

Delicious December

Roasted red pepper and walnut dip with pomegranate

Fancy something a wee
bit healthy?

Ingredients:

2 roasted red bell peppers	
1 cup walnuts	
2 cloves garlic	
1 tsp pomegranate molasses	
1/2 lemon juice	
1 tsp cumin	
1 pinch crushed pepper flakes	
1 tsp salt	
1/4 cup extra virgin olive oil	
1/4 cup breadcrumbs	

Directions:

Roast bell peppers on a sheet pan for 20 minutes at 400 degrees by splitting in half and deseeding. Flip once halfway. You can toast your walnuts in the oven at the same time by placing walnuts on a sheet pan and letting roast for about 10 minutes (keep an eye on them so not to let them burn). Put red peppers and walnuts in blender with other ingredients and blend until smooth and creamy. Garnish with a drizzle of olive oil, a drizzle of pomegranate molasses and some pepper and add a few pomegranate seeds on top for that bit of extra health



Delicious December Cranberry Christmas Punch (non-alcoholic)

Have the fun without the hangover

Ingredients:

2 cups cranberry juice
1 cup orange juice
1 cup pineapple juice
2 cups sparkling apple juice

Directions:

- Mix cranberry juice, orange juice and pineapple juice in a jug
- Add sparkling apple juice
- Decorate with cranberries or pomegranate seeds plus a wee bit of ice

HazelBallantineNutrition.com



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Caribbean toastie cups with avocado, mango and coriander

Easy entertaining

Ingredients:

For the tortillas

spray oil:

6 white, whole-meal tortillas

For the filling

1 red pepper

1 ripe but firm avocado

1 small ripe mango

200g canned red kidney beans,

2 spring onions,

1 red chilli, seeds removed (if preferred),

1 lime, juice only:

1/2 bunch of fresh coriander

sea salt and freshly ground black pepper

vegetables/fruits to be chopped into small chunks

Directions:

1. Preheat the oven to 200C/400F/Gas 6 (fan 180C). Spray two 12-hole shallow cupcake trays with oil and set aside. You can work in two separate batches if you only have one tray.
2. Put the tortillas in a stack on top of one another on a chopping board and cut them into quarters to give 24 pieces. Push one quarter into each hole of the cupcake trays, pressing it in to fit. Really press it down to form a sturdy bottom and the tops should splay out at the top creating a 'cup'. Cook in the oven for about five minutes, or until the cups are crisp and brown - keep an eye on them as they can burn really quickly.
3. For the filling, mix the red pepper, avocado, mango, kidney beans, spring onions, chilli, lime juice and coriander together in a large bowl and season to taste with salt and pepper. Add a little oil if you like.
4. Once the tortilla cups are crisp and golden-brown, remove them from the oven and onto a serving plate. Divide the filling mixture evenly between the cups and serve.

