

VERY LOW FAT CHRISTMAS IDEAS

Asparagus with lemon mayonnaise drizzle.

Simply steam the asparagus spears until slightly soft but still firm to the bite, and refrigerate for an hour or two. Then, serve as a starter, drizzled with indulgent sauce: (½ cup Mayonnaise / Trim mayonnaise, ¼ cup lemon juice, 1 tbsp Dijon mustard, ½ tsp crushed garlic, 2 tbsp finely chopped chives – beat well or blend in a food processor).

When you have the turkey, you choose the breast without the skin, but be sure to add plenty of Cranberry Jelly/Sauce!

Gammon cooked with the fat cut off BEFORE cooking. Make a sauce using:

Coca Cola, apple juice, dried fruit and a can of beer! Mix, pour over the gammon placed in a roasting pan. Cook slowly and well for a long time whilst repeatedly basting with the sauce.

Woolworths Heat and Pour Gravy is delicious and is very low in fat.

Roasted Sweet Potato: scrub sweet potatoes clean (but leave the skin on). Pat dry and rub with Maple Syrup. Then wrap each potato in silver foil and bake at 180C for 20-40 minutes (depending on their size; they are done when a knife pierced into the centre of the potato offers no resistance).

Cauliflower and Broccoli Cheese: Steam/boil cauliflower and broccoli florets until softer but still firm to the bite. Drain well and arrange in a casserole dish. Pour pre-heated Woolworths Reduced Fat Cheese Sauce over and finally top with a touch of cayenne pepper and a touch of mustard powder. Serve immediately.

Minted Peas: boil/microwave/steam baby peas until hot (they need very little cooking) and toss with a small amount of Mint Jelly (not a lot but just enough to cover the peas and give a hint of flavour).

Rice is a great, low fat and low GI substitute for roasted potatoes.

Vegan Christmas Loaf:

1.5 cups brown lentils
1 cup rolled oats (or Oat Bran)
2 big carrots, chopped
2 onions, chopped
1 tbsp tomato paste
2 tbsp chopped parsley
1 cup chopped walnuts
2 tsp each of thyme, oregano, rosemary.
2 tsp soya sauce
1/3 cup almond / soya milk (unsweetened).

Method:

1. Set oven to 250C.
2. Rinse lentils well and boil in a large pot in 4.5 cups water until softer (usually about 20 minutes). Drain and set aside.
3. In a frying pan, dry-fry the onions, carrot, for about 5 minutes.
4. Pour this mixture and the remaining ingredients into a blender and blend until sticky but still a little lumpy.
5. Pour into a non stick loaf tin and bake for 1 hr.
6. Turn out and serve hot (or cold) with the abovementioned gravy. It's a super vegan substitute for turkey. Or else use this as the stuffing if you eat turkey.

Fat free mince pies.

Ingredients:

Phyllo pastry

fruit mince (use the one in a jar).

Method:

Roll out the phyllo pastry on a clean surface that has icing sugar sieved on it, and, using a sharp knife, cut into long strips, about 7cm wide. Place a tsp of the fruit mince mix at the bottom of the strip, and, like samosas, fold the bottom right corner up to the left side, completely folding over the mixture in a perfect triangle shape. Then, take the bottom left corner, and fold it up to the left side, keeping the same triangle shape. Then, fold the bottom left corner over to the right hand side. Continue this, in the same way as samosas would be made, until you reach the edge of the phyllo pastry. Paint a little sweetened almond milk on this end piece of pastry, and fold this moistened end over the triangle 'pie'. Lay on a non-stick baking pan that has been sprinkled with cornflour. Sprinkle well with icing sugar and bake in oven at 180C for 5 minutes (or until pastry becomes crisp. Serve immediately.

Christmas Ice Cream:

Ingredients:

1.5 jars fruit mince

1 x 2L tub Country Fresh Lite Vanilla Ice Cream.

1 tsp cinnamon

1 tbs brandy

Method:

Defrost the ice cream for some time until a little softer than normal. Place into a blender with the fruit mince, brandy and cinnamon. Blend well until mixed evenly. Transfer back into the ice cream container (or a pretty ice cream dish) and freeze immediately. 1 hour later (if you can), blend the ice cream again, just to prevent icicles forming. Serve in a bowl or in sugar cones...delight the kids!

Fat free gingerbread cookies (Stolen from www.geniuskitchen.com)

Ingredients:

1.3 cups spelt flour (or wholewheat flour)

¾ tsp bicarbonate of soda

¼ cup molasses

¼ cup soft brown treacle sugar

3 tbsp frozen orange juice concentrate (make your own, using peeled and de-pipped orange segments, blitzed well and frozen)

Method:

1. Mix all ingredients well.
2. Roll into balls and press with a fork dipped into castor sugar.
3. Bake at 150C for 20 minutes.
4. Leave to cool well before serving.