



3 Indulgently Healthy Christmas Desserts

wendyswaytohealth.com



Silky Hazelnut Mousse

Serves 6

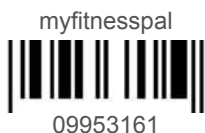
100g (3½ oz.) 70% dark chocolate (traditional, dairy-free, or vegan), chopped
4 tbsp. canned coconut milk, full fat
½ cup smooth hazelnut butter
3 tbsp. maple syrup
⅔ cup aquafaba (chickpea brine)
½ tsp. lemon juice
pinch of salt

Topping:

2 tbsp. chopped hazelnuts

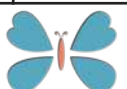
What you need to do

1. Melt the chopped chocolate in a glass bowl suspended over a pot of simmering hot water.
2. Gently stir in the coconut milk. Add in the hazelnut butter and maple syrup, and stir again. Keep the bowl over the warm pot until ready to use.
3. Place the aquafaba, lemon juice and salt in a large bowl. Whip the aquafaba until it reaches stiff peaks. This will take about 5 minutes with an electric mixer to reach this consistency.
4. Add a third of the chocolate mixture to the bowl of aquafaba. Using a slow folding motion, gently incorporate it into the aquafaba. Add the other two thirds in the same way. The mixture will deflate a little, but that's normal.
5. Transfer into glasses and place in the fridge to set overnight.
6. When ready to serve, top with chopped hazelnuts.



GF	MP	V	N			
Prep	Cook/chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	5 mins/ overnight	269	17	27	3	3

*Nutrition per serve





Easy Chocolate Truffles

Serves 20

200g (7oz.) dark chocolate, chopped (minimum 70% cocoa)

150 ml double cream

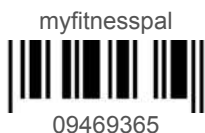
Extra cocoa or cacao powder, dessicated coconut, or extra melted dark chocolate for dusting/coating

Fillings:

Orange rind, chopped nuts, dried fruit, your favourite liqueur, such as Cointreau, whatever you would like in your truffle centres

What you need to do

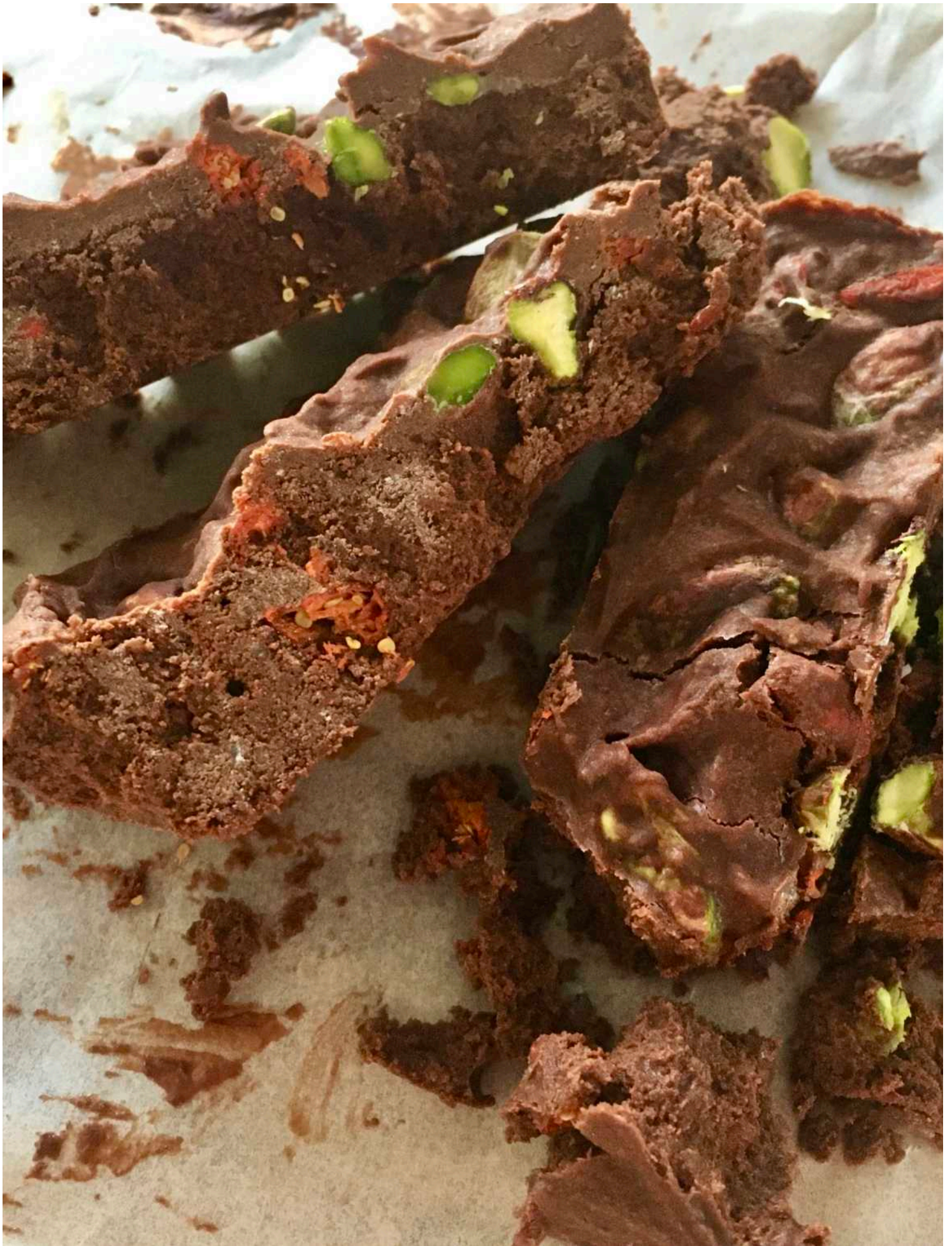
1. Break the chocolate into small pieces and combine with the cream in a medium sized bowl. Heat over a saucepan of simmering water. Keep the heat low and stir until the chocolate is completely melted and you have a smooth mixture.
2. Remove from the heat, stir in your desired filling such as chopped nuts, or orange rind and Cointreau.
3. Cover the bowl with cling film and place in the fridge for 30-60 minutes, until the mixture is firm, but not completely set.
4. Remove from the fridge and roll into balls. Place on a tray lined with baking paper and put the truffles back into the fridge for another hour.
5. Coat the truffles by rolling in dessicated coconut, cocoa powder or melted chocolate and put back in the fridge for 2-3 hours to set.



GF	LC	MP	V	Q		
Prep	Cook/chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins/ 4 hrs	79	8.5	3	1	1

*Nutrition per serve





Pistachio & Goji Berry Chocolate Log

Serves 8-10

½ cup coconut oil
⅔ cup raw cacao powder
6 tbsp pure maple syrup
1 cup pistachios
½ cup goji berries

What you need to do

1. Melt the coconut oil in a medium sized bowl. Quickly stir in the maple syrup, so the oil doesn't start to re-set.
2. Add the cacao powder and mix well with a fork or whisk, so that all of the ingredients are well combined.
3. Pour the mixture into a lined loaf or slice tin. Add the nuts and berries and press them down into the chocolate with your fingers.
4. Set in the freezer for three to four hours. Then remove and cut into slices.

◆ To change the flavour profile, swap out the pistachios & goji berries for 1 cup of macadamia nuts and a generous sprinkle of sea salt.



GF	DF	V	N
----	----	---	---

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre (g)
15 mins	4 hrs	278	21	24	5	3

*Nutrition per serving

