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25 'Health, Happiness & Freedom'

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## XMAS SEASONING



## The Goodies List ©

3 cups Breadcrumbs (I used a Paleo style bread. You choose what bread works best for you. I place the fresh slices of bread into the food processor and minutes later...fresh breadcrumbs!!)

1 large knob of Garlic, diced 1 Red Onion, diced

1 cup/large handful Spinach, chopped 1 Lemon, zest and juice

1/2 cup Pistachios, textured 1/2 cup Raisins

1/4 cup Cranberries, chopped 3 eggs, whisked

1 cup Parsley, chopped Salt and Pepper

## Always Bring Your Joy and Passion to Create @

1 bowl!!! Place all ingredients in one bowl, add whisked eggs and stir well to combine. You want a moist-looking mixture, not overly wet. If you feel it's a little dry you may need another egg (depending upon the size you used. I used approx. 700g eggs). My lemon was quite large and juicy and we love that zesty hit. If you're not so keen, tone it back a little.

Once well combined and balanced to your liking, place ingredients in lined loaf tin. Firmly push into tin and place in 160 degree oven for approx. 25 minutes. We like ours a little crispy on top and usually that's around the time that the smell has got your attention!

Remove from oven, allow to cool in tin for approx. 10 minutes and then turn out and cool on wire rack. If you're eating straight away, I cut into slices for serving. We really enjoy this one with the white meats...Roast Chicken is our favourite. Though it would be a great accompaniment to any festive meats.

Note...By the term 'textured' I mean some whole, some chopped and some smashed. To achieve this result I put the nuts in a snap-lock bag and use the back of an ice cream scoop, so easy!!

