



Tarragon Chicken in Yorkshire Puddings

Ingredients:

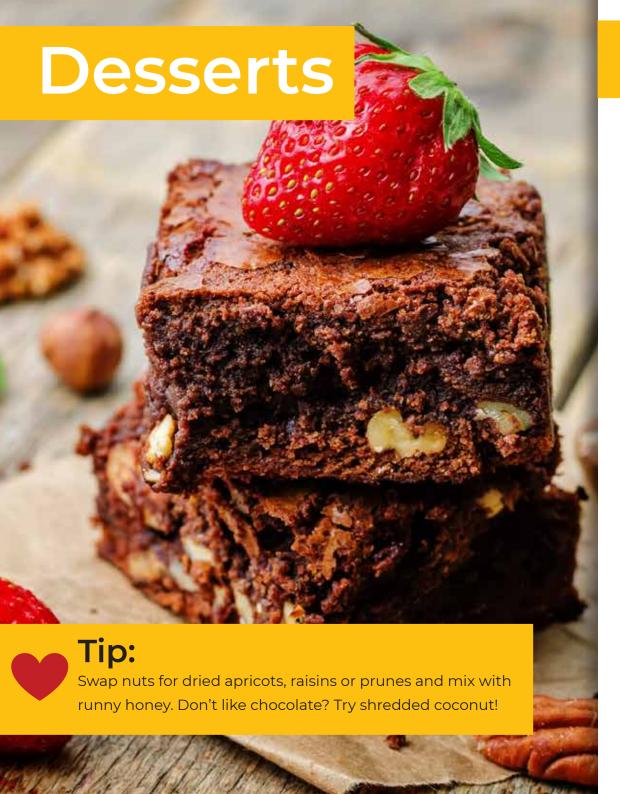
- · Cooked chicken
- · Finely chopped fresh tarragon
- · Walden Farm Calorie Free Mayonnaise
- · Salt and pepper
- · Wholegrain mustard
- · Olive oil
- · 3 eggs
- · 3/4 cup of plain flour
- · 200 ml milk

Directions:

- 1. Preheat the oven to 220°C
- **2.** Divide the oil equally between the muffin tins in the baking tray
- **3.** Sieve the flour into a large bowl, add the egg and beat with a whisk
- **4.** Gradually add the milk whilst beating with the whisk until a smooth batter is created
- **5.** Divide the batter evenly between the 6 oiled compartments of the muffin/cupcake tin
- 6. Place the puddings in the oven for 25-30 minutes
- 7. Dice the cooked chicken and mix with the tarragon, wholegrain mustard, mayo and salt and pepper to desired taste and consistency (this should be like a sandwich filler)
- **8.** Once the Yorkshires have cooled stuff them with the Tarragon mixture.







5 Minute Raw Powder Bars with Chocolate Dip

Ingredients:

- · 10 dates, pitted
- ½ cup of mixed nuts
- ¼ cup of cocoa powder
- ¼ cup of Lucy Bee's Extra Virgin Organic Coconut Oil
- · A sprinkle of Naturya Organic Cocoa Nibs
- · Walden Farms Calorie Free Chocolate Dip

Directions:

- 1. Place the nuts in a food processer and blend until a crumb like texture
- 2. Place in a mixing bowl and add the dates, cocoa powder, coconut oil and cocoa nibs and mix until mixture sticks together
- **3.** Line a loaf tin with parchment paper and press the mixture into the tin firmly with a wet hand
- **4.** Place in the refrigerator to set
- **5.** Cut into squares and place in a serving dish and cover in chocolate dip



Baby Popovers with Chocolate Sauce

Ingredients:

- · 2 tablespoons of Lucy Bee's Extra Virgin Organic Coconut Oil
- · Walden Farms Calorie Free Chocolate Dip
- · 75g of all-purpose flour
- ·legg
- 75ml of milk
- · 55ml of water
- · 25g of sugar

Directions:

- 1. Preheat the oven to 220°C
- 2. Divide the oil equally between the muffin tins in the baking tray
- 3. Sieve the flour into a large bowl, add the egg and beat with a whisk
- **4.** Gradually add the milk, water and sugar whilst beating with the whisk until a smooth batter is created
- **5.** Divide the batter evenly between the 6 oiled compartments of the muffin/cupcake tin
- 6. Place the puddings in the oven for 25-30 minutes
- 7. While the batter is cooking spoon the chocolate dip into a serving jug and heat in the microwave until warm
- **8.** Once the batters are ready drizzle in the warm chocolate dip and serve with ice cream



