



## Quick Smart Sugar-Free Ice blocks

GLUTEN, DAIRY & SUGAR FREE

COOKING TIME 40MINS. SERVES 8 SLICES

### INGREDIENTS

- 2 cups coconut milk
- 2 frozen ripe bananas, sliced
- 1 cup frozen raspberries
- ½ cup Mayvers Immune Spread
- ½ cup natural shredded coconut

### METHOD

1. Place coconut milk, bananas, Mayvers Energy Spread and into a food processor and blend until smooth.
  2. Fold through shredded coconut.
  3. Fold through raspberries.
  4. Pour the mixture into ice-block molds and freeze.
- \*\* If you are using wooden sticks, freeze the mixture until it is slushy, then insert the sticks and freeze until solid.
- \*\* *Try adding plain greek yoghurt for an even creamier finish!*
- \*\*\* *Selenium has been clinically proven to improve your brain power!*





## Cranberry & White Chocolate Immunity Muffins

GLUTEN, DAIRY & SUGAR FREE

COOKING TIME 40MINS. SERVES 8 SLICES

### INGREDIENTS

2 cups all-purpose flour	1/2 cup sugar
2 teaspoons baking powder	1/4 cup light brown sugar
1/4 teaspoon baking soda	2 large eggs
1/4 teaspoon salt	1/2 cup Mayvers Immunity Spread
3/4 teaspoon ground cinnamon	1/2 tsp pure vanilla extract
1/2 teaspoon ground ginger	3/4 cup pumpkin puree
pinch of nutmeg	1/4 cup buttermilk
pinch of ground allspice	1 cup fresh or frozen cranberries (halved)
8 tbs soft unsalted butter (dont melt it)	250g gourmet white chocolate (cut into chunks)

### METHOD

1. Preheat oven to 180°C. Line a tin with muffin wrappers.
2. Center a rack in the oven and preheat the oven to 180. Butter or spray the 12 molds on a regular-size muffin pan or fit the molds with paper muffin cups.
3. Whisk together the flour, baking powder, baking soda, salt and spices. Place the halved cranberries in a bowl and toss with a tablespoon of the flour mixture. Place chocolate chunks in another bowl and toss with a tablespoon of the flour mixture. Set aside.
4. Beat the butter at medium speed until soft. Add both the sugars and continue to beat until light and smooth. One by one, add the eggs, beating for a minute after the eggs are incorporated, then beat in the vanilla. Lower the mixer speed and mix in the pumpkin and buttermilk. With the mixer at low speed, add the dry ingredients in a steady stream, mixing only until they disappear. To avoid overmixing, you can stop the machine early and stir any remaining dry ingredients into the batter using a rubber spatula.
5. Fold in the cranberries, then fold in the chocolate. Spoon batter into prepared muffin pan. Place muffin pan on cookie sheet.
6. Bake for about 25 minutes, or until a thin knife inserted into the center of the muffins comes out clean. Transfer the pan to a rack and cool the muffins for 5 minutes in the pan, then carefully remove each one from its mold and finish cooling on the rack.
7. Best eaten the day they are made, but these can be wrapped airtight and frozen for up to 2 months.





## *Sugar-Free Immunity Biscuits*

SUGAR FREE

COOKING TIME 1HR, SERVES 20.

### INGREDIENTS

- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 125g unsalted butter, softened
- 4 ripe bananas
- 1 egg
- 1 egg yolk
- 4 tbs Mayvers Immune Spread
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 1/2 cups macadamia nuts, roughly chopped

### METHOD

1. Preheat the oven to 180°C. Line baking pan with parchment paper or silicone baking mat.
2. In a bowl, whisk together the flour, baking soda, and salt. Set aside.
3. Place butter in the bowl of a stand mixer fitted with the paddle attachment. Cream the butter until light. Add the egg, egg yolk, and both extracts and beat until incorporated.
4. Add the flour mixture gradually and mix just until the dough is incorporated. Stir in the banana and macadamia nuts by hand. Transfer dough into an airtight container and refrigerate for several hours or chill overnight for best results.
5. Roll the dough into desired size balls and press down slightly on the dough. Place biscuit sheet with the formed dough balls back in the refrigerator for about 30 minutes to prevent the biscuits from spreading too thin. Bake for 12-14 minutes or until the edges start to turn golden brown and slightly crisp and the centers are still soft. Let biscuits cool completely on the baking sheet.
6. Store at room temperature in an airtight container for up to a week.

