



Casey-Lee Lyons is a Brisbane based qualified nutritionist, naturopath and founder of the health and wellness brand Live Love Nourish. Casey-Lee is passionate about helping others to live and feel their healthiest self and specialises in nutritionally designed whole food recipes (free from gluten, dairy and sugar).

Thanks to our local celebrity chef Dominique Rizzo for the design and creation of these recipes for Your Local Fruit Shop.



"Inspiration for my recipes often comes as I am walking around my local fruit shop selecting what is in season, I hope you try these ideas at home and add your own 'favourite' fresh produce."



Festive Fresh

A collection of festive recipes for this holiday season showcasing seasonal summer fruits and vegetables.

Coconut Cherry Bombs

Christmas on a platter, these little 'bombs' of natural goodness are really easy to make and use just four ingredients.

INGREDIENTS:

- 500g fresh cherries
- 1/4 cup (65g) coconut butter*
- 2 tsps (10ml) extra virgin coconut oil
- 1/3 cup (50g) pistachios, finely chopped

METHOD:

1. Pre-line a flat tray and keep in the fridge to cool while preparing other ingredients. (Pre-chilling the tray helps coconut coating to set quickly).
2. In a small mixing bowl mix coconut butter and oil over boiling water to melt. (Use a small saucepan of boiling water and sit bowl over the top. The heat from underneath will melt the coconut in the mixing bowl).
3. Prepare pistachios in a small bowl.
4. Holding the cherry by the stem, dip in coconut and immediately into pistachios.
5. Place cherries onto pre-chilled tray and store in fridge to set.
6. Serve straight from fridge.

"Coconut butter is different to coconut oil. Coconut butter is the flesh made into a butter. Find it in health food stores."

This recipe was created by nutritionist Casey-Lee Lyons from Live Love Nourish. For more simple and healthy recipes please visit www.livelovenourish.com.au



Cherry and chocolate bread pudding

This is a simple but much loved dessert talking inspiration from the humble bread and butter pudding but adding that festive flair using juicy sweet cherries and chocolate.

SERVING SIZE: 6 people

INGREDIENTS:

- 50g butter
- 1 chunky fruit loaf, cut into pieces
- 400g fresh cherries, deseeded
- 2 cups of milk
- 1 cup of cream
- 3 eggs
- 2 yolks
- 1/2 cup sugar
- 50g chocolate, chopped
- 1/4 cup toasted almonds

METHOD:

1. Preheat the oven to 170c
2. Melt the butter in a large fry pan over moderate temperature and add in the chunks of bread, coat with the butter and set aside in a bowl.
3. Whisk together the milk, cream, eggs and yolks and the sugar and pour this into the bread chunks.
4. Grease a baking dish or lined cake tin and pour in the egg and bread mix and then scatter over the cherries, chocolate and almonds.
5. Bake for 30 minutes until cooked through. Serve with ice cream or cream.

This recipe was created by Dominique Rizzo from Putia Pure Food Kitchen. For more information visit www.putiapurefood.com.au



Find your nearest fruit shop at
www.yourlocalfruitshop.com.au

Raw Blueberry & Vanilla Cheesecake

This guilt-free raw treat is packed with flavour and nutrition. A great healthy Christmas dessert for your family, friends and guests.

SERVING SIZE: 6 - 8 people

INGREDIENTS:

BASE:

- 1 cup almonds
- 3/4 cup organic shredded coconut (make sure its preservative free)
- 8 medjool dates, pitted & chopped
- 1 tbsp melted extra virgin coconut oil

FILLING:

- 2 cups cashews, soaked overnight*
- 1/2 cup melted extra virgin coconut oil
- 1/4 cup fresh lemon juice
- 1/4 cup rice malt syrup
- 1 tsp vanilla powder
- 1 cup fresh blueberries

OPTIONAL TOPPINGS:

- Fresh blueberries
- Thickened coconut cream
- Coconut shavings

METHOD:

1. Make base - in a high powered blender or food processor pulse almonds, coconut, dates and coconut oil to form a fine crumble.
2. Spoon base into a lined cake tin (Spring Form 15 - 23cm), spread evenly and use the back of a spoon to press down firmly. Set aside in freezer whilst you make the filling.
3. To make the filling - drain and rinse soaked cashews.
4. In a high powered blender or food processor blend cashews, coconut oil, lemon juice, rice malt syrup and vanilla powder until smooth and creamy.
5. Split your filling into two portions.
6. Pour one layer on top of your base.
7. Return the other portion to the blender and blend with blueberries until smooth.
8. Carefully pour the blueberry layer on top of vanilla layer. (You can also allow your vanilla layer to set for 1 hour first before adding the blueberry layer).
9. Freeze for 2 hours or until firm. Allow to stand for 25 minutes before serving to slightly soften. Decorate with optional toppings.



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"Soaking the cashews overnight will ensure your cheesecake filling has a creamy texture. Be sure to rinse your soaked nuts before blending."

Asparagus and quinoa salad with toasted seeds and fresh strawberries

Enjoy the fresh crunch of this salad using crisp asparagus, juicy red strawberries and nourishing quinoa, a perfect easy recipe to accompany any meal, any time of the day.

SERVING SIZE: 4 people

INGREDIENTS:

- 1 tbsp of maple syrup
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds
- 1 tbsp sesame seeds
- 150g (1 cup) red or white quinoa
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper
- 1 small white onion, thinly sliced
- 2 bunches of asparagus
- Handful of fresh mint, leaves picked and chopped
- 1 punnet of strawberries, hulled and sliced
- 100g baby rocket

METHOD:

1. Preheat the oven to 180C.
2. Toss the seeds with the maple syrup and place them onto baking paper on a tray. Bake them in the oven for 15-20 minutes until golden and caramelised, then set them aside to cool.
3. Meanwhile rinse the quinoa in a small amount of water then drain, add in two cups of fresh water and bring to the boil over a moderate temperature. Reduce the heat to a low simmer and cover cooking the quinoa for 15 - 20 minutes until the water has absorbed. Turn off the heat and leave covered to dry out a little.
4. In another bowl combine the olive oil, lemon juice, salt and pepper and add in the thinly sliced white onion. Trim the asparagus by breaking off the stalky ends and, using a peeler, thinly peel the asparagus from the tip to the stalk. Do this for all of the asparagus and then toss these into the dressing with the onion. Just before you are ready to serve, take a small spoonful of the dressing from the asparagus and stir it through quinoa with the picked, roughly chopped mint. Spoon this onto a platter. Add the sliced strawberries and the rocket to the peeled asparagus and onion, pile this on top of the quinoa and then scatter with the maple roasted seeds and serve.

SUBSTITUTE INGREDIENTS:

- You can use honey instead of maple syrups for the seeds
- Substitute raw zucchini or carrots instead of asparagus and prepare them in the same way
- Most fruits will work well in this salad so try using peaches, apples or pears instead of the strawberries.

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Roast chicken, spinach salad with raspberry vinaigrette

Left over roast chicken is ideal for this delicious, quick salad with slices of fried pumpkin and a tangy raspberry dressing, a perfect addition to your festive table.

SERVING SIZE: 6 people

INGREDIENTS:

- 800g jap pumpkin, peeled and sliced into 2-3mm thick slices
- 3 tbsp olive oil
- 1/2 tsp cinnamon
- 1/2 cup walnut pieces
- 500g shredded roast chicken
- 100g goat's cheese
- 200g fresh raspberries
- 3 tbsp olive oil
- 100g spinach and rocket salad mix
- 3 tbsp apple cider vinegar
- 2 tsp maple syrup

METHOD:

1. Heat a frypan over moderate temperature and add in the oil. Fry the slices of pumpkin for 2-3 minutes on each side sprinkling them with a little cinnamon and cook until golden, set aside on the plate.
2. Layer the cooked sliced pumpkin into a platter, top with the shredded cooked chicken, walnut pieces, the spinach and rocket and crumble in the goat's cheese.
3. For the vinaigrette, smash 50g of the raspberries into a bowl and add in the olive oil, apple cider vinegar and the maple syrup, season with salt and pepper and stir.
4. Pour this over the salad garnishing the salad with the remainder of the raspberries.

SUBSTITUTE INGREDIENTS:

- A perfect salad that uses up your left over roast chicken but just as good with leftover Christmas turkey.

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Barramundi with Mango Salsa

During the holiday season barramundi fillets served with a fresh, summer inspired mango salsa will be a simple and tasty meal.

SERVING SIZE: 4 people

INGREDIENTS:

- 4 serves barramundi fillets
- 1 large ripe mango, peeled and diced
- 1 kiwifruit, peeled and diced
- 1 large ripe avocado, seed removed and diced
- 1/4 small red onion, finely diced
- or 2 spring onions, finely sliced
- 1/4 cup fresh coriander, chopped
- 1/4 cup fresh parsley, chopped
- Juice of 1 lime

METHOD:

1. Prepare salsa by gently mixing together all ingredients in a bowl. Set aside and keep cool.
 2. Heat bbq or grill and cook barramundi fillets for 3-4 minutes each side or until cooked to liking.
 3. Serve your cooked fish with a side of salsa.
- Sensitive to seafood? Substitute barramundi for chicken thigh or breast cooked in garlic olive oil.

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