten Freedom broken black rice & polenta sourdough
- 3 Tbsp. OWN cashew butter or dairy free spread
- ½ cup of raspberry chia jam
- 3 eggs
- 1 cup almond milk (Or any other milk)
- ½ cup Global Organics coconut cream
- 4 Tbsp. OWN organic coconut sugar
- ½ cup OWN organic sultanas

## DIRECTIONS:

### Making the pudding

1. First make Chia Jam. Combine raspberries, maple syrup and water in saucepan. Bring to a simmer, stirring regularly for about 10 minutes or until liquid has reduced by about half. Remove from heat and stir in chia seeds. Place in a glass container and refrigerate for approximately 1 hour.
2. Now it is time to make the pudding. Preheat oven to 180C, grease a shallow baking dish with coconut oil.
3. Spread cashew butter and jam onto bread, then cut diagonally into halves. Layer pieces of bread with Jam side up, in two lines and slightly overlapping.
4. Whisk or blend together eggs, milk, coconut cream and 3 Tbsp. coconut sugar. Pour mixture over bread, move the bread around a little to make sure it soaks up the mixture.
5. Finally, scatter sultanas and remaining coconut sugar on top. Bake in the oven for 20-30min or until pudding mixture is set and top is slightly brown. Serve with COYO or your favourite dairy free ice-cream.

**FIND YOUR LOCAL STORE  
FOR ALL THE DELICIOUS  
INGREDIENTS.**

*VISIT [FLANNERYS.COM.AU](http://FLANNERYS.COM.AU)*

