

Get Lucky

Recipe e-Book



ENJOYED BY AUSSIES SINCE 1957

**Lucky**TM



Welcome to the Get Lucky Recipe e-Book



Got some special occasion baking to do? Get Lucky!

Trying to eat healthy and want to elevate your salads? Get Lucky!

How about trying that new gluten free brownie recipe? Yep, you guessed it – get Lucky!

We are proudly Australian and every Lucky pack is filled with only the tastiest, freshest and highest quality nuts, and that's why Jade from Panaceas Pantry, chooses to create these recipes with Lucky. Meet her on the next page.

Because if it's worth celebrating, it's worth getting Lucky.



Meet your author, **Jade!**

Jade is a passionate naturopath, nutritionist, recipe developer and food photographer from Melbourne, Victoria. When not being a full-time mumma to her 3 daughters she is busy developing wholesome, allergen-friendly recipes on her blog, Panaceas Pantry, or working in her veggie garden.

www.panaceaspantryblog.com





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easy and exceptional!

Easy Rocky Road with Toasted Hazelnuts



SERVES: 8-12 **PREP:** 15 mins **SETTING:** 2 hrs

INGREDIENTS:

400g 60-80% dark chocolate
2 Tbsp coconut oil
1 handful mini marshmallows
1 handful jube lollies

1 small pack freeze dried strawberries
¼ cup *Lucky Toasted Hazelnuts*
1 waffle cone, broken into small pieces.

METHOD:

1. Chop chocolate into small pieces and add to a heat proof bowl with coconut oil. Set over a pot of simmering water, and melt slowly, stirring occasionally.
2. Meanwhile, line a small baking tin and set aside. Add all the filling ingredients and mix well.
3. Once chocolate has melted, pour into this bowl, and incorporate, then immediately pour into prepared tin. Use a rubber spatula to scrap in all the chocolate, so you don't waste any.
4. Set in the fridge for 2+ hours or until completely firm, then cut into preferred serving sizes and store in an airtight container.





Gluten Free Jam Drops with Almond Meal

SERVES: 18 **PREP:** 15 mins **BAKING:** 12-15 mins

INGREDIENTS:

1 cup *Lucky Almond Meal*

1 cup buckwheat flour

1/4 cup tapioca flour

1/2 tsp salt

2 tsp vanilla paste

1/2 cup pure maple syrup

1/2 cup roasted almond butter (the runny type)

2 Tbsp milk of choice

Chia jam

3/4 cup raspberries or blackberries

2 tsp chia seeds

1 Tbsp lemon juice

Splash water

METHOD:

1. Preheat oven to 180°C and line a cookie sheet with paper/silicone.
2. Make chia jam by adding berries, lemon juice and water to a saucepan. Heat over medium flame for 2 mins, then add chia seeds. Cook for 5 mins, stirring frequently. Turn off heat and set aside to thicken.
3. Make cookies. Add almond meal, buckwheat, tapioca and salt to a mixing bowl. Combine well, then add in remaining ingredients. At first the mix will be dry - keep mixing, it will come together!
4. Using damp hands, roll mixture into balls. I weighed mine, and made 18 x 35g balls. Place balls on prepared tray, and flatten down a little with your palm. Create a indent with your thumb, then fill with chia jam. Bake cookies for 12-15 mins When ready, you should see that the surface has a few little cracks in it, like in the picture.

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*deliciously
decadent*

Choc & Cashew Ice Creams with Cashew Pieces

SERVES: 3-6, depending on moulds

PREP: 10 mins PLUS 4 hours soaking time **SETTING:** 3 hrs

INGREDIENTS:

1/2 cup *Lucky Cashew Pieces* -
soaked for 4 hours
200g full fat coconut cream
1/3 cup cocoa or cacao
3 Tbsp pure maple syrup



METHOD:

1. Add all of your ingredients to a high speed blender & blend on high until completely smooth.
2. Pour your mixture into your ice cream moulds & set in the freezer for a minimum of 3 hours.
3. You can simply enjoy your ice creams like this, or you can dip them into some melted chocolate, with added buckinis or chopped almonds for an extra crunch.





fresh & fast

Herbed Brown Rice, Roasted Root & Almond Salad with Roasted Almonds & Seed Mix with Pine Nuts



SERVES: 2 main, 4 sides

PREP: 20 mins, plus soaking time **COOKING:** 30 mins

INGREDIENTS:

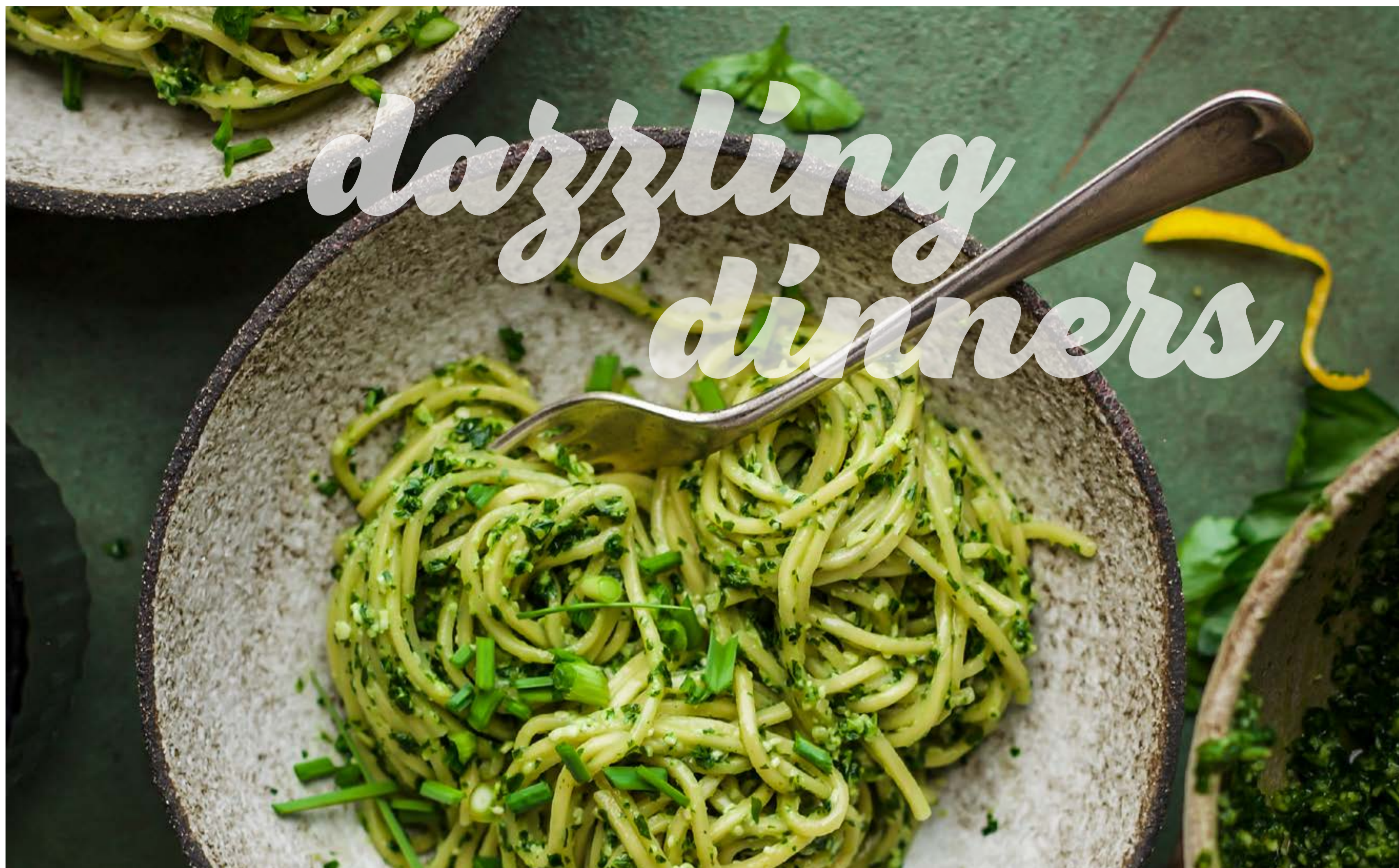
2 cups brown rice, soaked overnight
 12 baby carrots, whole (or sliced in half if on the larger side)
 6 small baby beets, trimmed and quartered
 6 small parsnips, quartered
 1/4 cup extra virgin olive oil
 1 1/2 tsp salt

1 bunch parsley, leaves only and finely chopped
 1 medium bunch dill, fronds only and finely chopped
 1 Tbsp lemon juice
 1/2 cup **Lucky Roasted Almonds**
 1/2 cup **Lucky Seed Mix with Pine Nuts**
 100g feta (optional) cut into cubes

METHOD:

1. Preheat oven to 200°C, fan forced. Bring to boil, reduce to simmer and cook until water has evaporated. Once all the water has evaporated turn off heat, fluff with a fork then add a lid to the saucepan and set aside for 10 mins. This final step (the lid on) steams the rice, making it extra fluffy. After 10 mins take off the lid to allow it to naturally cool.
2. Meanwhile, toss the veggies with half the amount of olive oil and the salt. Spread out on 1-2 trays, taking time to ensure the veggies are not touching. Bake in the preheated oven for 25-30 mins, or until tender.
3. Assemble the salad. Transfer the rice to a serving tray and toss with remaining olive oil, lemon juice, almonds, pumpkin seeds, feta and herbs. Top with freshly baked veg. Enjoy warm or cool.





dazzling dinners

Parsley Walnut Pesto Pasta with Golden Walnuts

SERVES: 2 main serves **PREP:** 10-15 mins **COOKING:** As per pasta packet

INGREDIENTS:

2 cups firmly packed continental parsley leaves	1/3 – 1/2 cup extra virgin olive oil
1/2 cup Lucky Natural Golden Walnuts	1/4 – 1/2 tsp fine salt
Zest and juice of 1 lemon	1/4 tsp freshly cracked black pepper
1 clove garlic	300g – 350g Spaghetti, cooked al dente
100g parmesan cheese, finely grated	

METHOD:

1. If you have not done so already, wash your parsley and remove the leaves from the stem. Discard stems, or place in the freezer to use in a homemade stock.
2. Add parsley, walnuts, and lemon zest to food processor. Pulse until the herbs are well chopped - you want them to look finely chopped but not at all pureed.
3. Add garlic and parmesan and pulse about 8 times until well incorporated.
4. With the food processor running stream in lemon juice and olive oil. I use the full 1/2 cup olive oil for a more liquid pesto, however you can use less if you prefer a thicker dip-like consistency. As soon as the liquid has been added turn off the food processor.
5. Remove the lid and blade from the food processor. Add 1/4 tsp salt and black pepper and stir to combine. Taste, adding extra salt if you prefer. Transfer to a container and set aside.
6. Stir through cooked spaghetti, serving hot or cold.

Notes: You can store pesto in the fridge for up to 5 days. The pesto is delicious on toast or in a sandwich, stirred through pasta, noodles or served with veggies!

9 Cooking time will vary depending on which pasta used.





Pumpkin, Pine Nut & Quinoa Salad with Pine Nuts and Flaked Almonds

SERVES: 4 **PREP:** 20 mins **COOKING:** 35 mins

INGREDIENTS:

Salad

500g de-seeded Jap or Queensland blue pumpkin, diced into 1-2cm cubes
150g cauliflower, cut into florets
1 Tbsp extra virgin olive oil
2 tsp maple syrup
½ tsp smoked paprika
½ tsp ground cumin
½ cup quinoa
1 cup water or broth
1 red onion, peeled and finely diced

2 handfuls of rocket or baby spinach
1/3 cup **Lucky Pine Nuts**
1/3 cup **Lucky Flaked Almonds**
¼ cup sliced pickled cucumbers

Dressing

¼ cup extra virgin olive oil
2 Tbsp fresh lemon juice
1 Tbsp hulled tahini
1 tsp dijon mustard
salt and pepper, to taste



METHOD:

1. Preheat the oven to 180°C and set aside a large baking tray.
2. Add pumpkin and cauliflower to a large mixing bowl. In a small bowl combine the 1 Tbsp olive oil, maple syrup, smoked paprika and cumin. Combine then pour into the pumpkin mixture and mix well to really coat the veggies. Transfer to the baking tray, and bake for 35 mins or until veggies are tender.
3. In the meantime rinse quinoa throughly. Add to a saucepan with water/broth and, with the lid on, bring to a simmer. Reduce heat and simmer until all the water has been absorbed (around 10 minutes). Turn off heat and stand for 5 minutes (lid on).
4. Add all of the dressing ingredients to a small bowl and whisk well, set aside.
5. Assemble the salad. On a large platter spread rocket and top with cooked vegetables, quinoa and then remaining ingredients; onion, pine nuts, flaked almonds and pickles.
6. When you are ready to serve pour over the dressing, toss through and enjoy.





Home-made Almond Butter with Natural Almonds

Buying almond butter can get costly but did you know it is SO easy (and much cheaper) to make your own? Here is how.

SERVES: 12 **PREP:** 20 mins, plus resting time **COOKING:** 10 mins

INGREDIENTS:

3 cups *Lucky Natural Almonds*
½ tsp fine salt

METHOD:

1. Preheat oven to 180°C and set aside a large baking tray.
2. Roast almonds for 10 minutes, tossing at the halfway mark (after 5 minutes). Be careful to keep an eye on the nuts, you do not want to burn them, so check that your oven is not running hot (using an oven thermometer if possible).
3. Allow nuts to cool for 5-10 minutes before moving onto the next step. **Do not skip this step.**
4. Add nuts and salt to a high-speed food processor and blend for 10 minutes. You will need to stop the food processor many times and, using a spatula or butter knife, scrape down the sides. It is best not to walk away during this process.
5. Once you have a creamy, runny nut butter you are done! Transfer to clean glass jars and store in the pantry for up to 6 months.





Banana Raspberry Oat Muffins with Almond Meal

MAKES: 12 **PREP:** 10 mins **BAKING:** 30 mins

INGREDIENTS:

2 cups rolled oats
1 can coconut milk (400ml) (see notes)
2 tsp apple cider vinegar (or white vinegar)
1 1/4 cups packed mashed, ripe banana
1/2 cup coconut sugar

1/2 cup *Lucky Almond Meal*
2 tsp baking powder
1/2 tsp salt
1/2 cup shredded coconut
1 cup frozen raspberries



METHOD:

1. Preheat the oven to 180°C. Line a 12 hole (large sized) muffin tin with patty pans, or set aside a silicone tray if using one.
2. Begin by turning the rolled oats into a flour - you can easily grind the oats into a flour using a high speed blender or food processor for 30-60 seconds. Alternatively, use store bought oat flour (you will need to measure this in grams not cups, and you will need 240g oat flour). Set aside.
3. Into a large mixing bowl add 250ml coconut milk, vinegar, banana and coconut sugar. Use a stick blender or a whisk to combine well.
4. Add oat flour (reserve 1 Tbsp), almond meal, baking powder, salt and coconut to the bowl and, using a wooden spoon, mix well.
5. Remove frozen raspberries from the freezer and place into a separate bowl with the reserved 1 Tbsp oat flour. Mix to coat the berries, then add the berries to the mixing bowl and gently fold through just a few times. Over mixing will result in pink muffins, and no yummy berry chunks.
6. Spoon the batter evenly between the 12 patty pans and bake for 30 minutes, or until cooked when tested with a skewer. Allow muffins to cool for 5 minutes before transferring to a wire rack to cool completely.

Notes: To serve it is best to allow muffins to cool completely, as this provides a better texture when baking with oats.

Store cooled muffins in an airtight container in the pantry for up to 3 days, or wrap individually and freeze for up to 1 month.

Pour the contents of the can of coconut milk into a bowl and whisk until uniform to ensure you are getting an even mixture of milk. The remaining 150ml of coconut milk can be stored in the fridge and added to a breakfast bowl, smoothies, soup or baking.





Cashew + Goji Berry Bars with Natural Cashew Pieces

MAKES: 9-12 **PREP:** 10 mins **SETTING:** 1+ hours

INGREDIENTS:

1 cup *Lucky Cashew Pieces*
2 cups shredded coconut
1 cup goji berries
1/4 cup hemp seeds
1/4 tsp salt

1/4 cup hulled tahini
1/4 cup pure maple syrup
100g 70%+ dark chocolate
1 Tbsp hulled tahini



METHOD:

1. Add cashews, coconut, and goji berries to a food processor. Process for around 2 minutes - at this stage the oils will begin to release, and help the base stick together. Add hemp seeds, salt, tahini and maple syrup, then process a further 1-2 minutes. At this stage test the mix - take a small amount and squeeze it into a ball. It should hold well (add 1 Tbsp maple or water if needed). Press into the bottom of the tin, set aside.
2. Add chocolate and 1 Tbsp tahini to a heat proof bowl. Heat 2cm water in a small saucepan, then place bowl on top. Reduce to simmer and gently melt choc. Pour over base. Set in fridge for at least an hour.
3. Top with any desired decorations, we used edible flowers and flakey salt.

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Apple Crumble Slice

with Slivered Almonds and Almond Meal

MAKES: 9 **PREP:** 25 mins **BAKING:** 30 mins

INGREDIENTS:

Apple topping

3 cooking apples, cored and diced
 1 Tbsp butter
 3 Tbsp pure maple syrup
 1 Tbsp lemon juice
 1 Tbsp arrowroot powder or cornstarch
 1 tsp ground cinnamon

Crumble base

180g / 2 cups rolled oats
 150g / 1 1/2 cups *Lucky Almond Meal*
 1 tsp baking powder
 Pinch salt
 1/2 tsp ground cinnamon, optional
 100g / 1/3 cup real maple syrup
 85g / 1/3 cup butter
 1/4 cup *Lucky Slivered Almonds*



METHOD:

1. Add the apple topping ingredients to a small saucepan. Bring to a simmer, then cook on low heat for around 7-10 mins, regularly mixing to stop any sticking. At the end your apples should be tender and starting to become translucent. Turn off heat and set aside to cool.
2. Preheat oven to 180°C. Grease and line a small square (approx. 20cm) or rectangle tin. Set aside.
3. Gently melt the 1/3 cup butter or oil in a saucepan over a low flame. Turn off the heat and pour into a large mixing bowl with remaining base ingredients. Mix well then add this mixture, except for around 1/2 cup, to the lined tray. Use a spoon to create the base. Top with cool apple mixture then sprinkle with the reserved 1/2 cup of base mixture and the slivered almonds. Bake for 25-30 minutes.
4. Allow to cool in the pan for 10 mins before removing IF you want to serve it warm (with yoghurt or ice cream). Otherwise, cool completely in tin.



better for you



Best Ever Nutty Seed Banana Bread with Natural Seed Mix with Pine Nuts

SERVES: 8-10 **TIME:** 10 mins **BAKING:** 50-55 mins

INGREDIENTS:

1 1/4 cups mashed, ripe banana	1 tsp ground cinnamon
2 medium sized eggs, at room temperature	2 tsp baking powder
1/2 cup light olive oil	1/2 tsp fine salt
3/4 cup coconut sugar	1 cup <i>Lucky Natural Seed Mix with Pine Nuts</i>
1/2 cup milk of choice	2 Tbsp <i>Lucky Toasted Sliced Almonds</i> or extra <i>Natural Seed Mix with Pine Nuts</i>
2 cups plain flour	

METHOD:

1. Preheat oven to 180°C and grease and line a standard loaf tin. Set aside.
2. In a large bowl add banana, eggs, oil, sugar and milk. Use an immersion blender to blend until smooth, or alternatively place ingredients into a blender and blend until smooth before transferring to a bowl.
3. Sift in flour, cinnamon and baking powder and add salt. Use a wooden spoon to gently fold together until almost all of the dry pockets of flour are gone, then add the 1 cup of Natural Seed Mix with Pine Nuts and fold through only until the batter is uniform. Sprinkle with Toasted Almond Slices or extra Natural Seed Mix with Pine Nuts.
4. Place into the hot oven and bake for 50-55 minutes or until cooked through when tested with a skewer.
5. Allow to cool for 5 minutes before gently removing the banana bread from the tin and transferring to a wire rack to cool completely.



Get Lucky
and get the best
out of your kitchen
creations... enjoy!

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The logo consists of a stylized tree with many small nuts as leaves, positioned above the word "Lucky" in a large, dark brown, cursive font. A small "TM" trademark symbol is located to the right of the word.

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