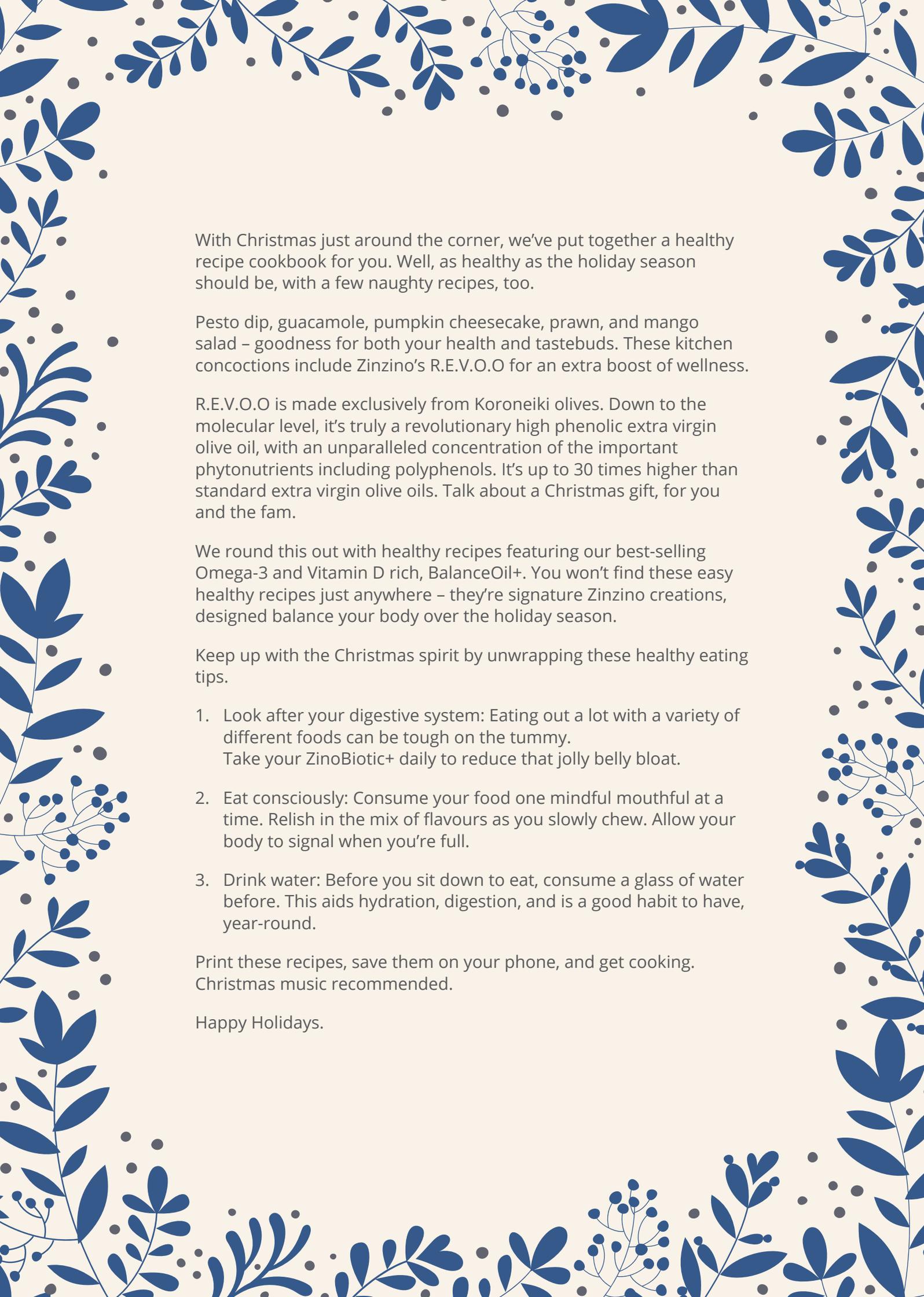




**ZINZINO'S  
HEALTHY RECIPE  
COOKBOOK FOR  
CHRISTMAS**

ZINZINO

A decorative border of blue leaves and berries surrounds the text. The leaves are stylized and arranged in a circular pattern around the central text.

With Christmas just around the corner, we've put together a healthy recipe cookbook for you. Well, as healthy as the holiday season should be, with a few naughty recipes, too.

Pesto dip, guacamole, pumpkin cheesecake, prawn, and mango salad – goodness for both your health and tastebuds. These kitchen concoctions include Zinzino's R.E.V.O.O for an extra boost of wellness.

R.E.V.O.O is made exclusively from Koroneiki olives. Down to the molecular level, it's truly a revolutionary high phenolic extra virgin olive oil, with an unparalleled concentration of the important phytonutrients including polyphenols. It's up to 30 times higher than standard extra virgin olive oils. Talk about a Christmas gift, for you and the fam.

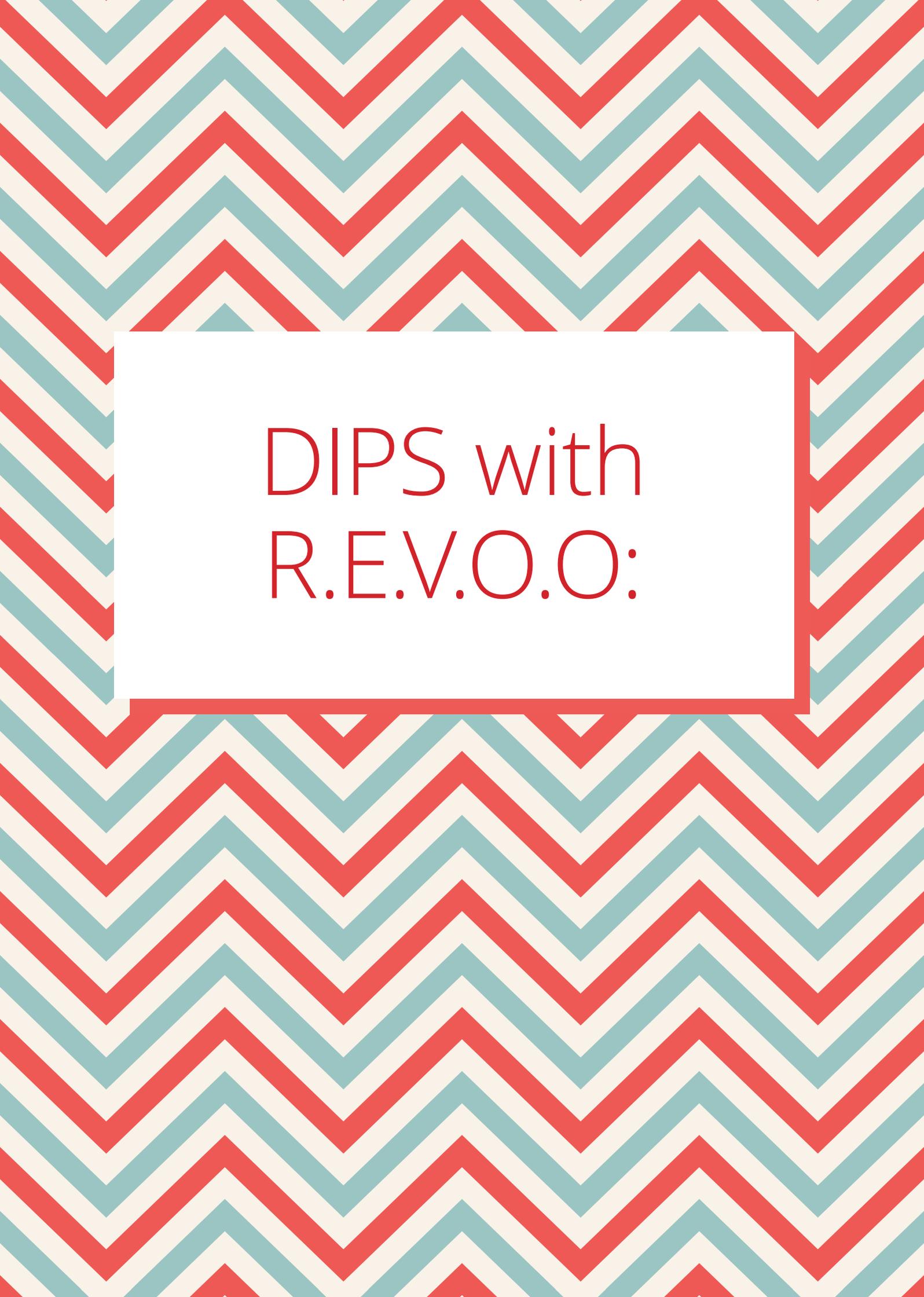
We round this out with healthy recipes featuring our best-selling Omega-3 and Vitamin D rich, BalanceOil+. You won't find these easy healthy recipes just anywhere – they're signature Zinzino creations, designed balance your body over the holiday season.

Keep up with the Christmas spirit by unwrapping these healthy eating tips.

1. Look after your digestive system: Eating out a lot with a variety of different foods can be tough on the tummy. Take your ZinoBiotic+ daily to reduce that jolly belly bloat.
2. Eat consciously: Consume your food one mindful mouthful at a time. Relish in the mix of flavours as you slowly chew. Allow your body to signal when you're full.
3. Drink water: Before you sit down to eat, consume a glass of water before. This aids hydration, digestion, and is a good habit to have, year-round.

Print these recipes, save them on your phone, and get cooking. Christmas music recommended.

Happy Holidays.



DIPS with  
R.E.V.O.O:

# Shining gold R.E.V.O.O dip

- 1 garlic clove
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- 1 tablespoon finely grated parmesan cheese
- Pinch of salt
- Pinch of ground pepper to taste
- 1/4 cup of R.E.V.O.O
- 1 teaspoon of lemon BalanceOil+
- Pinch of chilli flakes (if desired)
- Fresh crusty bread (break it up and dip in)
- Brown and green olives (to serve with).

*4-6 small servings.*



# Jolly creamy pesto dip

- 1 ¼ cups sour cream
- ½ cup chopped fresh basil
- 1/4 cup R.E.V.O.O
- 1 cup cashews
- 1 crushed garlic clove
- 3 tablespoons finely chopped parsley
- 3 tablespoons grated parmesan cheese
- Pinch of salt and pepper.

## Method

- *Blend cashews in blender or processor until crumbly*
- *Add garlic, basil, parsley, R.E.V.O.O, and blend with cashews until fixed*
- *Add sour cream and parmesan, until combined*
- *Stir through salt and pepper to taste*
- *Serve with fresh carrot, cucumber, and bread for dipping in.*

*6-8 small servings*



# Candy cane basil and tomato appetiser

- 12-18 fresh basil leaves
- 12 slices fresh tomato
- 12-18 slices bocconcini
- 3 tablespoons of R.E.V.O.O
- 3 tablespoons balsamic vinegar
- Salt and pepper for taste.

## Method

- Chop tomatoes and bocconcini into 12 slices
  - Break off 12 basil leaves from plant
  - Place on plate with each ingredient together (tomato, bocconcini then basil leaf).
  - Sprinkle over the R.E.V.O.O and balsamic vinegar, and the salt and pepper.
  - Serve with lightly toasted bread.
- 6-8 small servings



# Elves guacamole

- 3 large avocados, pitted and skin removed
- ¼ small brown onion (finely chopped)
- 1 small jalapeno (finely chopped)
- 1/3 cup roasted pepitas (slightly crushed)
- 3 tablespoons of R.E.V.O.O
- 1 tablespoon lemon BalanceOil+
- Squeeze of ½ lime
- Salt and pepper to taste.

## Method

- *Mash avocados in large bowl with fork*
- *Add onion, jalapeno, pepitas, R.E.V.O.O oil, BalanceOil+, and lime juice. Mix it well.*
- *Add salt and pepper*
- *Serve with fresh chopped carrots, celery, and tortilla chips.*

*6-8 small servings*



# Snowflake creamy feta dip

- 200g of feta
- ½ cup sour cream
- ½ cup high-quality mayonnaise
- Zest ½ lemon
- 1 tablespoon lemon BalanceOil+
- 1 garlic clove (small or large depending on how much you want)
- 2 tablespoons of R.E.V.O.O (one in dip and one on top for serving)
- ½ teaspoon of:
  - Dried dill
  - Dried oregano
  - Dried thyme
- Pinch of salt, pepper, and chilli flakes, to serve
- 2 tablespoons of toasted sesame seeds, to serve.

## Method

- *Add all ingredients (except salt, pepper, chilli flakes, sesame seeds and 1 tablespoon of oil) to blender and mix until smooth.*
- *Place into serving dish*
- *Add salt and pepper, mix well*
- *Add salt, pepper, chilli flakes, sesame seeds, and R.E.V.O.O on top to serve*
- *Serve with toasted pita wedges and carrot sticks.*

*6-10 small servings*





DESSERTS WITH  
R.E.V.O.O and  
BALANCEOIL+

# Chocolate frosting no bake cake

## You'll need:

- A round dish
- A blender, food processor or electric mixer

## Crust:

- 9 biscuits (Sleeve of biscuits), chocolate or plain
- ¼ cup of oats
- 2 tablespoons cacao powder
- 2 tablespoons of light brown sugar
- Pinch of salt
- 6 tablespoons of melted butter.

## Filling:

- ¾ (100g) cups smooth milk or dark chocolate (chopped, extra for garnish)
- ¼ cup R.E.V.O.O
- ¼ cup melted butter
- 2 cups Greek or coconut yoghurt
- ½ teaspoon of salt
- 3 egg whites
- ½ cup brown sugar.

## Method:

- Break down biscuits and add into blender with oats, cocoa powder, brown sugar, and salt. Pulse until finely grounded. Add in butter and blend well. The crust should hold together. Add 1 extra tablespoon of melted butter, if needed.
- Place crust in round dish and two-thirds up the side. Place in freezer for 20 minutes. (You can prep this a week before and leave in the freezer).
- Filling: Soften the chocolate and butter in the microwave, 15-30 seconds at a time. Then combine them both in a large bowl and then add R.E.V.O.O. slowly and stir all together. Sit to cool for 5-7 minutes. Add 1 cup of yoghurt and salt. Stir to combine for about 4-5 minutes with spoon or fork until smooth.
- Using electric mixer or processor (medium), beat the egg whites until white and foamy (about 1 minute).
- Slowly add in brown sugar while mixing (about 3 minutes) until it's like a meringue.
- Add 1/3 of the chocolate mixture to the meringue and mix with a spatula. Add the remaining chocolate mix.
- Transfer this mixture to prepared crust and fill to the top. Freeze for 3 hours or overnight.
- Add the remaining yoghurt on top of pie before serving, drizzle with R.E.V.O.O, and sprinkle chopped chocolate.

8-10 servings



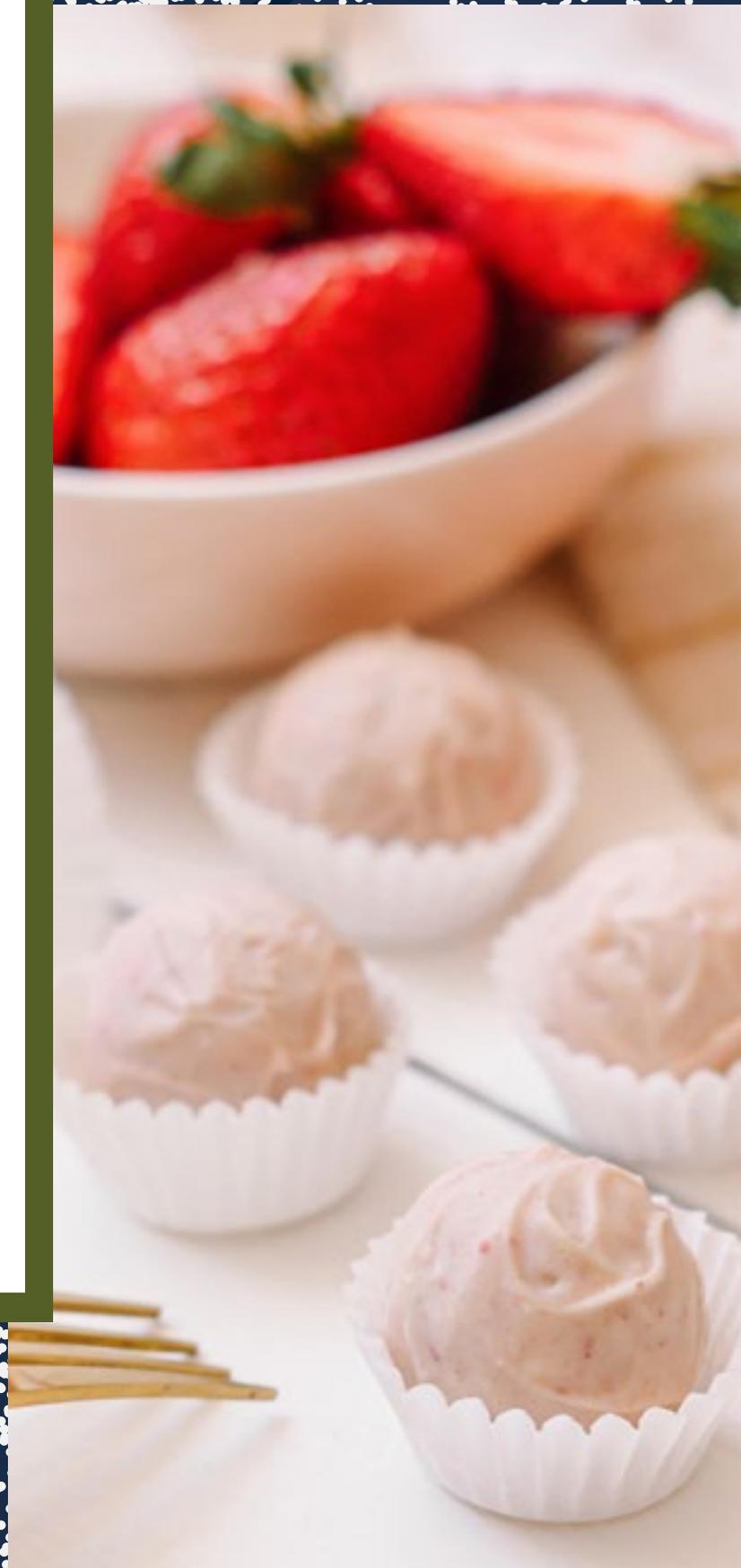
# White snowball delights

- 1 pack golden Oreos (sleeve)
- 200g block cream cheese (softened)
- ¼ cup dehydrated strawberries (plus use of garnish)
- 2 teaspoons Vanilla BalanceOil+
- Pinch of salt
- 2 cups white chocolate chips (for topping)
- 2 teaspoons R.E.V.O.O
- 1 teaspoon coconut oil (melted).

## Method:

- *Crush Oreo's and place in a large bowl with cream cheese, strawberries, vanilla, oil, and salt*
- *Place a line of baking paper down*
- *Scoop mixture into small balls by rolling them and place onto baking paper*
- *Once done, sit them in the freezer for 10 minutes*
- *Meanwhile, place chocolate and coconut oil in a bowl and microwave for 30 seconds until melted. Stir well.*
- *Once the balls are chilled, dip into the chocolate and place back on baking paper*
- *Sprinkle the remaining dehydrated strawberries on chocolate coated balls and place into freezer for another 10 minutes.*

10-14 servings.



# Joyful pumpkin cheesecake

## Crust:

- 1 ½ cup of crushed gingersnaps biscuits
- 2 teaspoons of brown sugar
- 5 tablespoons R.E.V.O.O.

## Filling:

- 1 cup heavy cream
- 400g block cream cheese (softened)
- 400g pumpkin puree (blend up pumpkin until smooth)
- 1 cup brown sugar (blended sugar)
- 3 teaspoons vanilla BalanceOil+
- 1 teaspoon cinnamon
- ½ teaspoon ground nutmeg
- Pinch of salt.

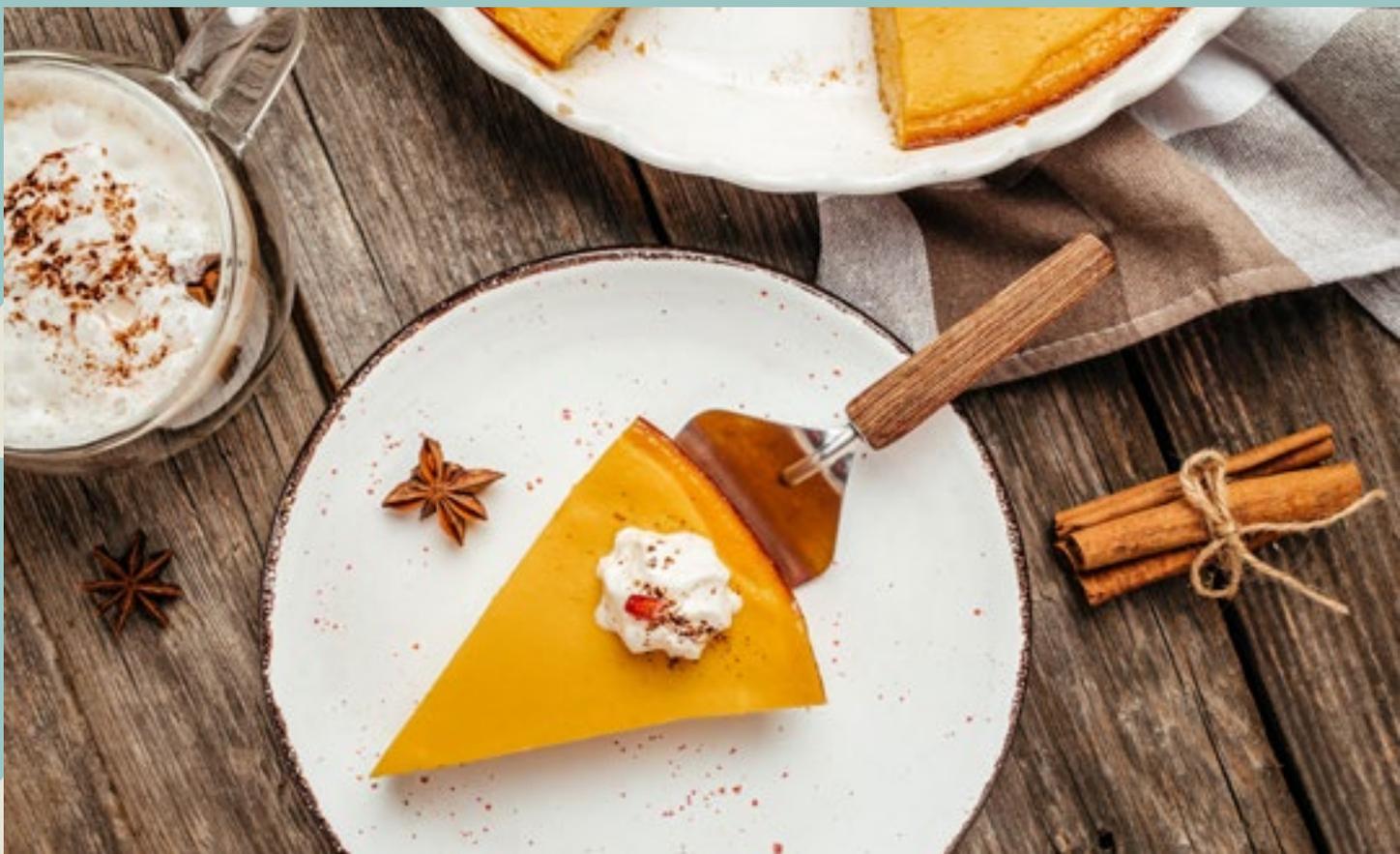
## Topping options:

Whipped cream and crushed gingersnaps biscuits.

## Method:

- For the crust, add crushed gingersnaps, sugar, and oil into bowl. Mix until the texture is like wet sand
- Pour into an 8-inch dish and pat the crust into bottom so it sticks together. Place in fridge.
- In medium bowl, blend the pumpkin until smooth
- In another bowl, add heavy cream and blend until fluffy
- In another large bowl, lightly beat the cream cheese until light. Add in pumpkin puree, blend until smooth, and add the vanilla, cinnamon, nutmeg, and salt.
- Add cream and stir well
- Pour filling over crust
- Place in fridge for 4 hours or overnight
- Serve with a dollop of whipped cream and crushed gingersnaps biscuits.

Serves 8-10



# Watermelon Star tree

- ½ watermelon, cut into 1cm slices
- 60g cream
- R.E.V.O.O to drizzle
- 1 tablespoon lemon BalanceOil+
- ½ lime zest.

## Method:

- Using a star 4-5cm star cutter, imprint 15 or 21 star shaped slices from the watermelon
- Whip cream with blender
- On a platter, arrange the watermelon stars in a shape of a Christmas tree
- Dollop cream on each star
- Mix R.E.V.O.O and lemon BalanceOil+, drizzle across the stars
- Sprinkle lime zest across the stars and serve.

Serves 6-8



# Santa's Peanut butter & banana pudding

- 1 1/3 cup milk or coconut milk
- 100g vanilla pudding mixture (package)
- 400g (1 can) sweetened condensed milk
- 3 cups heavy cream
- 1/4 powdered sugar
- 4 teaspoons vanilla BalanceOil+
- 2 cups melted peanut butter
- 450g vanilla/plain biscuits of your choice
- 4 bananas (sliced).

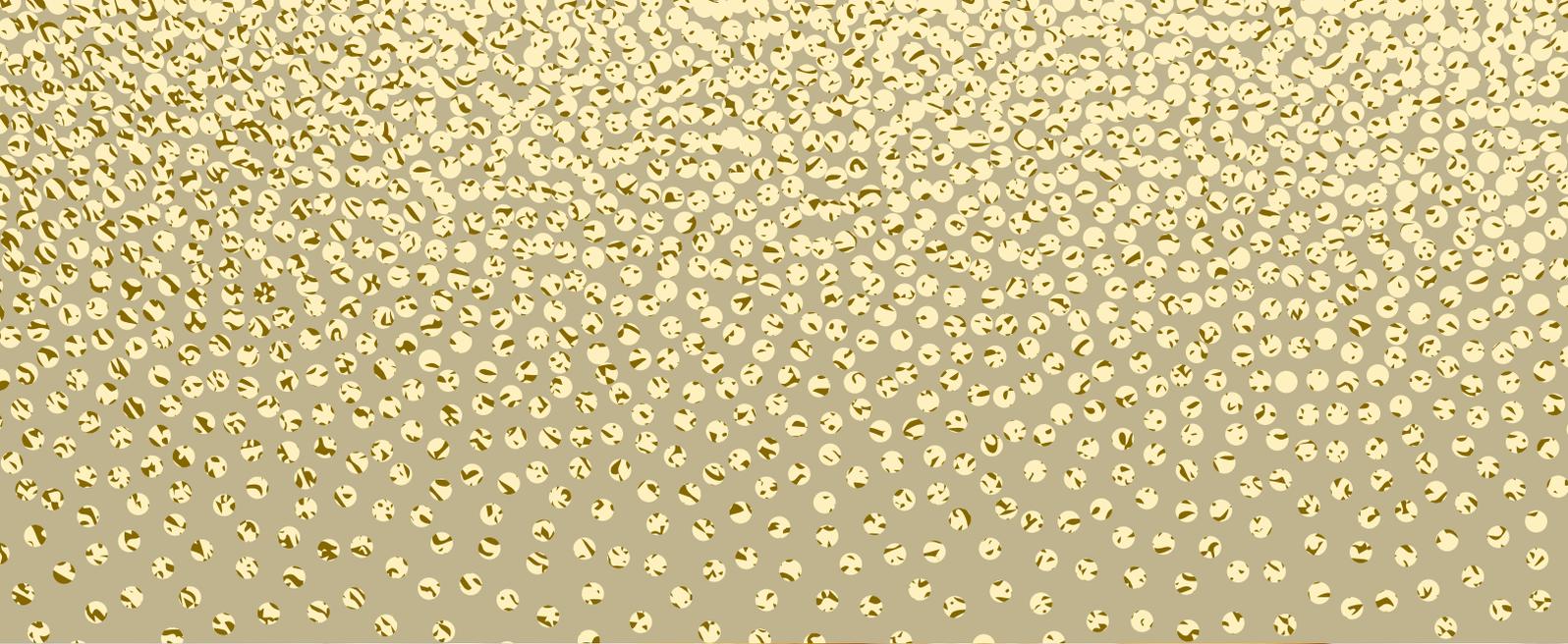
## Method:

- *In a large bowl, combine milk, vanilla pudding mix, and sweetened condensed milk. Whisk together and place in fridge for 5 minutes.*
- *In another bowl, combine heavy cream, sugar and vanilla BalanceOil+. Blend for 2-3 minutes until fluffy. Put 1/3 of it aside for topping. Add the remaining mixture to the pudding mixture.*

## For the trifle:

- *Spread 1/3 of the pudding mix on the bottom of the dish*
- *For the biscuits, place the side ones vertically so you can see the layer on the outside*
- *Layer banana slices, then a coating of melted peanut butter.*
- *Repeat layering the pudding mix, biscuits, sliced banana, and peanut butter, until you reach the top. The final layer should be the pudding mix.*
- *Refrigerate for 4 hours or overnight*
- *When serving, add the cream that was leftover on the top layer. Crumble biscuits on top and drizzle with melted peanut butter.*

10- 12 serves





SALADS WITH  
R.E.V.O.O.:

# Prawn and mango salad

- 1 mango
- 1 cucumber
- 60g packet baby rocket
- 1/3 cup fresh mint
- 500g cooked, peeled, deveined and tails intact prawns
- ¼ cup walnuts/cashews
- 3 tablespoons R.E.V.O.O
- 1 avocado

## Dip (optional):

- 1/3 cup whole egg mayonnaise
- 90g mango chutney
- 2 teaspoons chilli sauce.

## Method:

- *Slice mango, avocado, and cucumber*
- *Toss together mint and rocket*
- *Place rocket and mint first on platter and then add the prawns, mango, cucumber, and avocado. Sprinkle with walnuts or cashews and drizzle with R.E.V.O.O.*
- *To make dip, place all ingredients into a bowl, mix well, and serve on the side.*

Serves 8-10



# Chicken pasta salad

- 400g wholegrain fusilli pasta (can use gluten free)
- 400g thinly sliced chicken breast strips
- 1 punnet cherry tomatoes, chopped in halves
- 1 red onion, finely chopped
- 1 cup spinach
- ¼ cup R.E.V.O.O
- 2 tablespoons lemon BalanceOil+
- ¼ cup roasted cashews, crushed
- ¼ cup fresh finely chopped basil
- Salt and pepper
- ¼ cup parmesan cheese or feta

## Method:

- *Cook pasta in boiling water and set aside*
  - *Grill the chicken until golden*
  - *Lightly fry the onion, cherry tomatoes, and spinach*
  - *In large pan, add all cooked ingredients together, with the basil and cashews*
  - *Place into a dish and add the R.E.V.O.O, lemon BalanceOil+, and cheese*
  - *Serve with salt and pepper.*
- 8-10 serves.



# Caramelised Brussel sprouts with bacon salad

- 500g brussels sprouts (ends trimmed and chopped in half)
- 150g thin bacon
- 1/3 cup hazelnuts (toasted and chopped)
- 2 tablespoons orange marmalade
- 2 tablespoons brown sugar
- 3 tablespoons R.E.V.O.O
- Handful of parsley roughly chopped

## Method:

- Preheat oven to 200°C and line a tray with baking paper
- Combine cropped brussel sprouts with orange marmalade and brown sugar. Season and add to tray. Roast in oven for 30 – 40 minutes, until golden and tender.
- Coarsely chop bacon and cook in fry pan for about 5 minutes. Once crisp, transfer to paper towel.
- Add cooked brussel sprouts to the serving dish, followed by bacon, hazelnuts, and parsley. Drizzle with R.E.V.O.O, add salt and pepper to serve.

Serves 6-8



# Super greens salad

- 2 baby cos lettuce, roughly chopped
- 2 avocados, sliced into wedges
- 2 granny smith (green) apples, thinly sliced
- 75g goat's cheese, crumbled
- ¼ cup pine nuts or walnuts, toasted and roughly chopped
- ¼ cup of fresh flat-leaf parsley leaves.

## Dressing:

- 2 tablespoons of R.E.V.O.O
- 1 tablespoon apple cider vinegar
- 2 tablespoons honey
- 2 tablespoons Dijon mustard.

## Method:

- *For the dressing first, combine all ingredients and mix well*
- *Chop the lettuce, avocado, and apples. Add to dish and sprinkle with cheese, nuts, and parsley.*
- *Drizzle dressing over salad to serve.*

Serves 8-10



# Chargrilled potato salad

- 1kg potatoes, sliced into 4-5 wedges (depending on size)
- 1 red capsicums, thinly sliced
- 1 punnet cherry tomatoes
- 2 chorizo sausages, thinly chopped diagonally
- 120g baby rocket
- Salt and pepper to season.

## Pesto sauce:

- 1/3 cup coriander leaves
- 1/3 cup flat-leaf parsley
- 1/3 cup basil leaves
- 2 tablespoons oregano
- 1 garlic clove
- ¼ cup pine nuts, toasted
- 1/3 cup finely grated parmesan
- 1/4 cup R.E.V.O.O
- Salt and pepper to season

## Method:

- *Chop and prepare ingredients.*
- *Place sliced potatoes into a large saucepan, cover with water and bring to boil on high heat for 15 minutes or until tender. Drain well.*
- *Meanwhile, prepare the pesto sauce. Place coriander, parsley, basil, oregano, garlic, pine nuts and parmesan into the processor until finely chopped. Pour into bowl and add R.E.V.O.O, salt, and pepper. Mix until combined. Put aside until serving.*
- *Heat up the chargrill on medium-high heat. Prepare tray with baking paper. Spray potatoes with olive oil and sprinkle salt and pepper over. Cook on chargrill for 3-5 minutes each side or until lightly charred. Transfer to plate.*
- *Repeat with the chorizo (salt, pepper and olive oil spray not needed for Chorizo), capsicum and tomatoes, on the chargrill turning every 3-5 minutes.*
- *Arrange rocket, potatoes, chorizo, capsicum, tomatoes on serving plate with pesto sauce on the side. Drizzle a little bit of the pesto over salad and some R.E.V.O.O too. Serve warm.*

Serves 6-8

