

PREKURE[™]*



Festive Sweet Treat Guide

Recipes, tips and tricks to get you
through the silly season

Have a happy LCHF holiday

by Dr Caryn Zinn

In my opinion, living the LCHF lifestyle is most easily achieved in summer months and particularly on summer holiday. But not for some, and the possibility of deviating with the extra temptations of pavlova, chocolate and alcohol can add some unnecessary stress.

We want to make sure that stress is minimised during the holiday season, so here are my top 5 tips to avoid and manage this stress during the festive season.

Enjoy the festivities, as well as the benefits of holidaying the LCHF way.

TOP TIPS FOR SURVIVING THE FESTIVE SEASON

1 Do some kitchen pre-prep

Make some of your LCHF staples in advance so that you are always sorted for impromptu drop-ins and to last you through your holiday period.

2 Make your nibbles count!

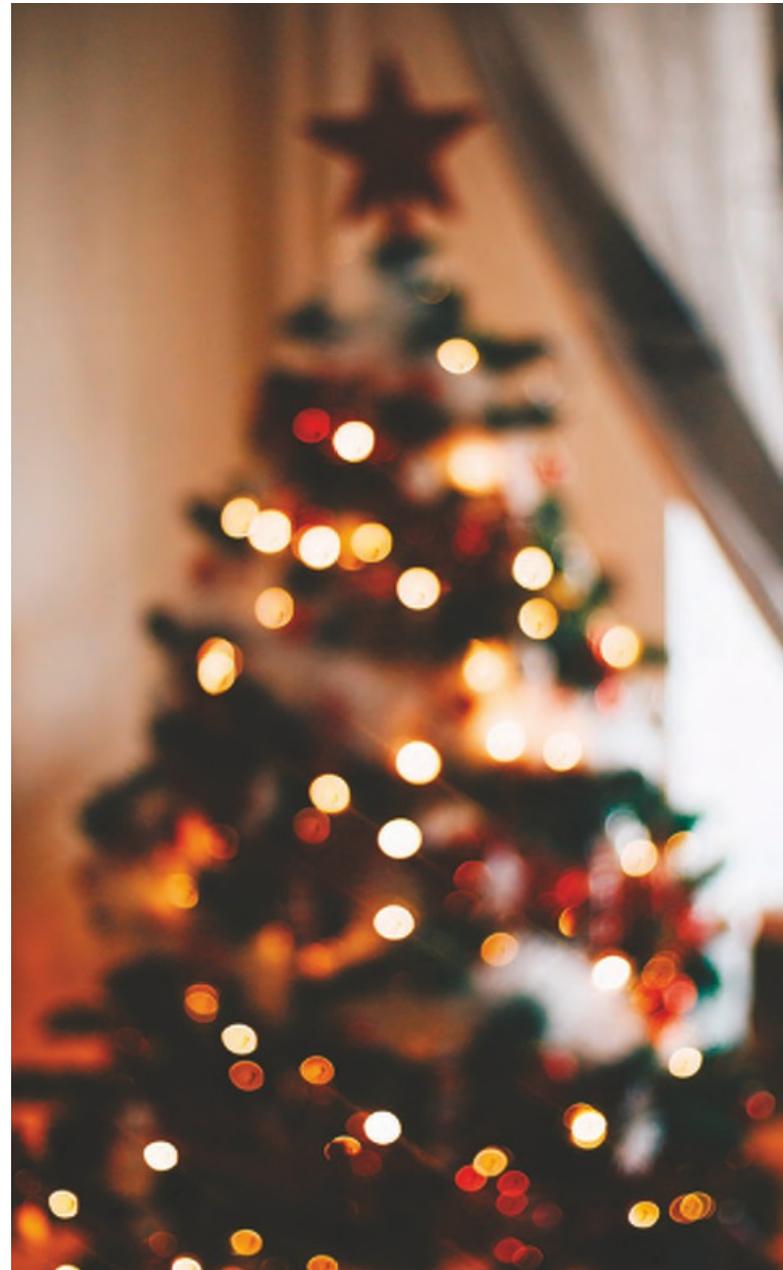
Sometimes nibbles when socialising turn into more than a nibble, meaning you're not hungry afterwards. That's OK, and if this happens to you, make your nibbles count by utilising point 1.

3 Make use of the season

Asparagus and strawberry season is upon us. The season for these foods is short. Make use of them in salads, nibbles and snacks when you can because before you know it, they'll be gone (or a lot more expensive).

4 Re-gift items that you feel will de-rail you

Chocolate and wine are go-to-presents for many. They're quick, easy and always welcomed. If you feel overwhelmed, just re-gift them – no love lost, as long as you remove the card beforehand!



5. Just don't stress

There will be extra treats around like pavlova, chocolate, alcohol and more. You are likely to indulge. That's okay, and stressing won't achieve anything. Simply pick and choose what you really desire, enjoy it, then move on.

Low-carb pavlova

SERVES 10–12 | CARB COUNT 1.75G – 2.1G (PER SERVE)

Pav is back on the menu thanks to this quick and simple, fail-proof low-carb recipe.

Decorate your low-carb pavlova with whipped cream (sweetened with your choice of LCHF sweetener if you like), seasonal berries and fresh mint. Or if you're feeling creative, bake and decorate mini individual pavlovas so you don't have to share. Delish!

INGREDIENTS

6 egg whites
½ teaspoon of cream of tartar (meringue stabiliser)
⅓ cup of Natvia granules
1 cup whipping cream (unsweetened)
1 teaspoon vanilla extract
½ cup (75g) fresh strawberries, chopped
½ cup (75g) fresh blueberries
Handful of fresh mint leaves

METHOD

Pre-heat oven to between 120°–150°C.

Whisk the 6 egg whites until thick and frothy, then mix in the ½ teaspoon of cream of tartar – this is a meringue stabiliser, so it is important not to forget this.

Once stiff peaks have formed (this means that when the beaters are lifted from the mix, the peaks stand straight up), add ⅓ cup of Natvia granules slowly to the egg whites while the mixer is on.

Allow the eggs to continue whipping until white, shiny and glossy. Once mix looks nice and glossy, turn mixer off and rub a little of the mix between your fingers. If it's silky smooth, it's whipped enough. If you can feel any grain or granules, keep whipping!



When ready, dot a little of the mix on baking paper to stick to your baking pan, to help keep the paper in place on the tray. Spoon mix out onto baking tray and arrange however you like – the mixture should yield one 20cm round, or you can spoon individually onto the tray for mini pavlovas instead.

Bake at 120°–150°C for 1.5 hours for a large pavlova. It will brown a little.

After 1.5 hours, turn the oven off and allow the pavlova to remain in the oven for another hour to dry out (or, if you have time, overnight!).

Recipe from What the Fat?, Schofield, Zinn & Rodger, 2017

Chocolate mousse

SERVES 4-6 | CARB COUNT 4.0G (PER SERVE)

This mousse is dangerously good, with a truly restaurant-quality texture and taste.

For those who love the classic dark chocolate and orange flavour we recommend adding orange zest to the mix.

Whatever you do, it will be hard to stop at one helping – so it will be perfect for the Christmas table or for a New Year dessert!

INGREDIENTS

50 g dark chocolate (85% or higher)

1/3 cup cream

2 egg yolks

1/2 cup cream

Garnish

10 g dark chocolate (85% or higher), shaved into curls

2 tbsp berries (defrosted if frozen)

METHOD

Chop the chocolate into smallish chunks and place in a heat-proof bowl. Set a metal sieve over the bowl and keep to one side.

Place the first measure of cream (1/3 cup) and any special flavours (see below) in a small, heavy-based pot and bring slowly to the boil over a medium heat. Watch it carefully, as cream often boils over suddenly.

Once the cream is boiling, take it off the heat and immediately whisk in the egg yolks and pour the hot cream mix through the sieve into the chocolate bowl.

Cover with a plate and allow to melt for 5 minutes before whisking until smooth and incorporated. Allow the chocolate mixture to cool completely.



Whip the second measure of cream (1/2 cup), add to the cooled chocolate mixture and fold it through. Divide the mixture between small serving dishes or glasses, cover and place in the fridge to set.

Serve with the chocolate curls and berries.

Special flavour variations

Add the finely grated zest of 1/2-1 orange, or add a dash of vanilla for a traditional flavour. For something a little different, add 1-2 star anise or a tsp peppercorns. The amount you'll use will depend on your personal preferences – experiment until you've got it just right.

Recipe from What the Fat?, Schofield, Zinn & Rodger, 2017

Summer berry jelly

SERVES 10-12 | CARB COUNT 2.6G (PER SERVE)

A great recipe for the whole family to enjoy!

Use prosecco for a sophisticated touch for adults, or a low-carb sparkling flavoured water for the kids. This recipe makes a beautiful flavour point for serving strawberries and cream on top of. Perfect for festive occasions, portioned and set into glasses for individual servings.

INGREDIENTS

2/3 bottle (500ml) Prosecco OR sparkling water (lime flavoured works well)
½ cup (50g) raspberries
½ cup (50g) strawberries
½ cup (50g) blackberries
½ cup (50g) blueberries
7-8 (15g) mint leaves
5 sheets gelatine
Pouring cream to serve (30ml ea)

METHOD

Soften the sheets of gelatine in cold water for 2 minutes, then remove and squeeze out the excess water.

Heat half of the prosecco (or your non-alcoholic low-carb alternative) and stir in the gelatine. Cool for 30 minutes until fairly cold to the touch (use the fridge if necessary but try not to let the jelly set).



Add in the rest of the Prosecco/alternative and then pour the jelly into a lined loaf tin (half way up) or into your glasses, reserving some jelly for later. Place in the fridge for 1½ hours until beginning to set.

Remove from the fridge, push most of your berries into the jelly, but leave some on the surface too. Pour over the rest of the jelly that was reserved earlier, and return the tin or glasses to the fridge for 3 more hours or overnight.

If using the tin, turn the jelly out and cut into slices for serving.

Serve on its own or with a garnish of pouring cream, as well as your mint leaves.

Recipe from What the Fat?, Schofield, Zinn & Rodger, 2017

Alcohol and LCHF

BY PROFESSOR GRANT SCHOFIELD

A question I am often asked about, especially at this time of year, is that of alcohol. People want to know how alcohol and LCHF fit together (if at all). Alcohol can fit into your LCHF lifestyle and overall health. It's just a matter of details. In reality alcohol does cause harm, even in quite small amounts. Alcohol is a source of empty calories, and provides very little else in terms of nutrients. Alcohol can also affect sleep quality, and good sleep is one of the important lifestyle components that goes hand-in-hand with LCHF nutrition on the journey towards optimal living. Of course, it's not all bad - so let's take a further look.

Some key points on alcohol and LCHF living

For many of us, alcohol can be a pleasurable and important part of life. We enjoy a glass or two of wine with our family or friends. We connect and relax, thereby reducing stress. The positive benefit of this should not be discounted. Here is some info on how to choose a beverage that best aligns with your lifestyle:

- Spirits mixed with sugar-containing drinks are by far the highest carb-contributing beverages. Avoid these and replace the sugar-containing beverage with soda water (and freshly squeezed lime or lemon).
- Beer contains carbohydrate from the left-over maltose derived from the malted grain used in the fermentation process. Low-carb beer has less carbs and is a good occasional option, but don't think it's okay to drink more just because it's low carb. Low-carb beer is not necessarily low in alcohol and still contains lots of calories from the alcohol itself.



- Wine, by definition, is fermented grape juice. It starts off as a sugar-containing fruit, but through the process of adding yeast for fermentation, the sugar is converted into ethanol. In sweeter wines, the process of fermentation is stopped before all the sugar turns to ethanol, so they have a higher carb content than drier wines. While drier wines are quite a bit lower in carbs, they still have a fair bit of alcohol and therefore calories.
- Liqueurs can be high in carbs and vary considerably between varieties, so avoid regular consumption.

Chocolate truffles

SERVES 12 | CARB COUNT 4.1G (PER 2 PORTIONS, ROLLED IN COCOA)

For those that love the classic and rich "keto fat bomb" treat, here is our version. These are great with whatever type of coating you prefer, from a dusting of cocoa, your favourite chopped nut or a sprinkle of coconut. Some of our readers have crushed freeze dried berries to dust these in, too – delicious!

Don't eat them all at once, they're very rich so you'll only need one or two – don't say we didn't warn you!

INGREDIENTS

1 cup cream
3 tbsp butter
1/3 cup coconut oil
175g dark chocolate (85% or higher), broken into 2cm pieces

Coating options:

2 tbsp cocoa
2 tbsp hazelnuts, chopped
2 tbsp shredded coconut

METHOD

Place the cream, butter and coconut oil in a small pot over a medium-low heat. Gently heat, stirring occasionally, until melted and the mix begins to bubble.

Remove from the heat and add the chocolate. Whisk vigorously to combine the ingredients together - you want to form a nice stable emulsion with no oily liquid escaping around the sides. This can also be done with a hand-held blender if preferred.

At this point, you can stir in some desiccated coconut or chopped nuts if using. Then pour the mixture into individual moulds (an ice cube tray is good) or into a small tray (approx 10cm x 15cm).



Cover and place in the fridge to chill completely. Once fully set (they will have a fudge like consistency), turn out onto a sheet of baking paper.

If you used a container, you can now cut the mix into bite-sized pieces. If you used an ice cube tray, you can now roll these in your coating of choice. Keep in a container with a tight fitting lid and store in the fridge for up to 2 weeks.

Recipe from What the Fat?, Schofield, Zinn & Rodger, 2017

Keto mojito

SERVES 3-4 | CARB COUNT 1.0G (PER SERVE)

Okay, there's no rum in this so technically we shouldn't call it a mojito, but we've got pretty close to the real deal!

This mocktail is refreshing, simple and decadent all at the same time. It totally lends itself to putting your feet up while you're sipping away. It's as close to the real thing as you're going to get without the use of a sugar syrup – and if you really want to, you can add a shot of white rum!

INGREDIENTS

1 litre of sparkling water
Zest of 1 lime
Juice of 3-4 limes
1 cup of mint leaves
1 cup of ice
Natvia (or equivalent sweetener) to taste

METHOD

Pour half the sparkling water into a water jug. Add the lime zest and juice, mint leaves and ice cubes. If you have decided to add white rum to this mix, this is when you would also add this into the mix.

Mix and lightly crush the ingredients with the handle-end of a wooden spoon or cocktail muddler. Add your Natvia (or equivalent sweetener) to taste.

Pour the remaining water into the jug, mix well and pour into glasses, garnishing each with a sprig of mint.

Cheers to that!



Recipe from What the Fat?, Schofield, Zinn & Rodger, 2017

