

moshy

Christmas

25+
BRAND NEW
RECIPES!

plus
Tips from
Moshy's lead
dietitian, Kirby

Pavlova
Wreath!



Welcome

Hi Everyone!

It's that time of year again, so bring on the fun and festivities! With Christmas and the end of 2025 just around the corner, we are very excited to bring you our delicious, family friendly and healthy Christmas recipes to support your festive season. Whether you're hosting, have to bring a plate or maybe you're on drinks duty, there is something in here for you to ease those entertaining nerves. We have you covered with recipes for everything from festive breakfasts, sweet treats, crispy salads and main share plates - keeping it simple and budget friendly. Our team can't go past the Caramilk Rocky Road! From all of us here at Moshy, thank you for a wonderful year. We hope you enjoy these recipes and are able to take a well deserved break over the summer period, enjoying all the festivities that come with this time of year!

*With love,
Your Moshy team.*



Turkey &
Cranberry
Sausage Rolls
p14



ON THE COVER

The SUPER EASY and DELICIOUS Pavlova Wreath - see Recipe page 29.

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CHRISTMAS BREAKFASTS
P8



SHARED PLATES
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FESTIVE SALADS
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FESTIVE TREATS
P25



CHRISTMAS COCKTAILS
P31

Kirby's tips for the Festive Season

Hi Moshy team, Kirby here!

It has been such a great year connecting with you all online, in session and every week in the Community!

As we enter the Christmas and festive season, remember nutrition is not just for weight management or mitigating health risks. We eat for enjoyment, socialising and occasionally emotional health. I hope everyone finds freedom in saying yes to the Christmas foods without the food noise or guilt. In years time I hope you remember who you spent Christmas with & the memories you made, not how many calories or the macros you consumed.

Food has a place everywhere, and enjoying it can make you feel good in both your brain and your soul. Building a healthy relationship with food can be challenging - especially with the noise of diet culture on and offline - and it takes time! Your team here at Moshy are here to support you when it suits you.

Enjoy the recipes that follow, create some special memories and enjoy your well deserved break with loved ones.

Your Moshy Dietitian,
Kirby x



Kirby's tips for the festive season

Food, joy and a healthy relationship with eating

Food has a place everywhere, and enjoying it can make you feel good in both your brain and your soul. Building a healthy relationship with food can be challenging - especially with the noise of diet culture on and offline - and it takes time.

Remember: you're not a bad person for choosing something less nutritious. At social events, practice mindful eating: choose what you truly feel like having, and step away when you feel satisfied.

It's all about your relationship with food, and that's okay.

What food can I have?

Everyone always asks me what foods they're allowed to have. And my answer is always the same: unless you really, really hate something, or you have an allergy or intolerance, those are the only things you truly can't have.

Everything else is on the table. That includes chocolate, chips, an apple, whatever. All food has a place in your diet. There are no "bad" foods and no "good" foods. Food is food. It's simply that some foods make you feel better, more often than not.



RECIPE
AVAILABLE IN
THE MOSHY APP!

Christmas Tree Apple & Pear Platter

Makes 4 Serves | 123cal/492kj per serve

Ingredients:

1 apple 1 pear 2 tablespoons peanut butter 1 slice watermelon 1 tablespoon dried cranberries 2 teaspoons shredded coconut

Method

- Core the apple and pear and cut each into 8 slices. Slightly heat the peanut butter in the microwave so it is runny.
- Use a star cookie cutter to cut a star shape from the slice of watermelon. Cut a rectangle shape from the watermelon slice to use as a trunk. Set aside.
- Arrange apple and pear slices on a serving plate, into the shape of a Christmas tree, with the skin on the fruit forming the bottom side of each of the leaves.
- Drizzle heated peanut butter across the tree to look like tinsel and arrange dried cranberries to look like decorations.
- Sprinkle over coconut to serve with the watermelon star at the top and trunk at the bottom of the tree.



Kirby's tips for the festive season



**CRANBERRY
BACON
SCROLLS P17**



**FESTIVE SAUSAGE
BRIE KEBABS P18**

How to set New Years Resolutions:

Focus on small & sustainable changes. Let go of the “I need to lose 20kg in 6 months” mindset - that can be an unrealistic expectation. Instead, switch to small, personal goals or intentions such as:

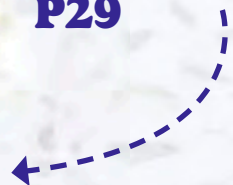
- I want to increase my walks per week
- I want to drink a glass of water every day
- I want to include more fruits and veggies at meal times

Change doesn't come from the big resolution itself - it comes from consistent, small, intentional actions over time.

So instead of setting yourself up for failure with huge goals, why not shift your focus to something more sustainable?



**STRESS FREE
CHRISTMAS
WREATH
PAVLOVA
P29**



Things to remember this festive season:

You Don't Have to Eat Anything You Don't Feel Like

If you don't feel like eating something, you don't have to - yes, even dessert. You can always change your mind later, too.

It's Okay to Eat More Than Usual

Christmas is one day of the year. Eating more than you typically would is completely normal and will not negatively impact your progress.

Have a Nourishing Breakfast

Even if you know you're going to have a big Christmas lunch or dinner, starting the day with a nourishing breakfast helps you feel balanced and energised.

You Don't Need to Track Calories or Macros

You don't need to know the calories or macros in your Christmas meal. Enjoying food without numbers attached is part of the holiday experience.



CHRISTMAS

Breakfasts



**Biscoff & Strawberry
Protein Pancakes**



Breakfast bars



breakfasts

MP
MEAL
PREP

FF
FREEZER
FRIENDLY

**BAKED
BREAKFAST
BARS p10**



Christmas Breakfasts



BAKED BREAKFAST BARS

SERVES 10 **PREP TIME** 5 mins **COOK TIME** 30 mins

cooking oil spray
1/2 cup butter
1/2 cup honey
1 cup rolled oats
1/2 cup dried Cranberries
1/2 cup wholemeal self-raising flour
1/2 cup desiccated coconut
3 tbsp pumpkin seeds (pepitas), roasted
2 tsp black or white sesame seeds salt

1. Preheat the oven to 150C and lightly grease an ovenproof dish with cooking oil spray.
2. Place the butter and honey in a saucepan over a low heat and melt.
3. Combine the oats, cranberries, flour, coconut, pumpkin seeds, sesame seeds and a pinch of salt in a bowl.
4. Pour over the melted honey and butter, mix to combine.
5. Pour the mixture into the prepared dish. Press it down with a spatula to ensure it's tightly packed.
6. Bake for 30 minutes or until it's cooked through and a skewer inserted into the centre comes out clean.
7. Allow to cool in the pan, then cut into 10 even bars.
8. One bar is one serve.

Recipe Tips

Store leftovers in the fridge for 3-4 days or freeze for up to 3 months.

***NOTE: 'FREE SUGARS'** mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.

Christmas Breakfasts



BISCOFF & STRAWBERRY PROTEIN PANCAKES

**SERVES 1 PREP TIME 3 mins COOK
TIME 5 mins**

2 tbsp rolled oats
2 medium eggs
3 tbsp reduced fat Greek yoghurt
1 tsp Natvia 1 tsp vanilla extract
1/2 tsp baking powder
**1 tbsp Biscoff spread, melted in the
microwave**
4 strawberries, sliced

1. Preheat a frying pan on a low-medium heat.
2. Blitz the oats until they resemble a fine powder.
3. Add eggs, greek yoghurt, natvia, vanilla and baking powder to the oats and blend until smooth.
4. Pour mixture into the prepared frying pan and cook in batches, you should get 4 small pancakes. Flip pancakes over once they have started to bubble. The mixture is runny but will fluff up during cooking.
5. Pour the melted Biscoff spread over the pancakes and top with sliced strawberries.

CHRISTMAS

Sharing Plates



Hommous Share
Plate



Crowd Pleasing
Cob Loaf



Chicken & Prosciutto
Tray Bake

sharing plates

**TURKEY &
CRANBERRY
SAUSAGE
ROLLS p14**

**MP
MEAL
PREP**

**MEAL PREP
AHEAD OF TIME**

AS LEFTOVERS CAN
BE STORED IN THE
FRIDGE FOR 3-4 DAYS
OR FROZEN FOR UP
TO 3 MONTHS!

Christmas Sharing Plates



TURKEY & CRANBERRY SAUSAGE ROLLS

SERVES 18 **PREP TIME** 10 mins **COOK TIME** 25 mins

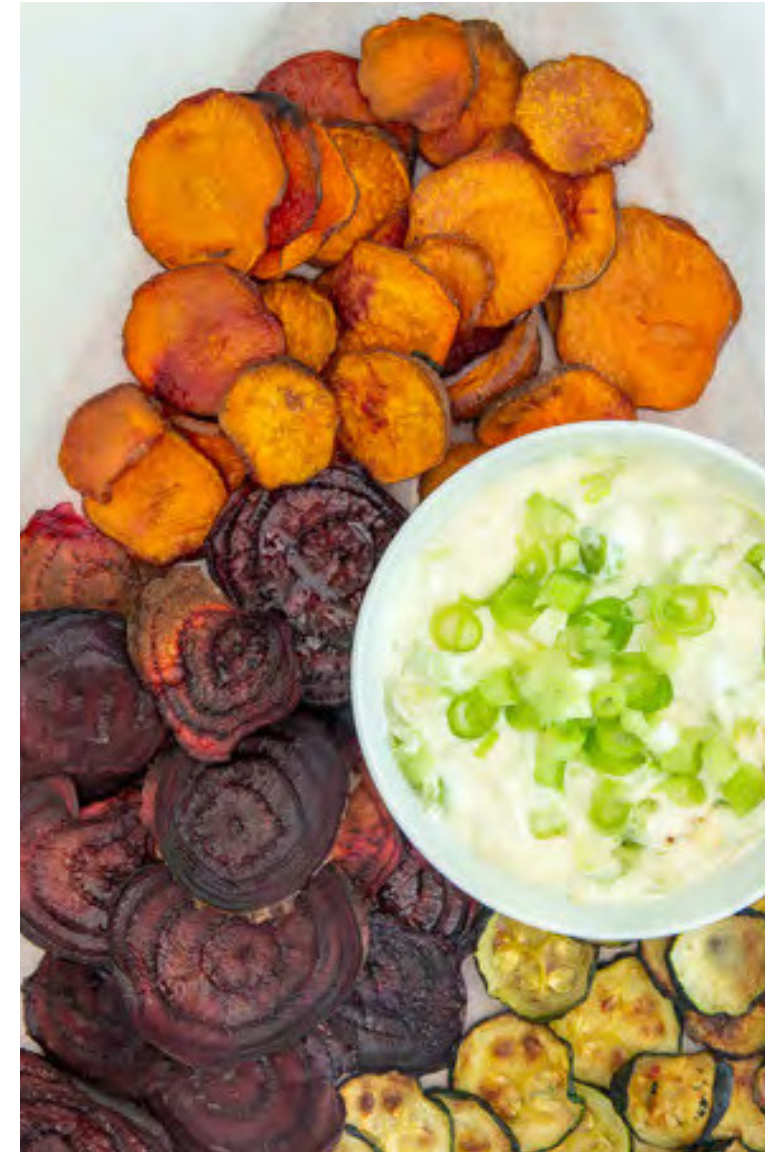
cooking oil spray
3 sheets reduced fat puff pastry
2 carrots, roughly chopped
1 onion, peeled & roughly chopped
1/2 cup milk
1/2 cup wholemeal breadcrumbs
400g turkey mince
2 tsp crushed garlic
2 tsp dried rosemary
1 egg 1/2 cup dried cranberries
2 tbsp sesame seeds
salt & pepper to taste

1. Remove pastry from the freezer to defrost and preheat the oven to 180C.
2. Line two large baking trays with baking paper.
3. In a food processor, blitz carrots and onion for 30-45 seconds until no more large chunks remain, add turkey mince, breadcrumbs, garlic, rosemary and egg blitz for 30-45 seconds or until well combined. Add cranberries and blitz for a further 15 seconds to mix through.
4. Slice puff pastry sheets in half and spoon the mince mix lengthways down each half (leaving at least a centimetre pastry border down the side) of each puff pastry strip in a sausage shape.
5. Roll each pastry strip over tightly into a roll and seal the edges with a little milk. Brush a small amount of milk over the top of the pastry rolls so they brown in the oven. Cut each pastry roll in thirds so you have 6 rolls per sheet of puff pastry.
6. Place on the prepared trays and sprinkle with sesame seeds.
7. Bake rolls in a preheated oven for 20-30 minutes or until golden brown and cooked through.
8. One sausage roll is 1 serve. Cool leftovers and store in an airtight container in the fridge for 2-3 days.

ROASTED VEGGIE CHIP PLATTER

SERVES 6 **PREP TIME** 5 mins **COOK TIME** 45 mins

2 small sweet potatoes, thinly sliced
2 zucchinis, thinly sliced
3 small beetroots, thinly sliced
1 tbsp olive oil
1 tsp pink himalayan salt
1 cup light cream cheese
6 spring onion, finely sliced
1 tsp garlic powder



1. Preheat oven to 180C and line a tray with baking paper.
2. Mix sweet potato slices, zucchini slices and beetroot slices with olive oil and spread over the prepared tray in a thin layer and sprinkle with salt. Roast for 35-45 minutes or until golden and crisp.
3. While chips are cooking in a bowl, make the dip by combining cream cheese, spring onions and garlic powder.
4. Serve chips on a serving platter with dipping sauce.

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sharing plates

**HOMMUS
SHARE
PLATE p16**

30M
READY IN
30 MINS
OR LESS



Christmas Sharing Plates



HOMMUS SHARE PLATE

SERVES 10 PREP TIME 5 mins

200g store bought hummus
3 tbsp pistachios
1/4 cup olives, halved
1/2 cup cherry tomatoes, quartered
1/3 cup of chickpeas, drained and rinsed
1 tbsp sesame seeds
1 tsp paprika spice
1/4 cup feta, crumbled
2 tbsp olive oil

1. Spread hummus on a serving platter. Top with pistachios, olives, tomatoes, chickpeas, sesame seeds, paprika and feta.
2. Drizzle with olive oil before serving with the choice of crackers, toasted bread or veggie sticks.



CROWD PLEASING COB LOAF

SERVES 12 PREP TIME 5 mins COOK TIME 20 mins

1 cup low fat sour cream 1 cup low fat cream cheese 40g French onion soup mix 2 cups low fat cheddar cheese, shredded 250g frozen spinach, defrosted

1. Preheat the oven to 180°C and line a baking tray with baking paper.
2. Prepare the cob loaf by placing it on the lined tray before cutting out the centre out of the bread. Break up the bread from the middle of the loaf and place around the lined tray in an even layer.
3. In a large bowl, combine sour cream, cream cheese, soup mix, cheese and spinach. Pour into the centre of the prepared loaf and bake in the oven for 20 minutes.
4. Serve your cob loaf with the toasted bread pieces on the side.



Christmas Sharing Plates



SPICED LAMB KEBABS WITH DIPPING SAUCE

SERVES 8

PREP TIME 10 mins **COOK TIME** 10 mins

short kebab skewers
1 kilo lean lamb mince
1 tbsp crushed garlic
1 tbsp paprika
2 tbsp cumin
30g spring onion, finely sliced
1/2 bunch parsley
salt
pepper
cooking spray oil
1 cup reduced fat greek yoghurt
1 cucumber, finely diced
1 lemon,
juiced dill, finely chopped
garlic, crushed

1. Soak wooden skewers in water to prevent them from burning while you cook the kebabs.
2. In a large bowl, combine lamb mince, crushed garlic, spices, spring onion, parsley, salt and pepper.
3. Roll mixture into approx 24 balls and set aside in the fridge to firm up.
4. Meanwhile, make the dipping sauce in a small bowl by combining the greek yoghurt, cucumber, lemon juice, dill and garlic.
5. Preheat a fry pan or barbecue to a medium-high heat.
6. Remove the kebab balls from the fridge and thread balls onto prepared skewers.
7. Lightly spray the frying pan or barbecue and cook each skewer until cooked through, turning every few minutes to cook all sides.
8. Serve kebabs on a large platter with the prepared dipping sauce.
9. This recipe serves 8. Store cooled leftovers in the fridge for 2-3 days or freeze leftover kebabs in an airtight container for up to 3 months.

CRANBERRY & BACON SCROLLS

SERVES 12

PREP TIME 30 mins **COOK TIME** 10 mins

Cooking oil spray 1 1/2 cup
reduced fat greek yogurt 1 1/2 cup
wholemeal self-raising flour 3
tbsp Cranberry sauce 150g diced
bacon, finely diced 2 Spring
onion, finely chopped 30g 3/4 cup
Mozzarella, shredded 1/2 cup milk



1. Preheat oven to 180C and spray a 12 hole muffin tray with cooking spray.
2. Combine the greek yogurt and flour in a large bowl and bring together with your hands.
3. On a floured surface, knead the dough for around 5 minutes until it feels stretchy. Add a little more flour if it seems too wet.
4. Use a floured rolling pin to roll the dough out to form a rectangle.
5. Smear cranberry sauce over the dough, top with bacon, spring onion and cheese.
6. Tightly roll up to form a long roll. Slice roll into 1 inch chunks, you should get 12 pieces.
7. Place a scroll in each muffinhole and brush with milk.
8. Bake in the oven for 25-30 minutes or until golden brown and cooked through.
9. One scroll is one serve.
10. Store cooled leftovers in an airtight container in the fridge for 2-3 days or freeze for up to 6 months.

Christmas Sharing Plates



ROSEMARY & LEMON BAKED CHICKEN

SERVES 8 PREP TIME 15 mins COOK TIME 100 mins

cooking oil spray
1 whole large chicken around 3-4kg
1 lemon
6 sprigs Rosemary
3 cloves of garlic
2 large sweet potatoes, chopped into large chunks
2 corn cobs, slice into 3
300g peas
1 head of broccoli, chopped into large chunks
6 tbsp gravox
salt and pepper to taste
1/2 bunch of parsley to garnish, chopped

1. Heat your oven to 190C.
2. Rinse the chicken under cold water and pat dry with paper towel.
3. Place the chicken, breast side up, in a roasting pan.
4. Cut the lemon in half and place into the chicken cavity.
5. Spray the chicken with cooking oil spray so that it is well covered. Sprinkle over the rosemary leaves and season to taste.
6. Bake the chicken uncovered for around 90 minutes, depending on the weight.
7. Spray the chicken with cooking oil spray 2-3 times during the cooking process.
8. Add the sweet potato and garlic cloves when there is 60 minutes left. Turn occasionally.
9. When the chicken is golden on top, pull the chicken out and check if it is cooked.
10. To do this, insert a sharp knife in between one of the legs and the body. The juices should run clear. If there is any pink in the juice, place it back into the oven to cook for longer in 15 minute intervals.
11. When it is done, wrap the chicken in foil and allow it to rest for 15 minutes before carving.
12. While chicken is resting, bring a large saucepan of water to the boil, add corn and broccoli, cook for 6-8 minutes and add frozen peas, cook for 3-5 minutes, or until all vegetables are tender.
13. Prepare gravy according to packet instructions.
14. Serve the roast chicken and all vegetables on a platter and garnish with parsley.
15. This recipe makes 8 serves.

Recipe Tips

Store leftovers in an airtight container in the fridge for 2-3 days or freeze for up to 3 months.



FESTIVE SAUSAGE & BRIE KEBABS

SERVES 6 PREP TIME 8 mins COOK TIME 5 mins

450g lean sausages 250g brie, diced 1/2 punnet cherry tomatoes, halved 1 cucumber, sliced into thick chunks short kebab skewers

1. Heat a large frying pan over medium heat and cook sausages until cooked through.
2. Remove from heat and slice sausages into 1 inch chunks.
3. Thread the kebabs, there are two types: first is cucumber, sausage, brie, sausage, cucumber. Second is tomato, sausage, brie, sausage, tomato.
4. Serve kebabs on a large platter to share.
5. Once chicken is cooked through, serve rice and chicken tenders on a large serving platter.
6. This recipe serves 6.

sharing plates

HP
HIGH
PROTEIN

**CHICKEN &
PROSCIUTTO
TRAY BAKE**
p20



Christmas Sharing Plates



MAPLE & MUSTARD BAKED HAM

SERVES 12 PREP TIME 10 mins COOK TIME 90 mins

1 small whole ham around 3-3.5 kilos
1/2 cup sugar free maple syrup
2 tsp garlic, crushed
2 tsp soy sauce
1 tsp dijon mustard
1 tsp wholegrain mustard
2 bunch asparagus
1 punnet cherry tomatoes (preferably with stems for images)
2 red onion, roughly sliced
1 red capsium, roughly diced
1 yellow capsicum, roughly diced
1 large head of broccoli, roughly chopped
olive oil
salt
pepper

1. Preheat the oven to 160C and remove rind from the ham, leaving a small layer of fat.
2. Using a sharp knife score the ham making large diamond shape cuts.
3. In a small bowl combine maple syrup, garlic, soy sauce, dijon mustard and wholegrain mustard.
4. Place the ham in a large roasting pan and brush with maple mustard marinade and place in the oven for 30 minutes.
5. Remove ham from the oven and baste with marinade. Place vegetables on the tray around the ham, drizzle with olive oil and season to taste with salt and pepper.
6. Place ham back into the oven for 1 hour, basting every 20 minutes and turning the vegetable when needed.
7. If the ham is not golden, cook for a further 20-30mins.
8. Remove the ham and veggies from the oven and allow to cool slightly before slicing the ham and serving with the vegetables. This recipe makes 12 serves.
9. Store leftover ham in an airtight container in the fridge for up to 4 days or freeze for up to 2 months.

CHICKEN & PROSCIUTTO TRAY BAKE

SERVES 6 PREP TIME 5 mins COOK TIME 60 mins

Cooking oil spray 1 1/2 cups basmati rice 2 cups chicken stock 600g chicken tenderloins 100g prosciutto 2 tsp garlic, crushed 1 red onion finely diced 1 cup peas 1/2 cup corn 1/2 cup sultanas salt pepper

1. Preheat oven to 200C.
2. Place rice in a deep baking dish with stock. Cover with foil and cook for 30minutes.
3. Meanwhile, wrap the chicken in prosciutto and set aside.
4. After the rice has been cooking for 30 minutes, remove from the oven and stir through the garlic, onion, corn, peas and sultanas.
5. Place the chicken on top of the rice.
6. Return to the oven and cook for a further 20-25 minutes or until chicken is cooked through.



7. Once chicken is cooked through, serve rice and chicken tenders on a large serving platter. 8. This recipe serves 6. Store any cooled leftovers in an airtight container in the fridge for 2-3 days or freeze for up to 3 months.

Recipe Tips

Store any cooled leftovers in an airtight container in the fridge for 2-3 days or freeze for up to 3 months.

Festive

Salads



Pea, Feta & Mint
Salad



Smoked Salmon
Wreath Salad



Prawn Cocktail
Salad

festive salads



15M
READY IN 15
MINS OR
LESS

**PEA, FETTA &
MINT SALAD**

p23



Christmas Salads



SMOKED SALMON WREATH SALAD

SERVES 4 PREP TIME 15 mins

4 cups of mixed lettuce 1 punnet cherry tomatoes, halved 1 cucumber, thinly ribboned and rolled 100g smoked salmon, torn 1/2 red onion, finely sliced 6 tsp light cream cheese 25g capers 10g dill to garnish 20ml olive oil

1. On a large platter form a circle of mixed lettuce, gently decorate with cherry tomatoes, cucumber rolls, smoked salmon and red onion.
2. Add ½ teaspoon dollops of cream cheese through the salad.
3. Top with capers, dill sprigs and lightly drizzle salad with olive oil.



PEA, FETA & MINT SALAD

SERVES 8 PREP TIME 5 mins COOK TIME 8 mins

**1 cup frozen peas
1/4 cup feta, cubed
1 punnet cherry tomatoes, halved
1 cup farfalle pasta
2 cups baby spinach
2 tbsp shaved Parmesan cheese
2 sprigs of mint, torn**

1. Cook the pasta as per the packet instructions. Add the peas to the pasta pot in the last minute of cooking, then drain and rinse the pasta and peas, allowing to cool.
2. Layer the ingredients into a large glass serving bowl with the cooled peas at the bottom, followed by the feta, cooled pasta, spinach & Parmesan cheese.
3. Top with the torn mint before serving.

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Christmas Salads



CRUNCHY ASIAN SALAD

SERVES 8 PREP TIME 15 mins COOK TIME 100 mins

2x 250g packets of microwave black rice
1 large carrot, peeled and julienned
2 medium sized cucumbers, cut into sticks
1/4 red cabbage, shredded
1/2 pineapple, diced
1/4 cup crunchy noodles
2 tbsp roasted peanuts
1 small red chilli, sliced
1 lime, quartered
1/2 bunch fresh coriander to garnish

1. Cook rice as per packet instructions and allow to cool.
2. Add rice to the bottom layer of a large glass serving bowl, top with carrots, followed by cucumber, cabbage, pineapple, noodles, peanuts and chilli.
3. Serve topped with lime wedges and coriander.
4. This recipe makes 8 serves.

PRAWN COCKTAIL SALAD

SERVES 8 PREP TIME 5 mins

2 mangoes, diced
2 cucumbers, sliced
2 cups corn kennels, tinned or fresh
3 cups baby spinach 1 kg prawns, shelled
8 slices of Prosciutto, rolled

1. Layer diced mango around the bottom of a large glass serving bowl or salad dish.
2. Arrange cucumber slices on top of the mango. Face the circles outward, against the side of the dish.
3. Add the corn on top of the cucumber, then add the baby spinach, prawns and top with the rolled prosciutto.
4. This recipe makes 8 serves.



FESTIVE

SWEET TREATS



Pavlova with
Summer Fruit



Christmas
Truffles



Jelly & Lamington
Trifle

festive treats

**PAVLOVA
WREATH WITH
DECADENT
SAUCES p29**

30M
READY IN
30 MINS
OR LESS



f e s t i v e t r e a t s

CHRISTMAS TRUFFLES

15M
READY IN
15 MINS OR
LESS

GF
GLUTEN
FREE

Christmas Sweet Treats



CHRISTMAS TRUFFLES

SERVES 12 **PREP TIME** 12 mins
COOK TIME 3 mins

- 3 tsp coconut sugar**
- 1 cup almond meal**
- 3 tsp cocoa/ cacao**
- 1/2 cup light cream cheese**
- 1 tsp vanilla extract**
- 1/2 cup dark chocolate melts**
- 1 tsp coconut oil**
- 3 tbsp crushed candy canes**

1. In a large mixing bowl combine coconut sugar, almond meal, cacao, cream cheese and vanilla extract mix all together until well combined and roll into 12 balls.
2. Place balls in the freezer to chill for 5-10 minutes.
3. Once the balls are chilled, melt the dark chocolate and coconut oil together in the microwave for 15-30 second intervals, stir until completely smooth ensuring not to burn.
4. Dip the balls one by one into the chocolate and scoop onto a sheet of baking paper.
5. Top each ball with a pinch of crushed candy canes and place in the fridge in an airtight container to set.
6. Leftovers can be stored in an airtight container in the fridge for up to 4 days.



CARAMILK ROCKY ROAD

SERVES 24 **PREP TIME** 55 mins
COOK TIME 5 mins

- 2 blocks caramilk**
- 1 cup shredded coconut**
- 1 cup flaked almonds**
- 1 cup sugar free marshmallows, chopped**
- 1/2 cup pistachios**
- 1/2 cup goji berries**

1. Line a 20x20cm square slice tin with baking paper.
2. In a dry frying pan over medium heat toast shredded coconut and almond flakes for 2-3 minutes, stirring frequently to avoid burning.
3. In a large microwave safe bowl break up Caramilk into large chunks and melt in the microwave in 30 second increments stirring each time with a clean, dry spoon to avoid burning, this should take 2-3 minutes.

4. Once caramilk is melted and smooth, add toasted coconut and almonds, marshmallows, pistachios and goji berries, gently stir through until well combined.
5. Pour into the prepared tray and flatten with spatula.
6. Place into the fridge for 20 minutes to set. Once set, remove from tin and slice into 24 slices.
7. One slice is one serve. Leftovers can be stored in an airtight container in the fridge for 7 days.

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Christmas Sweet Treats

PAVLOVA WREATH WITH DECADENT SAUCES

SERVES 8

PREP TIME 10 mins COOK TIME 5 mins

5 eggs, yolks only

1 lemon, juiced

2 passionfruit

1 tsp butter

2 tbsp light ricotta

1 cup frozen strawberries

1 1/2 tbsp chia seeds

1 tbsp natvia

1 packet meringue kisses

1 cup reduced fat Greek yoghurt

1 mango, chopped

1/2 punnet raspberries

1/2 punnet blueberries

2 kiwi fruit, peeled & sliced

1 tbsp icing sugar, for dusting

1/2 cup Natvia No Added Sugar Salted Caramel Topping

TO MAKE THE PASSIONFRUIT CURD

1. Add 5 egg yolks only, 1 tbsp honey and the juice of 1 lemon to a saucepan whisk together over low heat, stirring constantly for 2-3 minutes until the mixture thickens, if you stop stirring or heat too fast you may end up curdling the eggs.
2. Once curd is thick and creamy add passionfruit and ricotta and stir through to combine.
3. Cover with cling wrap and allow to cool.

TO MAKE THE JAM

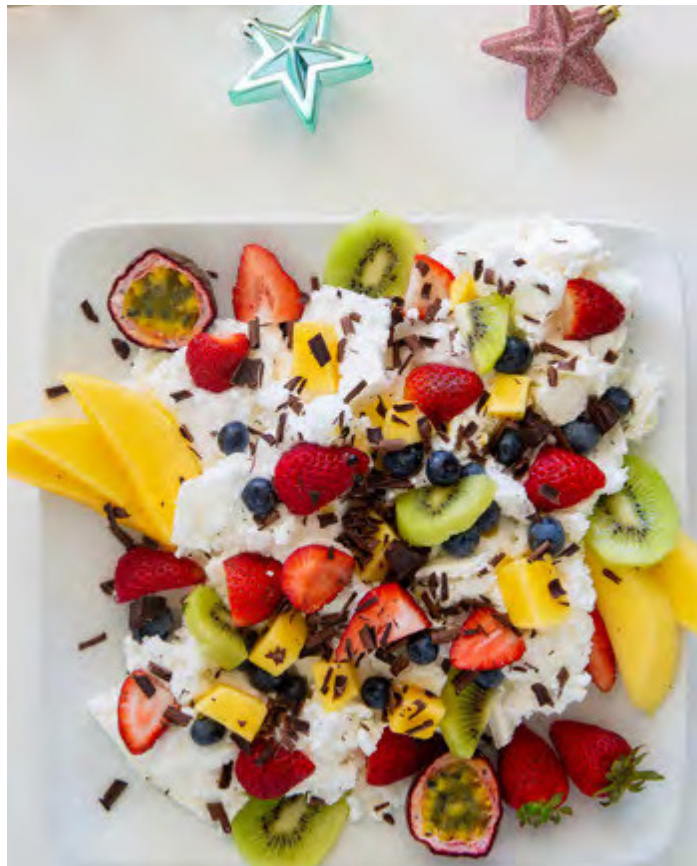
1. Place frozen strawberries and Natvia in a small saucepan and stir over a low heat until the berries have softened.
2. Puree or mash lightly, until just a few small lumps remain
3. Thoroughly stir in chia seeds in four lots so that they don't clump together
4. Pour into a jar or container.

TO ASSEMBLE

1. Spread about a third of the greek yoghurt onto a serving platter in a circle/wreath shape.
2. Arrange meringue kisses, dollops of remaining greek yoghurt and prepared fruit around the yoghurt wreath.
3. Dust with icing sugar and serve with trio of dipping sauces.



Christmas Sweet Treats



PAVLOVA WITH SUMMER FRUIT

SERVES 10 PREP
TIME 10 mins

1 store bought Pavlova broken into pieces, 500g
1 mango, half cubed, half sliced
2 kiwi fruits, peeled & sliced
1 punnet blueberries
2 passionfruit
1/2 punnet strawberries, sliced
100g dark chocolate, grated

1. Arrange pavlova pieces onto a large serving platter.
2. Top with prepared fruit and grated dark chocolate before serving.

JELLY & LAMINGTON TRIFLE

SERVES 10 PREP
TIME 24 mins

2 packs low cal strawberry jelly
1 cup frozen mixed berries
300g lamingtons, roughly chopped
1 litre low fat custard
1 tin coconut cream, 400ml

1. Prepare the coconut cream by chilling in the fridge for 24 hours before use and prepare the jelly as per packet directions.
2. Pour the jelly into a large serving dish, add the frozen berries and set in the refrigerator.
3. Once the jelly has set, make the whipped coconut cream by scooping the solid the chilled coconut cream into a large bowl and beating with electric beaters until it resembles whipped cream texture. Set aside.
4. Layer the lamingtons on top of the jelly before pouring the custard in an even layer over the lamington layer of the trifle.
5. Top with prepared whipped coconut cream.
6. Garnish the top of the trifle with extra fruit, shredded coconut, grated dark chocolate, nuts or meringue kisses before serving.



CHRISTMAS

COCKTAILS



Vodka, Lime
& Soda



Pink Gin
Fizz



Tropical
Crush

christmas cocktails



**ROSE
SPRITZER
JUG P36**



Christmas Cocktails



PINK GIN FIZZ

SERVES 1 PREP
TIME 5 mins

1/2 cup frozen mixed berries 30ml Gin 140ml slim lime tonic 1/2 cup ice blended /crushed

1. Add all ingredients into a tall glass, stir well and enjoy.



VODKA, LIME & SODA

SERVES 1 PREP
TIME 5 mins

3 grapes, frozen 1 short kebab stick 30ml Vodka 250ml soda water 1/2 lime, sliced

1. Thread 3 grapes onto a short kebab stick, and set aside.
2. Pour vodka and soda water into a tall glass.
3. Add a lime slice and top with prepared grape kebab.



***NOTE: 'FREE SUGARS'** mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.

christmas cocktails

**ESPRESSO
LOVER
P35**



Christmas Cocktails



TROPICAL CRUSH

SERVES 1 PREP
TIME 5 mins

100ml coconut water 30ml
Bacardi 4 pineapple rings,
tinned or frozen

1. Add coconut water, bacardi and 3 pineapple rings to a blender and blitz well.
2. Pour into a tall glass and garnish with remaining slice of pineapple.

ESPRESSO LOVER

SERVES 1 PREP
TIME 5 mins

1 shot coffee 100ml
almond milk 30ml
Kahlua 1/2 cup of
ice blended

1. Prepare a shot of coffee.
2. Combine coffee, almond milk, kahlua and ice in a blender and blitz well.
3. Pour into a tall glass.



Christmas Cocktails



ROSE SPRITZER JUG

SERVES 3 PREP
TIME 5 mins

375ml French Rose
wine 500ml soda
water 4 limes, sliced 1
cup ice

1. Pour wine, soda water, lime and ice into a large jug or punch bowl.
2. Stir well to combine before serving.
3. This recipe makes 3 serves.





Merry Christmas and happy holidays from the team here at Moshy!

We hope you enjoy cooking these recipes, and celebrate with friends and family during the the festive season.

For more info about us, visit getmoshy.com.au.

Take care,
Your Moshy team