



clubhouse

for cake eating rebels who want happier, flatter bellies!





Welcome to Decembers's Clubhouse Recipe eBook!



Hello Christmas time!!!!!! We are officially in the full throws of all things red and white, Santa and mince pies.

In this bundle there are a bunch of tasty recipes to help you GLOW your way through the festive season.

I have included a bunch of winter inspired smoothies for our green smoothie challenge, some easy comforting dinner options and a couple of festive treats. But if you want more festive treats that are sugar and gluten free then grab a copy of my [Eat & Be Merry Recipe eBook](#) *(it is just £6 and will stand you in good stead for many Christmases to come)*

As ALWAYS the recipes are gluten and refined sugar free, with vegetarian, pescatarian and dairy free options too.

In this mini recipe ebook you will find:

- 10 brand new recipes
- Top tips and Substitutions

So get shopping, make a plan of action and make sure you join us for Decembers workshop and all round festive fun in Facebook group.

Looking for the **meal plan**?

Then [log in to the Clubhouse](#) and head to monthly meal plan section.



CLUBHOUSE ORIGINAL RECIPES

In this month recipe we are really looking at eating yummy food and enjoying the festive season (without going sugar crazy) and ensuring our immune system stays strong and healthy!

Notes:

- Racv = raw apple cider vinegar – buy it [here](#) or at local health food shop.
- Feel free to replace coconut oil with organic butter and vice versa in any of the recipes.
- When referring to salt always use sea salt or pink Himalayan salt if possible.
- Stevia is a greta way to gently sweeten smoothie without adding fruit. [I use this brand .](#)
- Bone broth can always be substituted with vegetable stock .
- Nutritional yeast a dairy and soya free way of adding a cheesy flavour to foods – get it [here](#).

If in doubt of where to get any of the ingredients then just check out my wee shop [here](#).

And remember the Clubhouse philosophy – **cook once but eat twice!!**

Bulk make as many meals as you can so you can freeze and store lots of healthy stuff for busy days and save yourself oodles of time!

Please note these are not to be shared publicly on any platform but are for you own private consumption only.





Gingerbread Green Smoothie

Why save gingerbread goodness for biscuits? With this recipe you can wake up and get your festive groove on ;)

Serves 1

Ingredients

- tsp cinnamon
- tsp ground ginger
- good pinches nutmeg and ground cloves
- 2-3 dates
- 2 handfuls spinach
- 200ml water
- 100ml milk of your choice
- tbsp chia seeds
- handful almonds

Instructions

1. Blend until smooth and drink immediately with ice if desired.

Notes

- The thickness of smoothie may depend on your blender so add or reduce water/liquid as you see fit.



Tropical Turmeric Mango Smoothie

If you secretly wish you were on a tropical island during the festive season then this is for you!
(Also great way to boost immune system and keep colds at bay.)

Serves 1

Ingredients

- 250g mango
- 1/8 tsp turmeric
- thumbnail size of lemon peel
- 350ml water
- tbsp chia seeds
- 2 handfuls spinach
- 3-5 drops of stevia if desired
- handful of cashews or tbsp of nut butter

Instructions

1. Blend until smooth and drink immediately

Notes

- I used frozen mango but you can use fresh if you prefer
- just add a splash of boiling water to make this less icy if you wish.



Chocolate Pudding Smoothie

If you still like to carry on with the whole chocolate advent calendar thing then this is a great healthy alternative. A true superfood chocolate smoothie – you will be amazed that slurping this is doing your body GOOD!

Serves 1

Ingredients

- tbsp chia seeds
- 150ml milk
- 150ml water
- handful of goji berries or 1-2 medjool dates
- handful of spinach
- tbsp peanut or almond butter
- 4-5 drops stevia drops
- tbsp cocoa
- tbsp gelatin/collagen - *optional*

Instructions

1. Blend until smoothie and drink immediately

Notes

- If you don't have stevia then use a tsp of raw honey or coconut sugar.





LUNCH, DINNER & MISC

MOROCCAN Hummus

Last year I went to Morocco and the food was fab! So this recipe is a nod to that....and my deep desire to be a hot country again. Great for lunches and snacks.

Serves 4-6

Ingredients

- 400g cooked chick peas
- juice of 2 lemons
- 1.5 tsp salt
- tbsp tahini
- tsp paprika
- tsp cumin - heaped
- tsp smoked paprika
- ¼ tsp cinnamon
- 125ml olive oil
- 2 tsp raw honey
- 2 onions – roasted - *optional*
- 4 garlic cloves – roasted - *optional*

Instructions

1. *Optional* - Preheat oven at 180 and place the onions roughly chopped and whole garlic cloves in for 25 mins – or until golden brown.
2. Then simply in a food processor blend all the ingredients together until smooth.
3. Taste and season accordingly (hummus often needs more seasoning than you think)
4. Store in fridge for 3-5 days in sealed container.

Notes

- Why not double this recipe and place a batch in the freezer?
- Serve on rice cakes, in a roasted sweet potato or on some buckwheat bread.
- Feel free to omit the onions and cooked garlic if in a hurry – add it makes for a richer flavour but is fine without it.



Cauliflower Cheese Soup

Comforting, cheesy and speedy soup! Enough said.

Serves 4+

Ingredients

- 600ml broth/stock
- 1 litre water
- 2 whole cauliflower heads - chopped
- salt to season (amount depends on stock using)
- 80g mixed cheese (goat, cheddar, mozzarella)
OR
3-4 tbsp [nutritional yeast](#) – *dairy free option*
- pepper
- a handful fresh coriander
- 2 garlic cloves

Instructions

1. Place all ingredients - except cheese - in a pan and bring to boil. Then simmer for about 25 minutes until cauliflower is soft.
2. Then puree with hand blender. Add the cheese, seasoning and coriander and blend again until silky smooth.
3. Store for 4-5 days in fridge.

Notes

- Enjoy with some protein like mackerel, tuna, hummus or chicken for a yummy lunch.





Cottage Pie

Can you tell I am all about the comfort food in winter? This veggies packed cottage pie is a great healthy version of this classic. I recommend making it in bulk and reheating for warming lunches ;)

Serves 4-6

Ingredients

TOPPING

- 1kg potato (I used 800g sweet potato and 200g white potatoes)
- salt
- knob butter

PIE

- 500g mince or cooked lentils
- 1 onion
- 2 carrots
- 200g frozen peas
- 150g mushroom
- 3 garlic cloves
- 2 tbsp balsamic
- 4 tbsp tomato paste
- 1/2 tsp honey
- 400ml water or broth/stock
- seasoning

Instructions

1. Place some oil in a pan and add the chopped onions and salt and sauté for about 5 mins until transparent . (I use a le Creuset pot for this so I can transfer it straight to oven/grill)
2. Meanwhile chop the potatoes and place in pan and boil .
3. Add the mince or lentils, carrots, mushrooms, garlic, balsamic and honey and stir briefly.
4. Add the tomato paste, peas and water/stock and bring to simmer.
5. Simmer for about 10 minutes or until meat is cooked. Taste and add additional salt and pepper according to your preference.
6. If potatoes are cooked (they should be after 15mins is) drain and mash with butter and a few pinches of salt.
7. Then gently spoon the potato onto on the meat/lentil sauce and smooth over.
8. *Optional* - Top with handfuls of cheese if you desire and place under grill until golden.
9. Serve immediately and freeze or fridge any leftovers.

Notes

- You could also use celeriac, purred cauliflower or mashed butternut squash for topping.



Chorizo (or Prawn or Mushroom) Risotto

There is a Moroccan theme to this month's bundle for sure! This risotto is super comforting to have on cold nights. Alas, risotto is not the speediest of dishes to make but well worth it in my books ;)

Serves 4

Ingredients

- 1 large onions
- tsp salt
- 150g chorizo (I used [this gluten free organic one](#) but Tesco's sells a [gluten free one too](#))
OR
200g raw prawns - *pescatarian option*
OR
4 portabello mushrooms and 150 of chestnut mushrooms – *vegetarian option*
- 1.7-2 litre broth or vegetable stock
- 400g risotto rice
- 2 garlic cloves
- tsp smoked paprika (*make this 2 tsp if doing vegetarian or pescatarian option*)
- 200g frozen peas
- 70 - 100g cheese – I used a mix of cheddar and parmesan and feta!
OR
use 4-6 tbsp nutritional yeast – *dairy free option*

Instructions

1. Melt some coconut oil or ghee in a large pan on medium hob.
2. Add onions and sauté for about 5 mins or until translucent.
3. Add the chorizo or mushrooms (not prawns!), paprika, garlic, salt and stir for 1 minutes.
4. Meanwhile have stock/broth heating on the hob.
5. Add the rice to the onions mix and stir for a minutes then add a ladle of hot stock and stir. Repeat this pattern for about 25-35 minutes until rice is cooked through and stock is used up. (Use more liquid if needed risotto rice does vary slightly)
6. Keep risotto on low heat and stir every often and keep adding stock slowly.
7. When rice is cooked add the cheese, frozen peas and raw prawns (if using) and any other seasoning.
8. Cook for additional 5 mins on low heat until peas (or prawns) are cooked.
9. Serve immediately with a large green salad and additional meat/fish if desired.
10. Store leftovers in fridge and reheat for easy dinners.

Notes

- The yummy flavour from this really comes from the chorizo so get a good quality one!
- If doing the pescatarian or vegetarian option add an additional tsp of paprika and make sure you are using a very flavoursome broth/stock. Also use a strong flavoured cheese like parmesan or mature cheddar.



Slow Cooked Cardamon Curry

Another one for the slow cooker! Perfect to speedy days and to ensure you get some good veggies in your day with minimal effort...

Serves 4-6

Ingredients

- 1 onion
- 500g stewing beef **OR** mung beans
- tsp cumin seeds
- tsp gram masala
- 3/4 tsp ground cardamom*
- 1/2 strong chilli OR 1-1.5 tsp of cayenne
- 500 ml broth/veggie stock
- 300g frozen spinach
- 2 sweet potato - *chopped*
- 30g fresh coriander
- 100g creamed coconut – *chopped small*

Instructions

1. *Optional* – saute the onions and spices in a frying pan with some coconut oil or ghee for about 2-4 mins. Then place in slow cooker. Then in same pan quickly brown off the meat if using.
2. Chop all vegetables and place all ingredients – except coriander - in slow cooker and place on medium for 6 hours minimum.
3. Add coriander, season and stir thoroughly before serving .
4. Serve with cauliflower rice or roasted vegetables or peas to make this a low er carb wonder ;)

Notes

- * I ground the cardamon myself but you can buy it pre ground
- Add more or less chilli to your preference.
- This is a great recipe to use dried- soaked -then sprouted mung beans for. As the mung beans will cook slowly. Feel free to use precooked mung beans too.
- Not using slow cooker? Then place in oven at 120c in oven proof dish with lid on and leave for 4-6 hours.





TREATS, SNACKS & DESSERT!

Chestnut Chocolate Torte

Now this is on decadent and glorious dessert! It is a tad fiddly and sweet so more for one off occasion but heck that is what Christmas is all about surely?

This recipe contain raw egg so not suitable for pregnant women and always use organic eggs as this massively reduces risk.

Serves 10+

Ingredients

BASE

- 3 eggs
- 3 tbsp coconut sugar
- 40g cocoa
- 40g ground almond
- 50g coconut oil/butter

TOPPING

- 450g chestnut or chestnut puree
- 4 eggs - separated
- 50g coconut oil melted
- 200g melted chocolate (100g 70% and 100g 80%)
- 3 tbsp honey
- 2 tbsp cocoa
- 250ml milk of your choice

Instructions

1. Preheat oven at 180.
2. Mix all the eggs and sugar together for BASE.
3. Add other ingredients and mix thoroughly and then pour into a grease cake tine (it should be about cm in thickness) and cook for 10 mins until firm. Remove and cool.
4. Meanwhile whisk the eggs whites until stiff.
5. Melt the chocolate, coconut oil in a glass bowl over a pan of boiling water.
6. Then in a blender or food processor blend the chestnuts, milk, melted chocolate mixture, honey and cocoa until smoothie and thick.



7. Then gently fold in the egg white to chestnut mixture until fully incorporated.
8. Then pour topping over the cooled base in cake tin and place in fridge to set for 1-2 hours.
9. Slice and serve! Store in fridge and eat within 2-3 days.
10. It can be frozen in advance too – defrost overnight.

Notes

- Gain make sure you use organic local high quality eggs for this to totally minimise risk. (I have eat raw organic eggs for years and have zero issues)
- I used a standard 8in spring form cake tin for this.



Gingerbread Energy Squares

This is one SPEEDY recipe. Blend and place in freezer and boom your done. Great for that afternoon tea break or for a little something sweet after dinner.

Makes 10+ squares

Ingredients

- 2 tsp ground ginger
- 1 tsp cinnamon
- 2 pinches ground nutmeg
- 2 pinches ground cloves
- 150g almonds
- 25g pumpkin seeds
- 3 medjool dates - pitted
- pinch salt
- 75g coconut oil
- DRIZZLE – *optional*
- 30g 85% chocolate

Instructions

1. Place almonds, coconut oil and medjool dates in food processor and blend until silky smooth – this will take about 5-10 mins (keep stopping and scrapping the sides)
2. Then add in other ingredients and blend until smooth.
3. Pour in a glass container and shape to about 2 cm in thickness .
4. Allow to set for an hour.
5. Once set melt the chocolate in a glass bowl over a pan of boiling water and drizzle over gingerbread then place in freezer to set.
6. To chop remove from freezer for about 10-15 mins before slicing up into small 3x3cm squares.
7. Store in freezer or fridge.

Notes

- You could use any other nut in this and increase spices if you want a stronger kick ;)