

FLANNERY'S

ORGANIC & WHOLEFOOD MARKET

*Inspirational recipes to
bring joy to your
festive menus!*

Look out for

PEPPERMINT MOCHA BITES

LEMONGRASS PRAWN SKEWERS

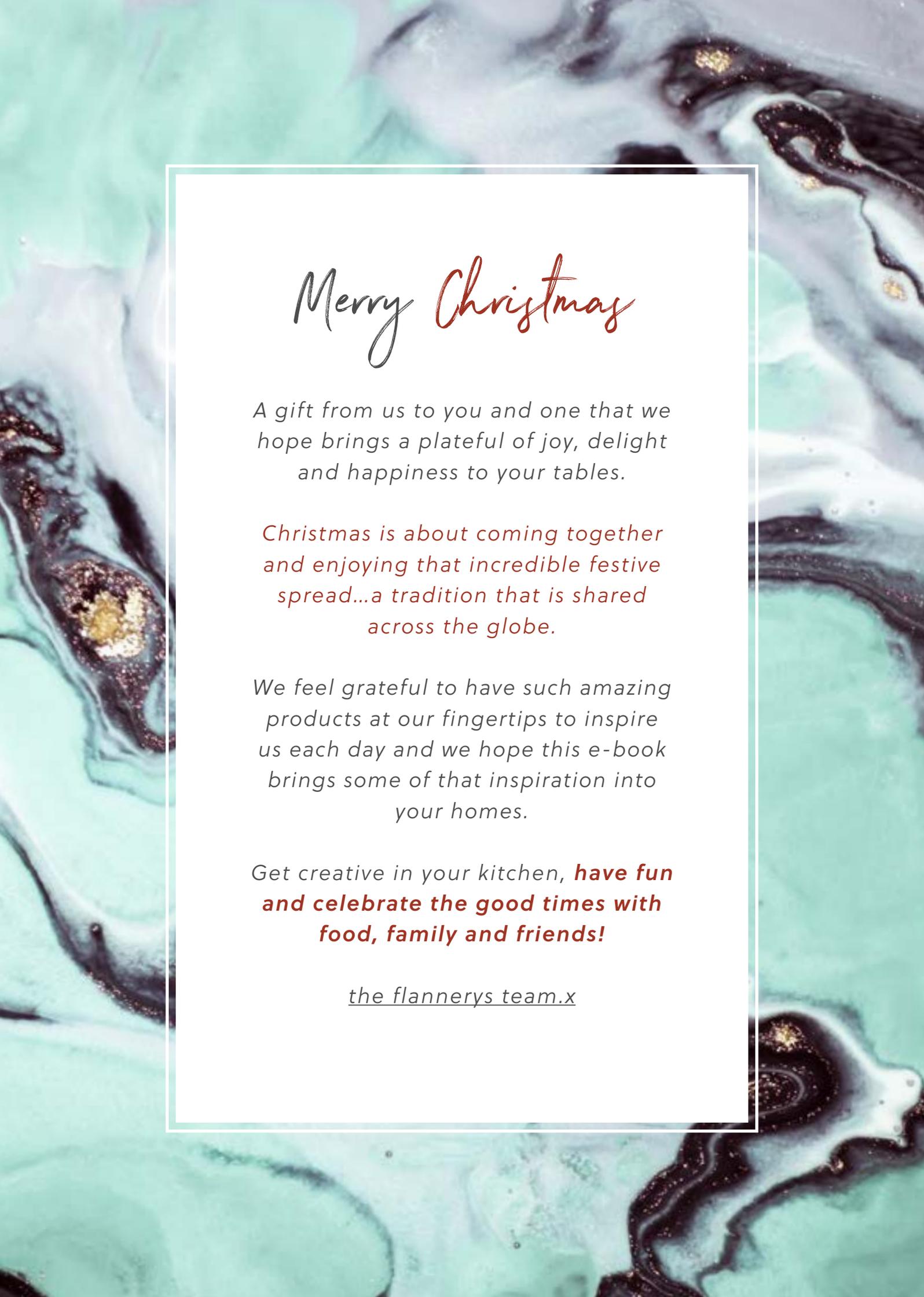
CACAO CASHEW MOUSSE

PROSECCO JOLLY SHOTS

PLUS MORE...

15

Simple
CHRISTMAS RECIPES



Merry Christmas

A gift from us to you and one that we hope brings a plateful of joy, delight and happiness to your tables.

Christmas is about coming together and enjoying that incredible festive spread...a tradition that is shared across the globe.

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

*Get creative in your kitchen, **have fun and celebrate the good times with food, family and friends!***

[the flannerys team.x](#)



FESTIVE SNACKS

SMOKEY VEGAN COCONUT BACON | 6

PEPPERMINT MOCHA BITES | 8

CAULIFLOWER POPCORN | 10

MERRY MAINS

CHRISTMAS GAZPACHO | 14

LEMONGRASS PRAWN SKEWERS | 16

ROAST CHICKEN WITH LEMON, GARLIC AND ROSEMARY | 18

SIDES TO 'WOW'

SHAVED SPROUTS SALAD W/ APPLE CIDER VINAIGRETTE | 22

BLANCHED ASPARAGUS WITH CASHEW BUTTER DRESSING | 24

SIMPLE ROAST VEGETABLES | 26

DREAMY DESSERTS

VEGAN MINCE PIES | 30

PALEO CULTURED CACAO CASHEW MOUSSE | 32

OUR CHRISTMAS CAKE | 34

CHRISTMAS CHEERS!

PROSECCO JOLLY SHOTS | 38

TROPICAL COCONUT WATER MARGARITA | 40

KOMBUCHA SUMMER SANGRIA | 42

DIETARY KEY

GF

gluten free

VE

vegan

DF

dairy free

PA

paleo



FLANNERY'S
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YOUR *Local* ORGANIC
WHOLEFOOD MARKET



Festive Snacks



Festive Snacks

SMOKEY VEGAN COCONUT 'BACON'

RECIPE BY NUTRA ORGANICS

GF

VE



SERVES

6



TIME

35 MINS

A divine smokey maple flavour that both vegans and bacon lovers alike will enjoy! Ideal to load onto your foodie platter.

WHAT YOU WILL NEED

- 2 tbsp. liquid smoke
- 1 tbsp. tamari [or soy sauce]
- 1 tbsp. water
- 1 tsp. smoked paprika
- 3 1/2 cups The Wholefood Pantry Maple Syrup Coconut Chips
- 1 tbsp. The Wholefood Pantry Maple Syrup

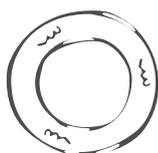
PUTTING IT TOGETHER

1. Preheat oven to 160°C.
2. Combine all liquid ingredients in a bowl. Add in coconut chips and gently toss until evenly combined.
3. Sprinkle some paprika on, and toss until evenly combined again.
4. Spread evenly on top of baking paper on a tray, and lightly sprinkle some more paprika on top.
5. Bake for 20-25 minutes in the oven, flipping the coconut chips every 5 minutes to ensure they cook evenly. Keep a close eye on these as they can burn easily.
6. Store in an airtight container to keep them crunchy for a few days [but they definitely won't last that long.]



PEPPERMINT MOCHA BITES

RECIPE BY MANITOBA HARVEST



SERVES
12



TIME
15 MINS

A bite size Christmas treat to relish as a snack, or to have handy for those unexpected social visits.

WHAT YOU WILL NEED

- ¾ cup raw almonds
- ½ cup Manitoba Harvest Hemp Hearts
- 1 cup medjool dates, pitted
- 2 tbsp. cocoa powder
- 1 tsp. espresso powder
- 1 tsp. vanilla extract
- ½ tsp. peppermint extract
- ¼ cup mini dark chocolate chips
- 3 candy canes, crushed
[optional – for rolling the bites in]

PUTTING IT TOGETHER

1. Add the almonds to a food processor and blend until they are finely ground but not turned into a flour.
2. Put the hemp hearts and dates in and blend until it forms a sticky dough.
3. Add the cocoa, espresso powder, vanilla and peppermint extract and blend to combine. Then add in the chocolate chips and pulse a few times so they are mixed in.
4. Scoop the dough by heaping tablespoons and roll into balls. You can roll the balls in the crushed candy canes or hemp hearts if desired.
5. Store extra bites in the fridge in an airtight container.

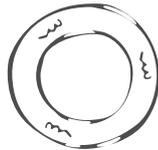


CAULIFLOWER POPCORN

RECIPE BY ROZAS GOURMET

GF

VE



SERVES

4



TIME

45 MINS

Super healthy nibbles that are delicious and great for the entire family.

WHAT YOU WILL NEED

- 1 small head organic cauliflower
- 3 tbsp. extra virgin olive oil
- ½ tsp. sweet paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- A pinch of good quality salt
- Roza's Gourmet Vegan Mayonnaise

PUTTING IT TOGETHER

1. Pre-heat your fan-forced oven to 180°C.
2. Break up/ cut cauliflower florets into small bite size pieces.
3. In a large mixing bowl toss cauliflower with olive oil, paprika, garlic powder, onion powder and salt. Combine well.
4. Spread cauliflower evenly onto a large lined baking tray.
5. Bake in oven for 25 - 30 minutes or until cauliflower is tender and golden on the edges.
6. Serve cauliflower with Roza's Gourmet Vegan Mayonnaise for dipping.



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FREE *Naturopath*
ADVICE IN-STORE

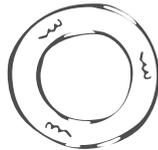


Merry Mains

CHRISTMAS GAZPACHOS

RECIPE BY MORLIFE

VE



SERVES

4+



TIME

2 HRS 20 MINS

Bursting with spice and flavour, these Christmas Gazpachos will be sure to excite your guests. Prepare in advance and feel less stressed on Christmas day.



GREEN GAZPACHO WHAT YOU WILL NEED

- ½ organic cucumber
- 1 stalk organic green onion
- 1 clove organic garlic
- ½ green jalapeño
- handful organic spinach
- handful organic basil
- 1 cup water
- 1 organic avocado
- ½ heaped tsp. Morlife Alkalising Greens Lemon Lime
- 2 tbsp. Morlife Spinach, Herb & Onion Superdip Mix
- ½ organic lemon, juiced
- 3 tbsp. olive oil
- salt & pepper to taste

PUTTING IT TOGETHER

1. Finely chop the cucumber, onion, garlic and jalapeño in a food processor, then place in a large bowl.
2. Process the fresh spinach and basil and add to the bowl, add the water and stir to combine all the ingredients.
3. Add the mixture [from the large bowl] into the food processor; place the avocado, alkalising greens, superdip mix, lemon, olive oil and salt & pepper. Process until smooth.
4. Pour mixture into the bowl; stir well to combine the contents then place in the fridge to chill for at least 2 hours before serving.

RED GAZPACHO WHAT YOU WILL NEED

- 4 ripe organic tomatoes
- 1 clove organic garlic
- ½ organic cucumber
- 1 organic red capsicum, chopped
- ½ organic brown onion, chopped
- ¼ cup olive oil
- 1/3 cup red wine vinegar
- 1 tsp balsamic vinegar
- 2 tbsp. Morlife Smokey Barbeque Superdip Mix

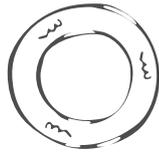
PUTTING IT TOGETHER

1. Add the first 5 ingredients to a food processor, pulse, then slowly add in the oil and vinegar. Blend until smooth.
2. Add in the Superdip Mix and blend further until the texture is creamy.
3. Pour into a large bowl and place in the fridge for at least 2 hours before serving.

LEMONGRASS PRAWN SKEWERS

RECIPE BY CERES ORGANICS

GF



SERVES

4



TIME

45 MINS

Summer and Seafood...the perfect duo. A sensational fresh and light dish to add to your festive menu.



SKEWERS WHAT YOU WILL NEED

- Ceres Organics Coconut Oil, High Heat Cooking
- 200g fish fillets [kingfish or monk fish]
- 300g raw prawns, finely chopped
- 2 tbsp.. red curry paste
- 2 tbsp.. fish sauce
- 1 organic free-range egg [size 6]
- ½ cup Ceres Organics Tapioca Flour
- 1 tbsp.. rapadura sugar
- zest of 1 organic lime
- ¼ cup fresh coriander
- 8 pieces lemongrass
- ¼ cup sesame seeds hulled

DIPPING SAUCE WHAT YOU WILL NEED

- ¼ cup water
- 2 tbsp.. rapadura sugar
- 1 tablespoon Ceres Organics Brown Rice Vinegar
- 1 fresh organic red chilli, finely sliced
- 1 tbsp.. peanuts, roughly chopped
- 2 tbsp.. Ceres Organics Smooth Peanut Butter, Original

PUTTING IT TOGETHER

1. Pre-heat your fan-forced oven to 180°C.
2. Break up/ cut cauliflower florets into small bite size pieces.
3. In a large mixing bowl toss cauliflower with olive oil, paprika, garlic powder, onion powder and salt. Combine well.
4. Spread cauliflower evenly onto a large lined baking tray.
5. Bake in oven for 25 - 30 minutes or until cauliflower is tender and golden on the edges.
6. Serve cauliflower with Roza's Gourmet Vegan Mayonnaise for dipping.

MERRY MAINS

ROAST CHICKEN WITH LEMON, GARLIC AND ROSEMARY

RECIPE BY BANTRY FAMILY FARMS

GF



SERVES
6



TIME
120 MINS

The main attraction...the Christmas Roast! A juicy and flavoursome recipe to tantalise your guest's taste buds.



WHAT YOU WILL NEED

- 1 Bantry Family Farms organic free range whole chicken
- 500g organic potatoes, peeled
- 1 organic lemon, washed
- 4 organic garlic cloves, peeled
- Fresh thyme, handful
- Fresh rosemary sprigs, handful
- Olive oil
- Salt and freshly cracked black pepper

PUTTING IT TOGETHER

1. Rub the chicken inside and out with generous amount of salt and pepper. Set aside until ready cook.
2. Preheat oven to 190°C.
3. Bring a large pot of salted water to the boil.
4. Cut the potatoes into quarters and place them, the peeled garlic cloves and whole washed lemon in the boiling water. Cook for 12 minutes then drain. For crispier roast potatoes, allow them to dry for 1 min. Toss the potatoes in the pot while still hot so their outsides become slightly roughed.
5. Now rub the chicken all over with olive oil. Pierce the cooked lemon a dozen times with a knife. Push the lemon, cooked garlic cloves, and thyme into the chicken cavity. Gently tie the chicken drumsticks together with cooking string.
6. Place the chicken into a roasting tray, cover with foil, and cook in the preheated oven for approx 45 minutes. Remove the foil and discard. Place the potatoes and rosemary leaves in the roasting tray. Roll the potatoes in the roast juices. Cook for a further 45 minutes, or until the chicken is cooked and the potatoes golden.
7. Once cooked carefully remove the lemon and garlic of the cavity of the chicken. Cut the lemon in half and crush the garlic.
8. Transfer the chicken, potatoes and lemon on to a serving tray. Sprinkle the crushed garlic on top. Carve to serve.



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1000'S OF *Gluten Free* **OPTIONS IN-STORE**

BOWAN



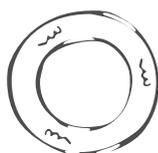
Sides to 'Wai'



Packed with flavour and crunchy texture, serve this delightful side at your Christmas feast or summer BBQ spread.

SHAVED BRUSSELS SPROUTS SALAD WITH CREAMY APPLE CIDER VINAIGRETTE

RECIPE BY MANITOBA HARVEST



SERVES
6



TIME
105 MINS

WHAT YOU WILL NEED

- 500g organic brussels sprouts
- ½ small organic red onion
- 1 medium organic green apple
- 1 cup pecans, chopped
- ¼ cup Manitoba Harvest Hemp Hearts
- 2 tbsp.. apple cider vinegar
- 2 tbsp.. filtered water
- 1 tbsp.. whole grain or dijon mustard
- 1 tsp. maple syrup
- ¼ tsp. sea salt
- Pinch black pepper, freshly cracked
- ½ cup avocado oil

PUTTING IT TOGETHER

1. Use a food processor, mandolin or sharp knife to shave brussels sprouts into thin slices.
2. Slice the onion and apple thinly as well.
3. Toast pecans in a dry pan over medium high heat for about 2 minutes, stirring frequently, until fragrant and golden.
4. In a blender, mix vinaigrette ingredients except oil, until smooth.
5. While blender is on low-medium, slowly add oil in a steady stream until completely incorporated. Blend 30 more seconds.
6. Add all ingredients to a large bowl or zip seal bag and gently toss to combine.
7. Refrigerate 30 minutes to 1 hour before serving to let the flavours mingle. Can be made up to 1 day in advance.
8. Top with toppings if you desire!



BLANCHED ASPARAGUS WITH CASHEW BUTTER DRESSING

RECIPE BY JIMALIE

GF

VE



SERVES

4



TIME

15 MINS

*Impress your guests with this simple
and elegant side dish.*

WHAT YOU WILL NEED

- 1 bunch organic asparagus
- 2 tbsp.. cashew butter
- 1 tbsp.. Jimalie Coconut Amino Sauce
- ½ tbsp.. apple cider vinegar
- ¼ tsp. Jimalie Coconut Nectar with Turmeric 2 tbsp. hot water

PUTTING IT TOGETHER

1. Mix to combine dressing ingredients and set aside until needed.
2. Bring a large pot of water to the boil and while waiting trim woody ends off asparagus. When water comes to a boil add asparagus, bring back to the boil and boil for 1 min.
3. Drain asparagus in a colander and refresh in cold running water. Place asparagus onto a serving plate and top with dressing and garnish with crushed or silvered almonds.



Sides To 'Wow'

SIMPLE ROAST VEGETABLES

RECIPE BY MELROSE

GF

VE



SERVES

4



TIME

35 MINS

A delicious and essential trimming to the classic Christmas Roast.

WHAT YOU WILL NEED

- 1 tbsp.. Melrose Macadamia Oil
- 1 tbsp.. Melrose Unhulled Tahini
- 2-3 tbsp.. miso paste
- 2 organic carrots, washed and chopped into 2cm pieces
- 2 organic parsnips, washed and chopped into 2cm pieces
- 1 organic eggplant, washed and chopped into 2cm pieces
- 1 organic zucchini, washed and chopped into 2cm pieces
- Sea salt & pepper, to taste
- 1 tbsp.. Melrose Organic Walnut Oil [to serve]

PUTTING IT TOGETHER

1. Preheat fan-forced oven to 180°C and line a baking tray with baking paper.
2. To make the dressing: in a small bowl, mix together the oil, tahini and miso paste. In a large bowl, add all the vegetables and dressing and toss thoroughly to ensure well combined. Season to your liking.
3. Transfer the vegetables onto the baking tray and bake for 25-30 minutes, until tender. Serve with a drizzle of walnut oil.



FLANNERY'S

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HEAPS OF *Bulk* UNPACKAGED WHOLEFOODS

Fill up on the
GOO STUFF
WHOLEFOOD

Fill or scoop | Pay at checkout | EXPERIMENT with RECIPES | FRESH | NEW | NEED | LESS

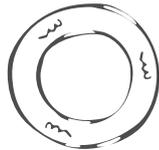


Dreamy Desserts

MINCE PIES

RECIPE BY NIULIFE

VE



SERVES
MAKES 11



TIME
60 MINS

Treat yourself to this delicious vegan mince pie recipe that uses dried fruit, apple, and a sprinkling of Niulife coconut sugar for sweetness.

FRUIT MINCE WHAT YOU WILL NEED

- 200g dried fruit mix
- 150g peeled and diced into small cubes organic pink lady apples
- ½ tsp. ground cinnamon
- ⅛ tsp. ground nutmeg
- ⅛ tsp. ground ginger
- ½ tsp. vanilla extract
- zest of ½ orange
- 180ml fresh orange juice

SHORT CRUST PASTRY WHAT YOU WILL NEED

- 1 cup [160g] plain all-purpose flour
- ⅛ tsp. salt
- 2 tbsp.. [30g] Niulife Coconut Sugar
- ½ cup [100g] Niulife Coconut Oil
- 1 tsp. vanilla extract
- 1 tbsp.. [15ml] ice cold water

PUTTING IT TOGETHER

1. Make the fruit mince first. Combine all the ingredients in a large saucepan and simmer over a low heat for 10-15 mins, stirring every now and then until the liquid has absorbed. Allow to cool and it will be ready to use, however if you can leave it overnight do so as the flavours will intensify.
2. Make the short crust pastry. Grease a 12-tin muffin tray or tart tin and set aside. In a medium sized bowl, mix the flour, salt and coconut sugar together. Rub the coconut oil in using your fingertips, the pastry should resemble bread crumbs or wet sand. Add in the vanilla and water and mix to form a soft pliable dough.
3. Bring the pastry into a ball using your hands and place on a lightly floured surface. Using a rolling pin, roll to ½ cm thick. Using a 7cm round cookie cutter, cut as many circles out as you can and gently place them into the greased muffin tin. Re-roll the remaining dough and continue cutting until you have 11 circles. With the remaining dough, cut out shapes for the tops of the tarts eg. cut out stars. Place the tops of the tarts on a baking tray lined with baking paper and place them and the tart shells into the fridge to chill for an hour. This is essential.
4. Preheat the oven to 180°C.
5. Once they have finished chilling, begin to assemble. Add a generous amount of the fruit mince to each tart shell. Gently place the tops onto each tart and press down lightly to make sure they're flat and even. Brush the tops with a little plant based milk and sprinkle a little coconut sugar over the tops.
6. Bake in preheated oven to 30-35 minutes or until golden. Cool completely before removing them from the tin. Store covered in the fridge for up to 5 days.



PALEO CULTURED CACAO CASHEW MOUSSE

RECIPE BY KEHOES KITCHEN

GF

VE

PA



SERVES
6



TIME
60 MINS

This decadent dessert is not only a chocolate lovers bliss, it's also an impressive closer to your Christmas banquet.

WHAT YOU WILL NEED

- 2 jars of Kehoe's Kitchen Vanilla Cashew Yoghurt [380ml]
- 125g butter/ghee, coconut oil , avocado or any combination you like [must be set / fridge chilled]
- 3 tbsp.. cacao powder
- 1 tbsp.. vanilla extract
- 80g honey, or more to taste

PUTTING IT TOGETHER

1. Measure out all ingredients into a high speed blender.
2. Ensure butter/coconut oil is set solid straight from the fridge.
3. Blend on high using tamper to mix well until just combined and smooth and creamy. Don't blend for too long as the heat can melt the fat and kill the yoghurt bacteria.
4. Spoon into 6 small ramekins so they are about half filled.
5. Chill in the fridge for an hour until set.
6. Serve topped with berries, cacao nibs, chopped activated nuts and seeds, coconut chips, whatever you desire.

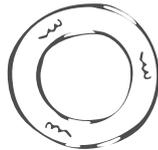


CHRISTMAS CAKE

RECIPE BY THE GLUTEN FREE FOOD CO

GF

VE



SERVES
10



TIME
80 MINS

The classic Christmas cake. The Gluten Free Food Co have used raisins, currants, ginger and nuts, plus cranberries, goji and pepitas for the Christmassy vibe.

WHAT YOU WILL NEED

- 3 cups mixed dried fruit and nuts or seeds
- zest of an orange
- ½ cup rum or orange juice
- 1 packet GFFCo Banana Bread Mix
- 250g [1 cup] apple puree
- 100ml water
- 100ml oil of your choice
- ¼ cup marmalade

PUTTING IT TOGETHER

1. Mix the dried fruit, rum/orange juice and zest and leave it to macerate for at least one night and up to 2 weeks in the fridge.
2. Line a square or round 20cm cake tin with paper. Heat oven to 160C.
3. Place the GFFCo Banana Bread Mix in a large bowl with half the fruit mix, including any juice, mix to coat the fruit with flour mix.
4. Whisk the apple puree, water and oil in a small bowl and then whisk into the flour mix. Pour mixture into prepared tin and smooth the top of the batter.
5. Bake for approx 40 minutes or until a skewer comes out clean. Allow to cool in the tin for 20 mins.
6. Mix marmalade with the remaining dried fruit mixture and pile onto the warm cake. Spread and smooth the top. Allow cake to sit overnight before cutting.



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**YOUR
HEAVEN**

Vegan

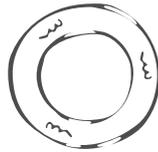


Christmas Cheers



PROSECCO JOLLY SHOTS

RECIPE BY NUTRA ORGANICS



SERVES
18



TIME
130 MINS

If you're going to indulge in a little happy hour session this festive season, why not make it of the gut-loving jolly shot variety!

WHAT YOU WILL NEED

- 400ml prosecco rose
- 1 pomegranate, arils removed [that's what the seeds are called!]
- edible flowers
- ¼ cup The Wholefood Pantry Maple Syrup
- 1 scoop Natural Gelatin

PUTTING IT TOGETHER

1. Bloom gelatin in ¼ cup water [or prosecco]. Then add ½ cup of prosecco to a saucepan put on a very gentle heat.
2. Add in bloomed gelatin and maple then slowly whisk to dissolve. Then add in the rest of the prosecco, slowly whisk in [be careful it can froth].
3. Place little shot moulds on a tray, drop in a teaspoon of the pomegranate arils, pour in the mixture, drop in an edible flower in each mould and refrigerate for at least 2 hours.

Note: Did you know that the seeds inside the pomegranate are called arils! Ha! Remove the arils from the pomegranate, cut it in half, hold one half in your hand inside facing down, place a bowl underneath your hand then bash the outer shell with the back of a spoon. The arils will drop out into the bowl.

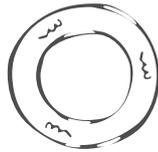


JT's Tip

Salt the rim with La Meridana Habanero Hot Sauce [or similar] it is AMAZING, trust us!

TROPICAL COCONUT WATER MARGARITA

RECIPE BY JT'S COCONUT ESSENCE



SERVES
1



TIME
10 MINS

Celebrate Christmas and cheers with a Tropical Coconut Cocktail. A divine summer tippie to get into the festive spirit!

WHAT YOU WILL NEED

- 30ml shot of tequila
- 30ml Sweet and Sour mixer [ingredients below]
- 30ml Triple sec
- 90ml JT's Coconut Essence Tropical Flavoured Coconut Water

Sweet and Sour mix:

- 1 cup fresh lime juice
- 1 cup fresh lemon juice
- 1 cup water
- 1 cup of sugar

PUTTING IT TOGETHER

Sweet and Sour mix

1. Combine 1 cup sugar with 1 cup water until sugar is completely dissolved.
2. Then add 1 cup fresh lime juice and 1 cup fresh lemon juice to the sugar water and refrigerate until cool.
3. Once cooled, blend sweet and sour mix together with all remaining ingredients and ice.
4. Pour into cocktail glass and enjoy!



Christmas Cheers

KOMBUCHA SUMMER SANGRIA

RECIPE BY FLANNERY'S ORGANIC & WHOLEFOOD MARKET



SERVES
4-6



TIME
20 MINS

The ultimate sparkly summer drink to share with your mates over the silly season. Spruce up your Christmas lunch spread with this refreshing pitcher of sangria!

WHAT YOU WILL NEED

- 2 organic apples, sliced
- 2 organic blood oranges, sliced
- 1 cup fresh organic berries
- 1 handful fresh mint
- 1 [750 mL] bottle pinot grigio
- 2 bottles kombucha [approx. 330ml-500ml], citrus or berry flavor [or your fave!]
- 1 cup freshly squeezed organic blood orange juice
- ½ cup brandy

PUTTING IT TOGETHER

1. Add the fruit and mint into the bottom of the pitcher. Pour in the wine, kombucha, orange juice and brandy over top.
2. Serve over ice with the fruit in the glass and garnish away!

