

THANKS  
MUM

*Get Lucky*



# SAY THANKS MUM WITH LUCKY

Say thanks Mum with Lucky! Make your Mother's Day unforgettable and extra special with our delicious and nutritious recipes. Get Lucky!

We are proudly Australian and every Lucky pack is filled with only the tastiest, freshest and highest quality nuts and dried fruit, and that's why contributing author Jade from Panaceas Pantry, chooses to create these recipes with Lucky.

**So if you're ready to bake, make it the best it can be and Get Lucky!**



## MEET YOUR AUTHOR, JADE

Contributing author 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](http://www.panaceaspantryblog.com)





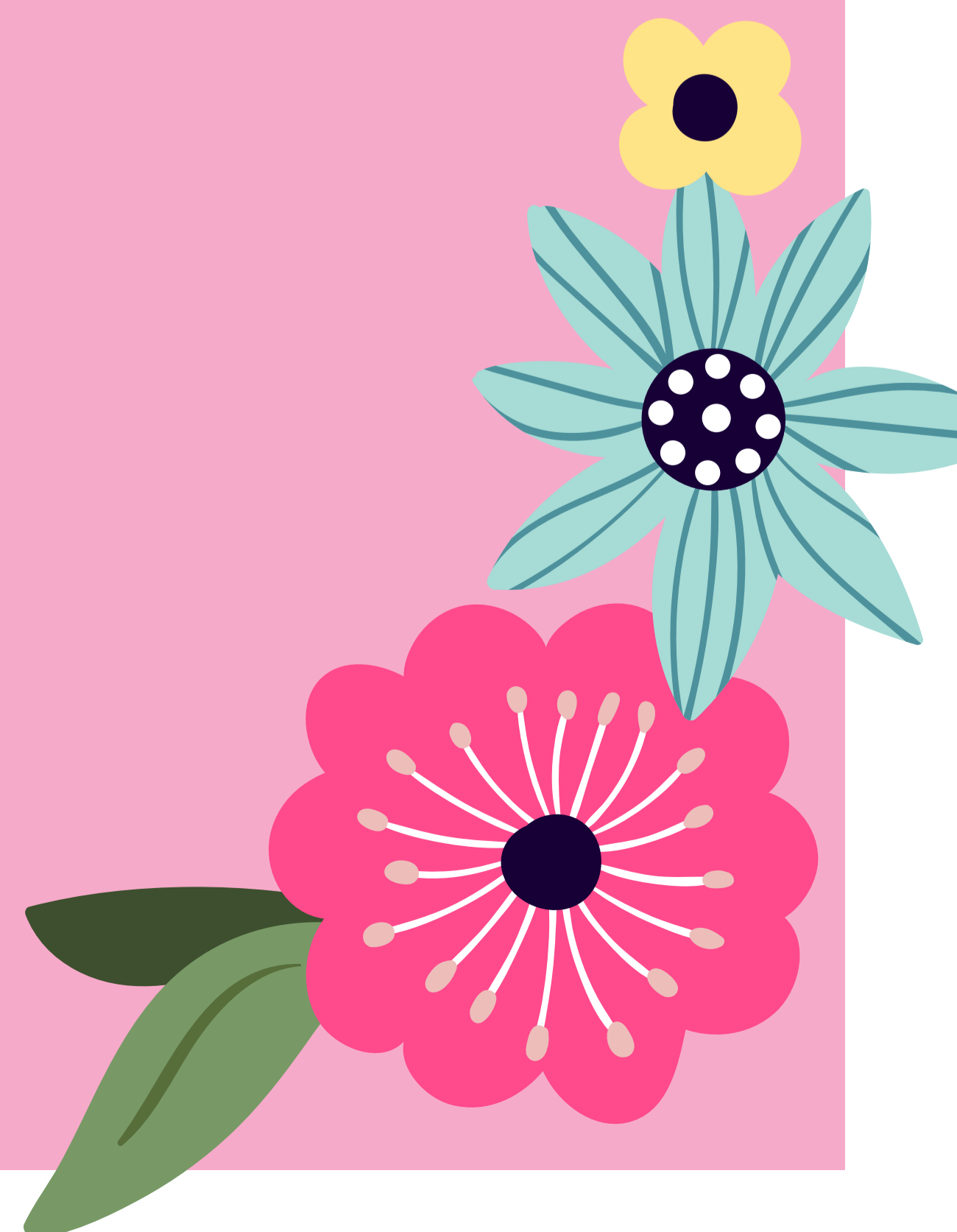
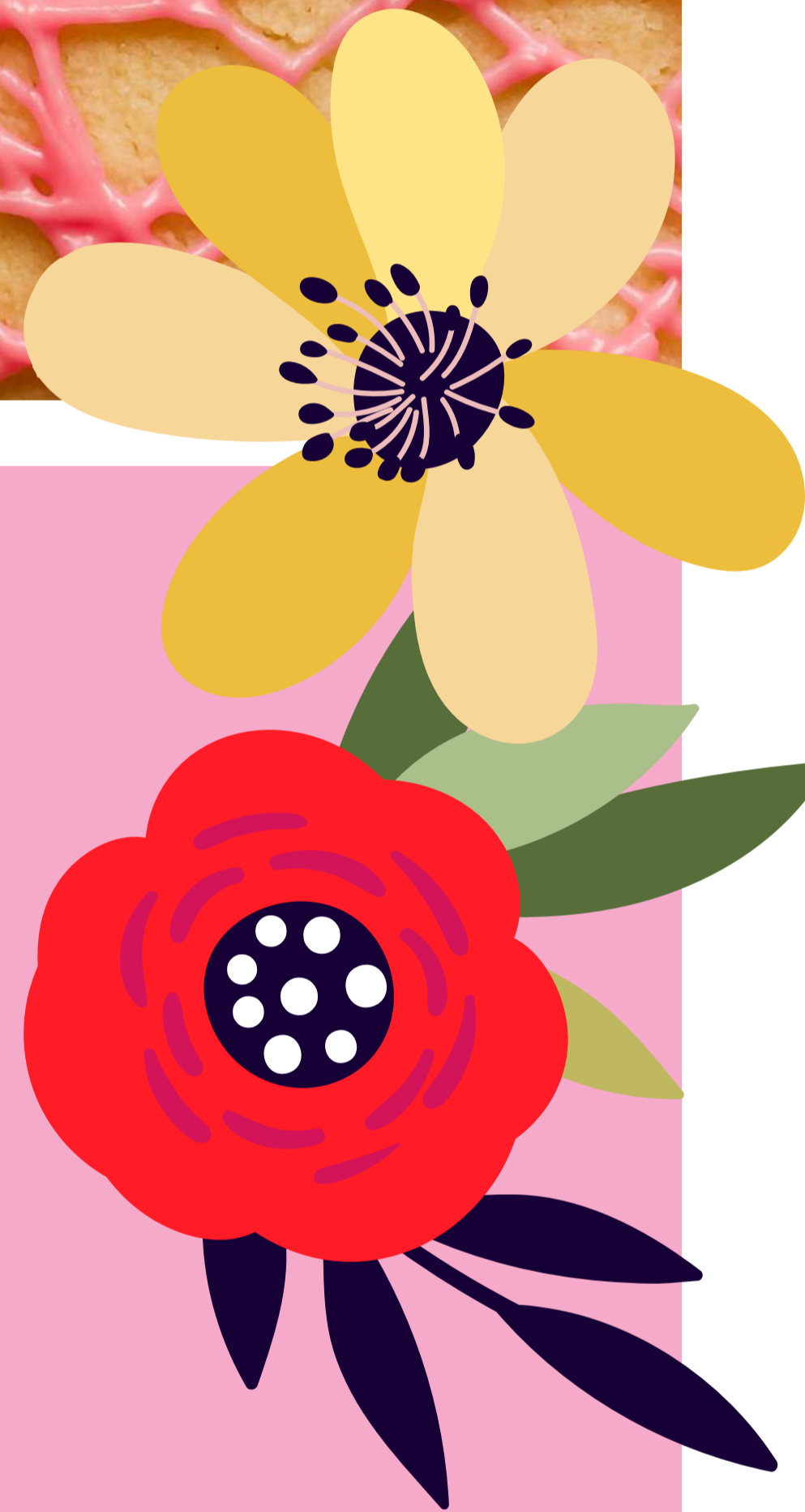
# WHAT WILL YOU CREATE?

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**LOW CARB  
RICOTTA PANCAKES  
WITH ALMOND MEAL**



# LOW CARB RICOTTA PANCAKES WITH ALMOND MEAL

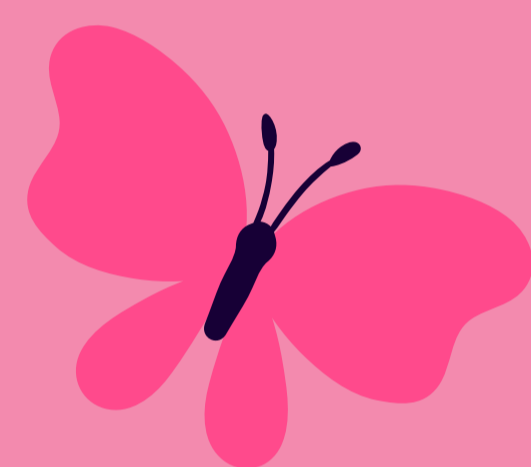
MAKES: 8 PREP: 10 mins COOKING: 10 mins

## INGREDIENTS:

4 eggs  
200g ricotta  
65ml coconut milk  
1 tsp vanilla extract  
100g **Lucky Almond Meal**  
20g coconut flour  
1 tsp baking powder  
Pinch salt  
1 tsp cinnamon  
Optional- 2 Tbsp honey

TO SERVE

**Lucky Natural Pistachios**  
Yoghurt  
Fruit  
Honey



## METHOD:

1. Add eggs, ricotta, milk and vanilla into a bowl and whisk well. Sift in almond meal, flour, baking powder, salt and cinnamon and fold together. Add in optional honey if you like, mixing through.
2. Heat a medium skillet over medium flame. Once hot add butter, ghee or coconut oil. Add ¼ cup batter into the pan to make the first pancake, then as many more as you can. Cook 3 minutes, flip and cook a further 3 minutes. Cook until all batter is finished up.
3. Serve immediately with yoghurt, pistachios, fruit and a drizzle of honey.





**HOMEMADE  
PESTO EGGS  
WITH GOLDEN WALNUTS**



# HOMEMADE PESTO EGGS WITH GOLDEN WALNUTS

**MAKES:** 1 **PREP:** 5 mins **COOKING:** 10 mins

## INGREDIENTS:

1 Tbsp homemade pesto  
Small piece of goats cheese  
1 egg  
1 piece sour dough toast

Butter or olive oil  
4 asparagus spears  
Green olives  
**Lucky Golden Natural Walnuts**



## METHOD:

1. Heat a fry-pan over medium heat then add the 1 Tbsp pesto (spread to form a small circle) and sprinkle with goats cheese, then fry for 30 seconds. Crack your egg on top of the pesto, then season lightly with salt and pepper. Reduce heat to low.
2. While the egg cooks, add a little butter or oil to the side of the fry pan and add snapped asparagus spears. This will take 3-4 minutes to cook- make sure you turn the asparagus every minute.
3. Meanwhile toast the bread. Spread with butter. To assemble, add toast to a plate. Use a spatula to scrape your pesto egg from the fry-pan, then place onto toast. Top with olives, asparagus and chopped walnuts. Enjoy!

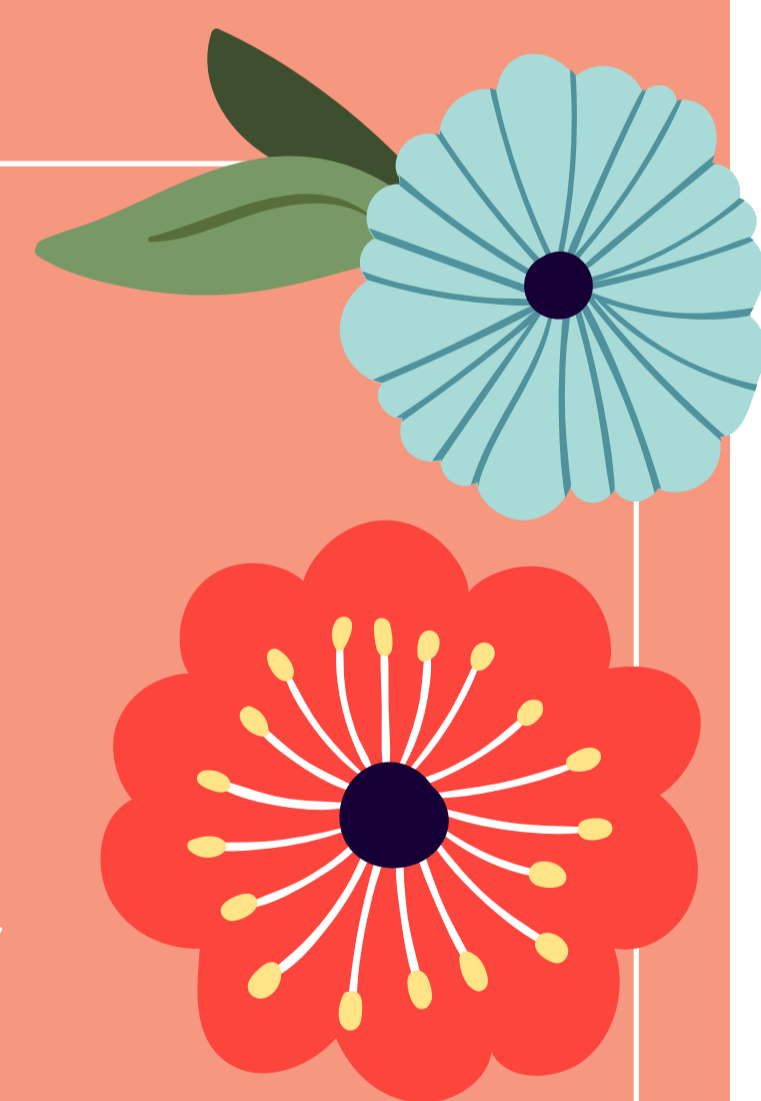
# HOMEMADE PESTO

## INGREDIENTS:

2 cups kale, firmly packed  
½ cup **Lucky Golden Natural Walnuts**  
Zest and juice of a lemon  
1 clove garlic  
100g parmesan, finely grated

½ cup olive oil  
½ tsp salt  
¼ freshly cracked black pepper

1. Heat a pot of water to boiling, add kale and blanch for 1 minute. Immediately drain into a sieve and run kale under cold water until cool. Squeeze out all excess water from the kale.
2. Add kale, 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. Add garlic and parmesan and pulse until well incorporated.
3. With the food processor running stream in lemon juice and olive oil. Then turn off. Remove the lid and blade from the food processor. Add ¼ tsp salt and black pepper and stir to combine. Taste, adding extra salt if you prefer. Transfer to a container and set aside.





**SNICKERS  
OVERNIGHT OATS  
WITH ROASTED ALMONDS**



# SNICKERS OVERNIGHT OATS WITH ROASTED ALMONDS

**SERVES:** 2   **PREP:** 10 mins   **SETTING:** Overnight



## INGREDIENTS:

### OVERNIGHT OATS

- 1 cup rolled oats
- ¼ cup **Lucky Currants**
- ¼ cup Greek yoghurt
- 1 tsp vanilla extract (optional)
- 1 Tbsp maple syrup
- 1 cup milk of your choice
- ½ cup **Lucky Oven Roasted Almonds**, chopped

### FOR THE ALMOND CARAMEL

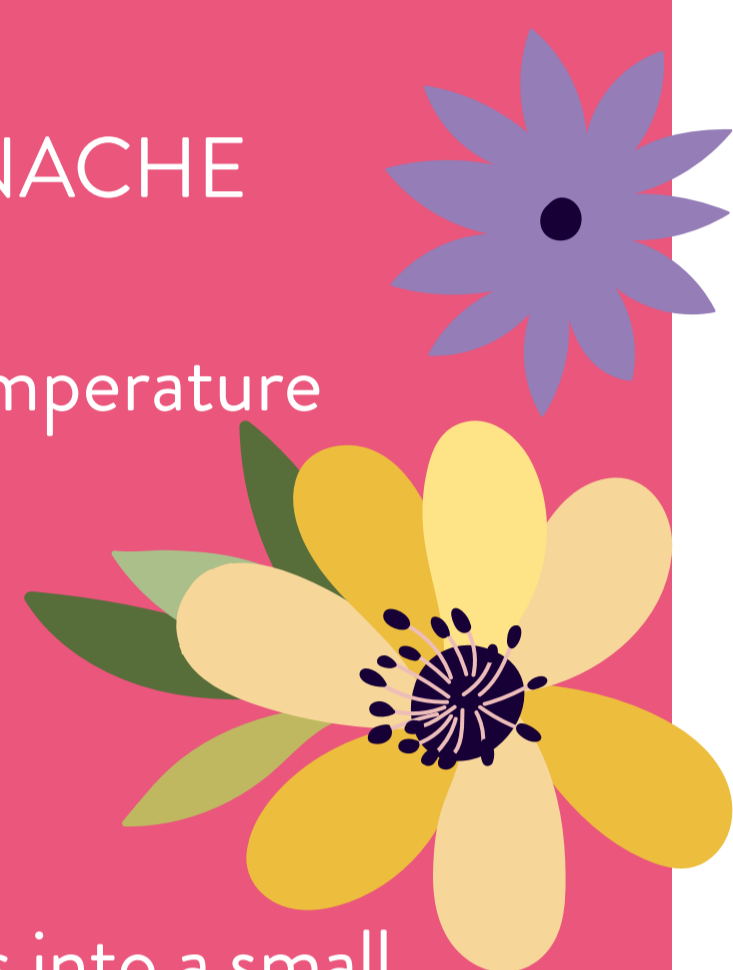
- 2 Tbsp almond butter
- 2 Tbsp maple syrup

### FOR THE CHOCOLATE GANACHE

- 30g dark or milk chocolate
- 40g cream or yoghurt, room temperature

## METHOD:

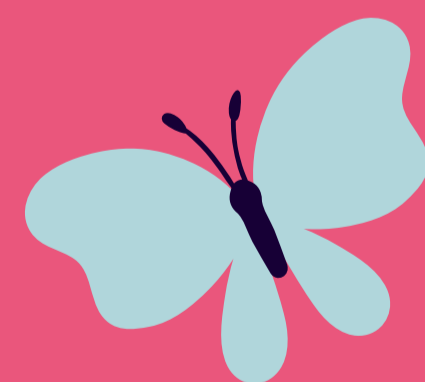
1. Begin this recipe the night before serving. Add all of the overnight oat ingredients into a small bowl and mix well. Divide into two servings, leaving room at the top for the toppings. Use a spoon to smooth the top. Set aside.
2. To make the almond caramel, mix together the almond butter and maple syrup in a bowl until uniform. Dollop this mixture evenly between the two serves, sprinkle with chopped almonds. Note: If you want a runnier caramel, microwave for 15 seconds and mix again before topping.
3. To make the chocolate ganache, add the room temperature cream to a heat proof bowl with the chocolate and melt double boiler style over the stove. Alternatively, melt together in the microwave in 15 second increments, stirring in between. Once ganache looks glossy, whisk together. Pour the ganache over the top of the two serves. Top with more chopped almonds if desired.
4. Set in fridge overnight. Best enjoyed 30 minutes after being removed from the fridge.



# HOMEMADE ALMOND BUTTER

## INGREDIENTS:

- 3 cups **Lucky Natural Almonds**
- ½ tsp fine salt



1. Preheat oven to 180°C and set aside a large baking tray.

2. Roast almonds for 10 minutes, tossing halfway. Once roasted, allow nuts to cool for 10 minutes.

3. Add nuts to a food processor and blend for 10 minutes until creamy, scraping down the sides throughout.

3. Once runny you are done! Transfer to a clean glass jar and store for up to 6 months.





**RASPBERRY OAT  
BANANA MUFFINS  
WITH ALMOND MEAL**

# RASPBERRY OAT BANANA MUFFINS WITH ALMOND MEAL

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

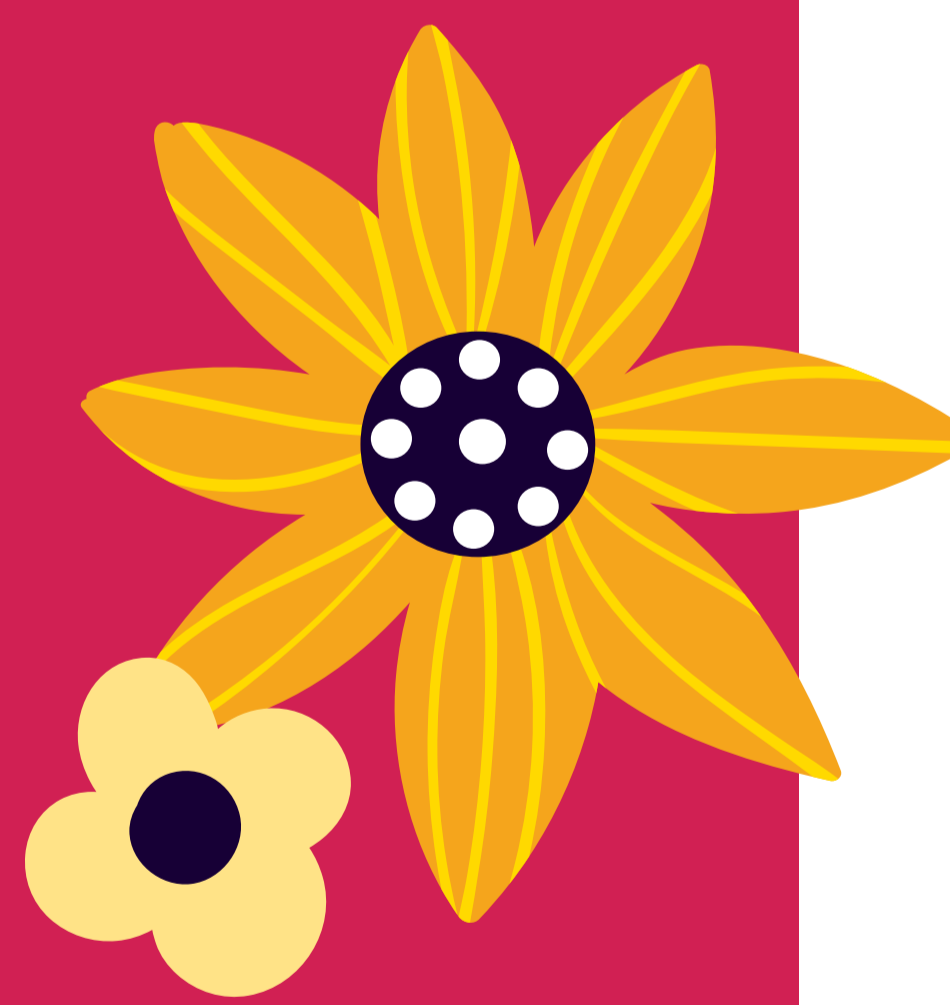
## INGREDIENTS:

1 cup canned coconut milk  
2 tsp apple cider vinegar  
1 ¼ cups mashed ripe banana  
½ cup coconut sugar  
2 ¼ cups oat flour

½ cup **Lucky Almond Meal**  
2 tsp baking powder  
½ tsp salt  
½ cup shredded coconut  
1 cup frozen raspberries

## METHOD:

1. Preheat oven to 180°C. Line a large 12 hole muffin tin with muffin cases.
2. Into a large mixing bowl add coconut milk, vinegar, banana and coconut sugar. Whisk to combine well.
3. Add oat flour (reserve 1 Tbsp), almond meal, baking powder, salt and coconut to the bowl and, using a wooden spoon, mix well.
4. Remove frozen raspberries from the freezer and add to a bowl with the Tbsp of oat flour. Mix to coat the berries, then add to the mix and gently fold through.
5. Spoon the batter evenly between the 12 muffin cases and bake for 30 minutes, or until cooked through. Allow muffins to cool for 5 minutes before transferring to a wire rack to cool completely.
6. Store cooled muffins in an airtight container for up to 3 days or wrap individually and freeze for up to 1 month.





**PINE NUT &  
ZUCCHINI MUFFINS  
WITH NATURAL PINE NUTS**



# PINE NUT & ZUCCHINI MUFFINS WITH NATURAL PINE NUTS

**MAKES:** 6   **PREP:** 5 mins   **BAKING:** 35 mins

## INGREDIENTS:

50g **Lucky Natural Pine Nuts**

1 zucchini, grated

Handful green olives, pips removed and sliced

½ cup corn kernels

3 eggs

¼ cup finely chopped coriander

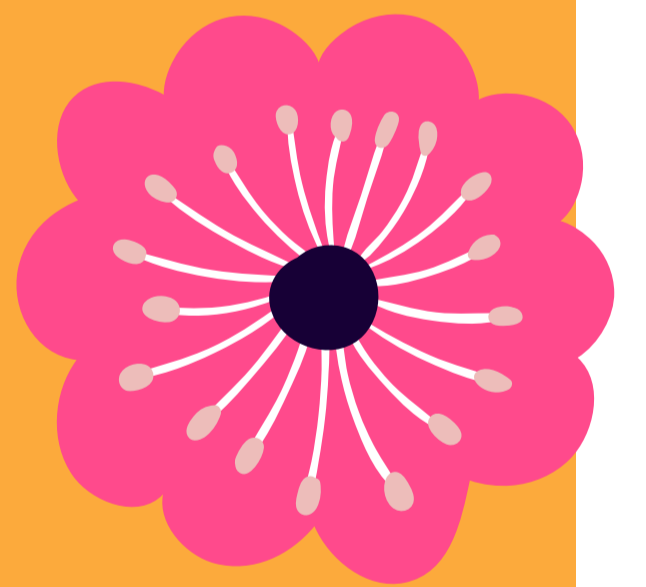
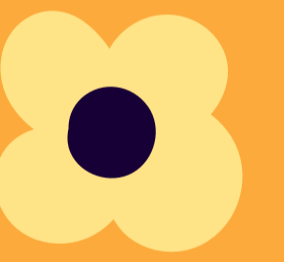
¼ cup coconut flour

½ cup **Lucky Almond Meal**

3 tbsp butter, melted

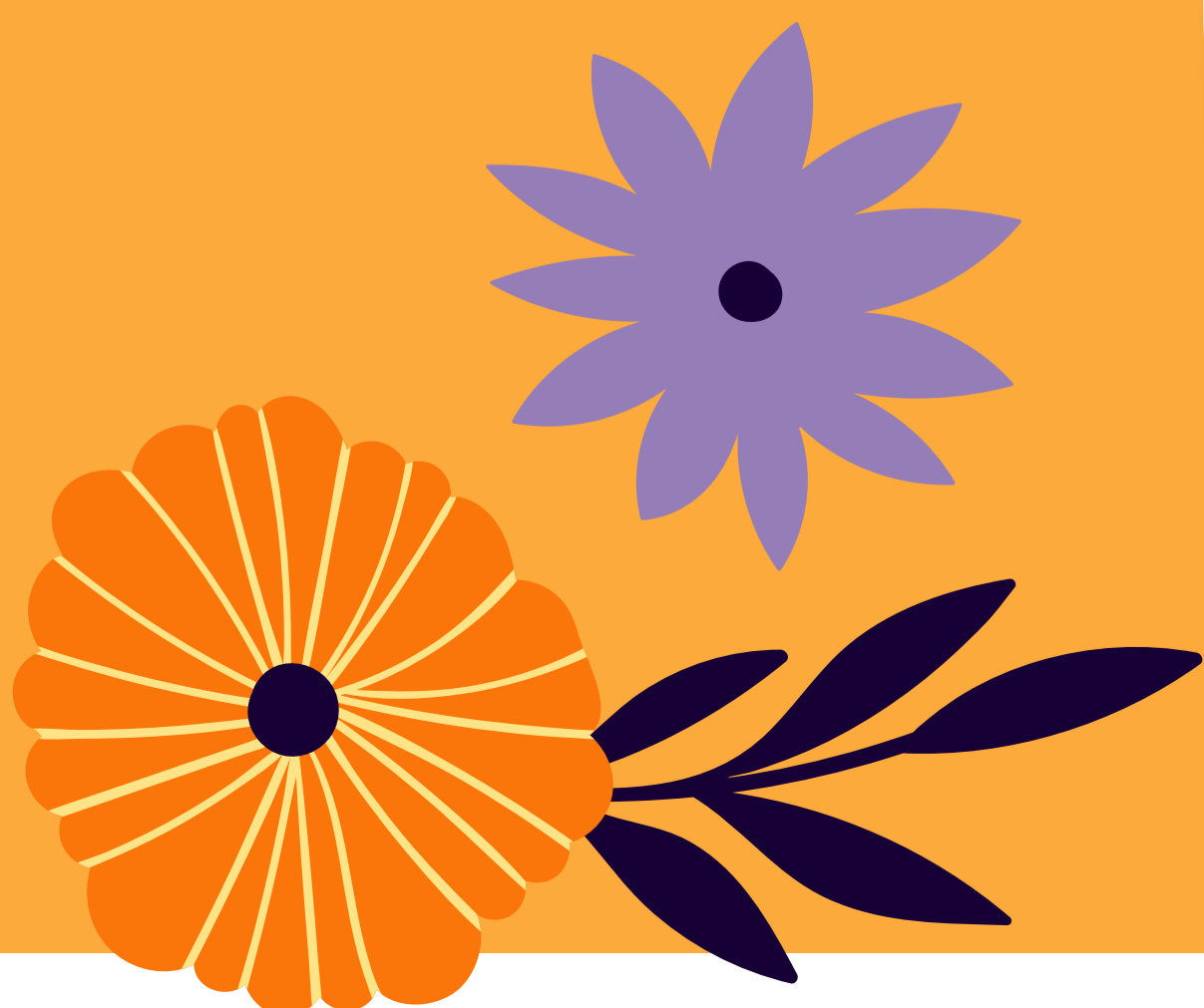
¼ tsp baking soda

2-3 Tbsp goats cheese, crumbled



## METHOD:

1. Preheat oven to 180°C. Line a large 6 hole muffin tin with muffin cases.
2. Toast pine nuts in a dry fry-pan over medium heat until golden. Remove from pan and allow to cool.
3. Add all ingredients to a bowl and combine well. Spoon the batter evenly between the 6 muffin cases and bake for 25-30 minutes, or until cooked through.
4. Serve warm with butter, or enjoy as a snack throughout the week.





**PISTACHIO  
HONEY CAKE  
WITH NATURAL PISTACHIOS**

# PISTACHIO HONEY CAKE

## WITH NATURAL PISTACHIOS

**SERVES:** 8   **PREP:** 10 mins   **BAKING:** 35 mins



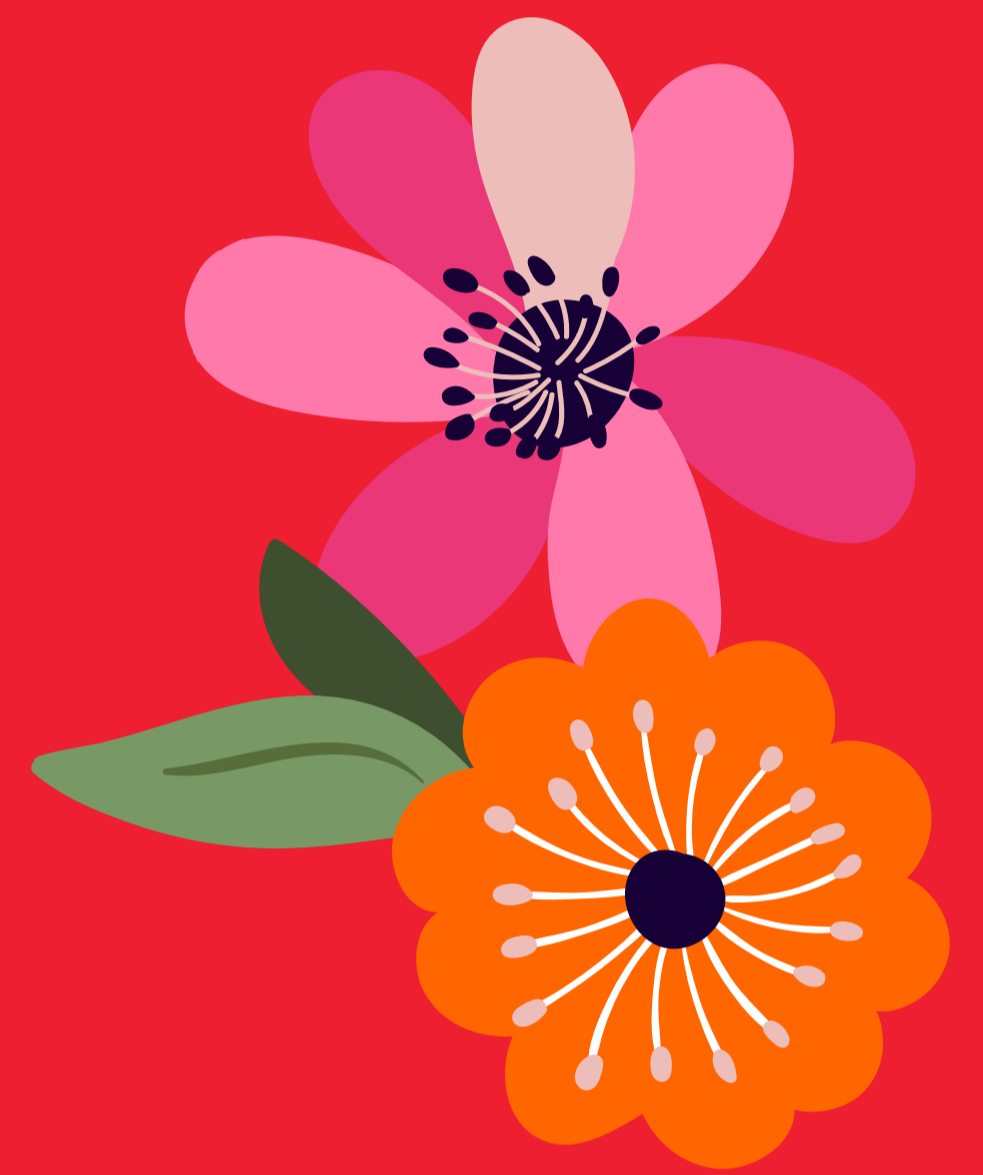
### INGREDIENTS:

#### FOR THE CAKE

1 cup plain flour  
½ cup **Lucky Almond Meal**  
1 ½ tsp baking powder  
½ tsp fine salt  
½ cup olive oil  
2 large eggs, room temp  
½ cup **Lucky Natural Pistachios**, chopped  
2/3 cup honey  
¼ cup lemon juice  
1 Tbsp vanilla extract

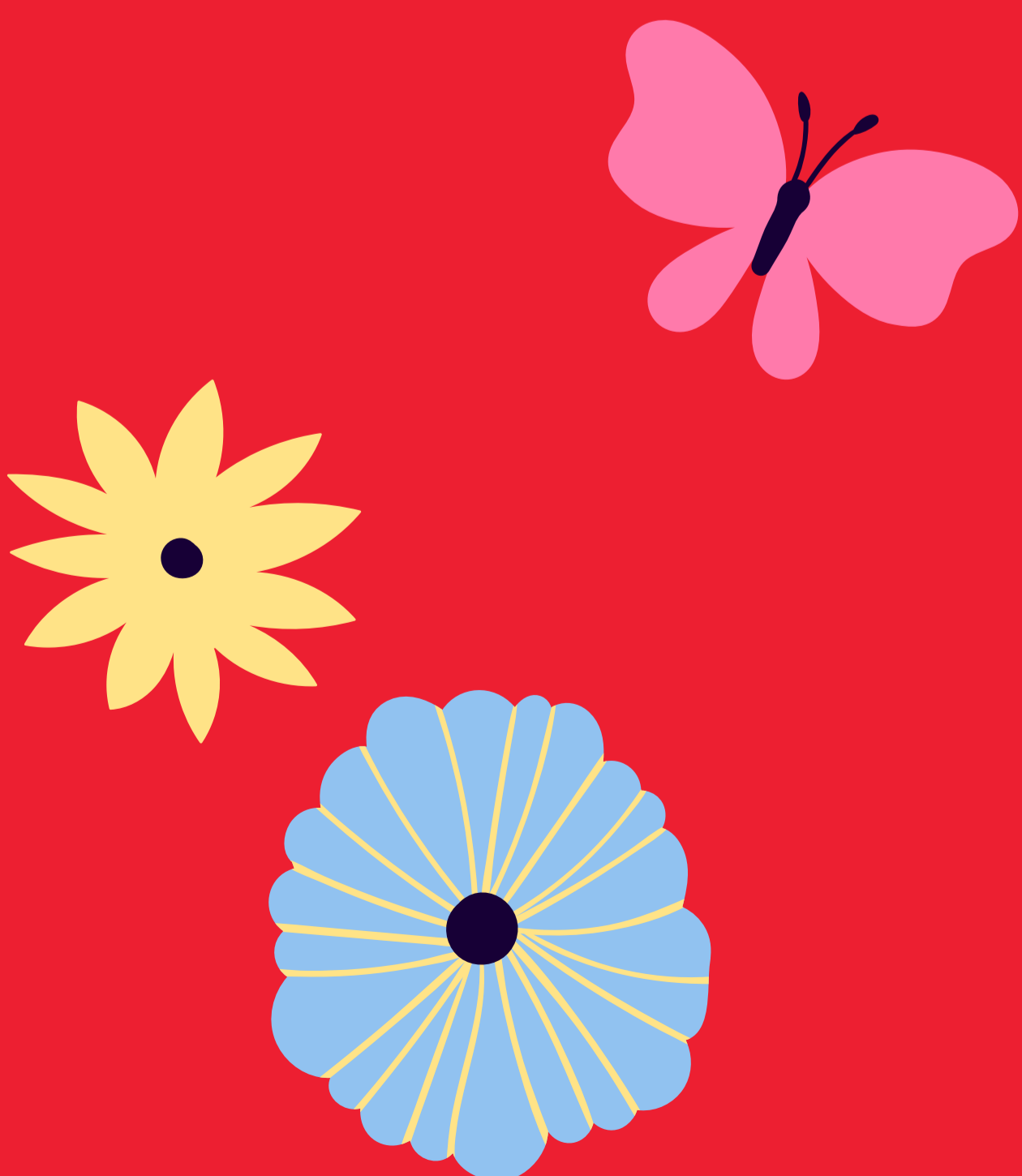
#### TO FINISH

250ml cream, whipped  
Strawberries, washed and sliced  
¼ cup **Lucky Natural Pistachios**, chopped



### METHOD:

1. Preheat oven to 170°C and grease and line a 20cm cake tin. Set aside.
2. Add oil, vanilla and honey to a large mixing bowl and, using electric beaters, beat for about 5 minutes or until the mixture becomes light. Add the first egg and beat. Repeat with the second egg.
3. Sift in the remaining dry ingredients, and add in the pistachio nuts. Gently fold the wet and dry mixture together until just combined, then transfer the batter into the prepared baking tin.
4. Bake for 35 minutes or until cooked through. Allow cake to cool for at least 10 minutes before gently removing from tin and transferring to a wire rack to cool completely.
5. Once cake has cooled, top with cream, berries and extra pistachio nuts.





# FRYING PAN BROWNIE WITH TOASTED HAZELNUTS



# FRYING PAN BROWNIE

## WITH TOASTED HAZELNUTS

SERVES: 6-8    PREP: 15 mins    BAKING: 30 mins



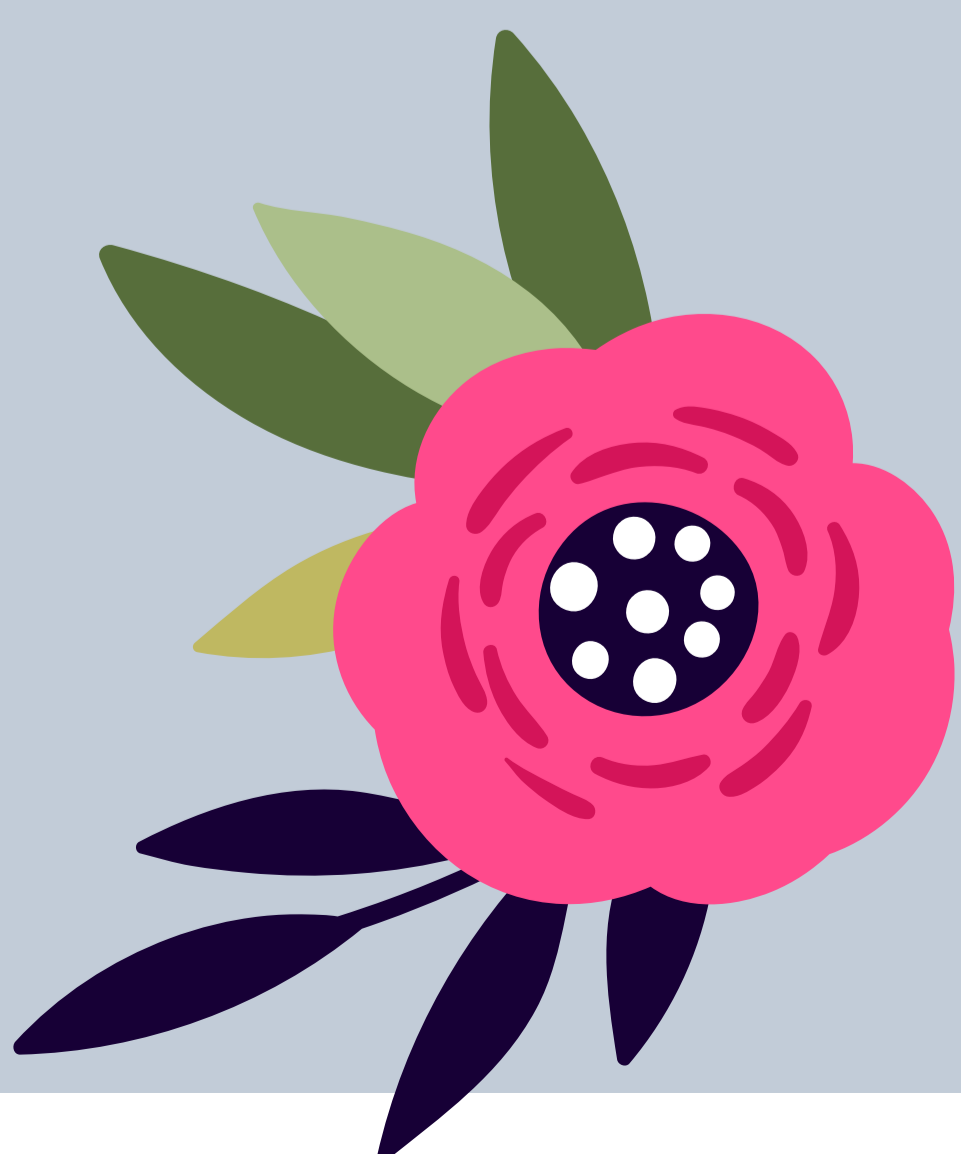
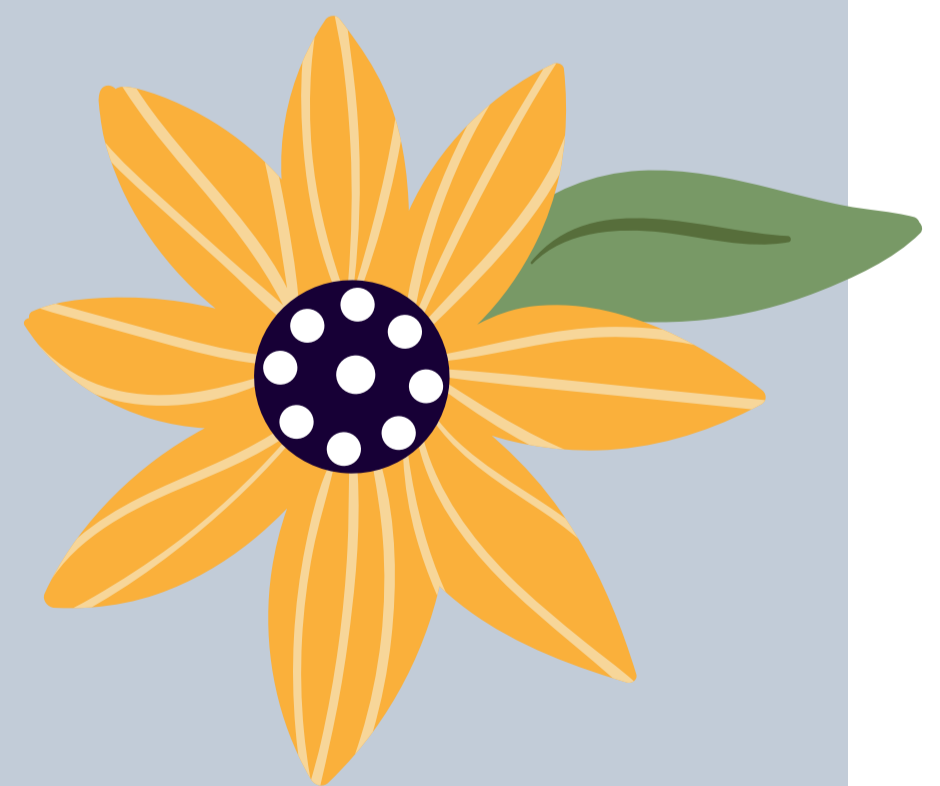
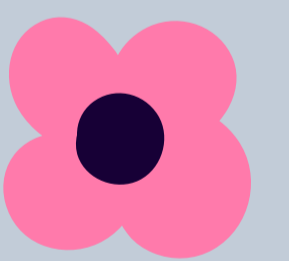
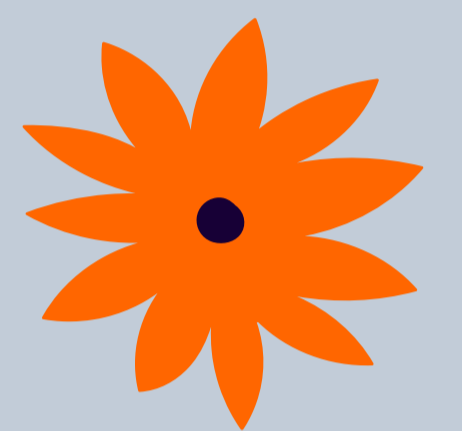
### INGREDIENTS:

190g salted butter, cubed  
150g 70% dark chocolate, chopped  
¾ cup brown sugar  
1 cup caster sugar  
2 large eggs, room temperature  
2 tsp vanilla extract

1 cup **Lucky Almond Meal**  
½ cup Dutch cocoa  
1/3 tsp fine salt  
1 tsp instant coffee (optional)  
120g **Lucky Toasted Hazelnuts**, roughly chopped

### METHOD:

1. Preheat oven to 180°C. Grease and line a 18cm non-stick frying pan and set aside.
2. Add butter and chocolate to a large, microwave safe bowl. Using the microwave heat in 15 second increments, stirring between each, until completely melted.
3. Add both sugars to melted chocolate and whisk to combine.
4. Add eggs and vanilla and whisk vigorously for 2-3 minutes or until thick, glossy and completely smooth.
5. Sift in almond meal and cocoa, then add the salt, coffee and hazelnuts (leaving some hazelnuts behind for decorating). Using a wooden spoon, mix to combine until all dry patches of flour have gone.
6. Transfer mixture to frying pan and bake for 25-30 minutes. The mixture should be slightly gooey in the centre. Cool slightly before serving.
7. To serve, add a scoop of ice-cream, whipped cream or leave as is. Sprinkle over remaining hazelnuts and enjoy!





# SWEETHEART SUGAR COOKIES WITH ALMOND MEAL

# SWEETHEART SUGAR COOKIES WITH ALMOND MEAL

**MAKES:** 12-24   **PREP:** 30 mins   **BAKING:** 10 mins



## INGREDIENTS:

### COOKIE

2 Tbsp softened coconut oil, not melted  
125g butter, room temperature  
2/3 cup sugar  
1 Tbsp vanilla extract  
1 egg  
½ tsp salt  
½ tsp baking soda  
2 cups **Lucky Almond Meal**  
1/3 cup coconut flour  
2 Tbsp tapioca, arrowroot or corn flour

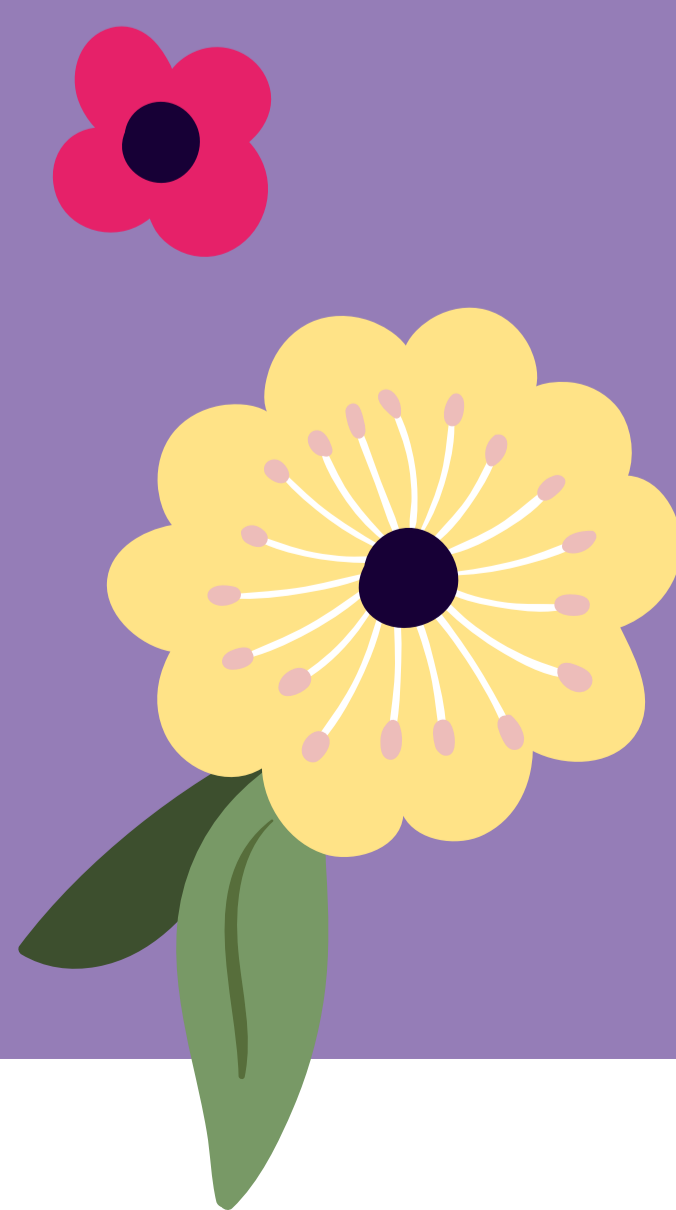
### ICING

400g icing sugar, sifted  
¼ cup milk  
Food colouring



## METHOD:

1. Add coconut oil, butter and sugar to a large mixing bowl. Beat for 30 seconds or until well combined.
2. Add egg and vanilla extract and beat until pale and fluffy.
3. Sift in dry ingredients and then use a wooden spoon to combine well. The dough will be very soft. Transfer to a clean plate and flatten into a disc shape. Cover with plastic wrap and refrigerate for at least 2 hours.
4. Remove dough from the fridge and place between two sheets of baking paper and roll to 1cm thick. Use a heart shaped cookie cutter to cut out the dough, placing each cookie onto a large baking tray leaving at least 3cm between each cookie. Place into the freezer for 10 minutes. Roll out dough and repeat.
5. Transfer the cookies to the fridge while you preheat oven to 180°C.
6. Once oven is at temperature, bake one tray at a time for 10 minutes or until very lightly golden brown. The cookies will harden upon cooling. Allow cookies to cool completely before icing.
7. To make the icing, add icing sugar to a bowl and add the milk, whisking with a fork or whisk, until it is a smooth consistency.
8. Add more milk or icing sugar until you get the desired consistency. Add a drop or two of food colouring until your desired colour is made. Mix well until one solid colour.
9. Transfer icing to a piping bag or spread on using a knife.  
Decorate your cookies and enjoy!





# CHOC ORANGE CHEESECAKE WITH NATURAL CASHEWS

# CHOC ORANGE CHEESECAKE



## WITH NATURAL CASHEWS

**SERVES:** 8-12 **PREP:** 20 mins **SETTING:** 6 hours - overnight

### INGREDIENTS:

#### FOR THE BASE

250g plain chocolate biscuits  
100g butter, melted

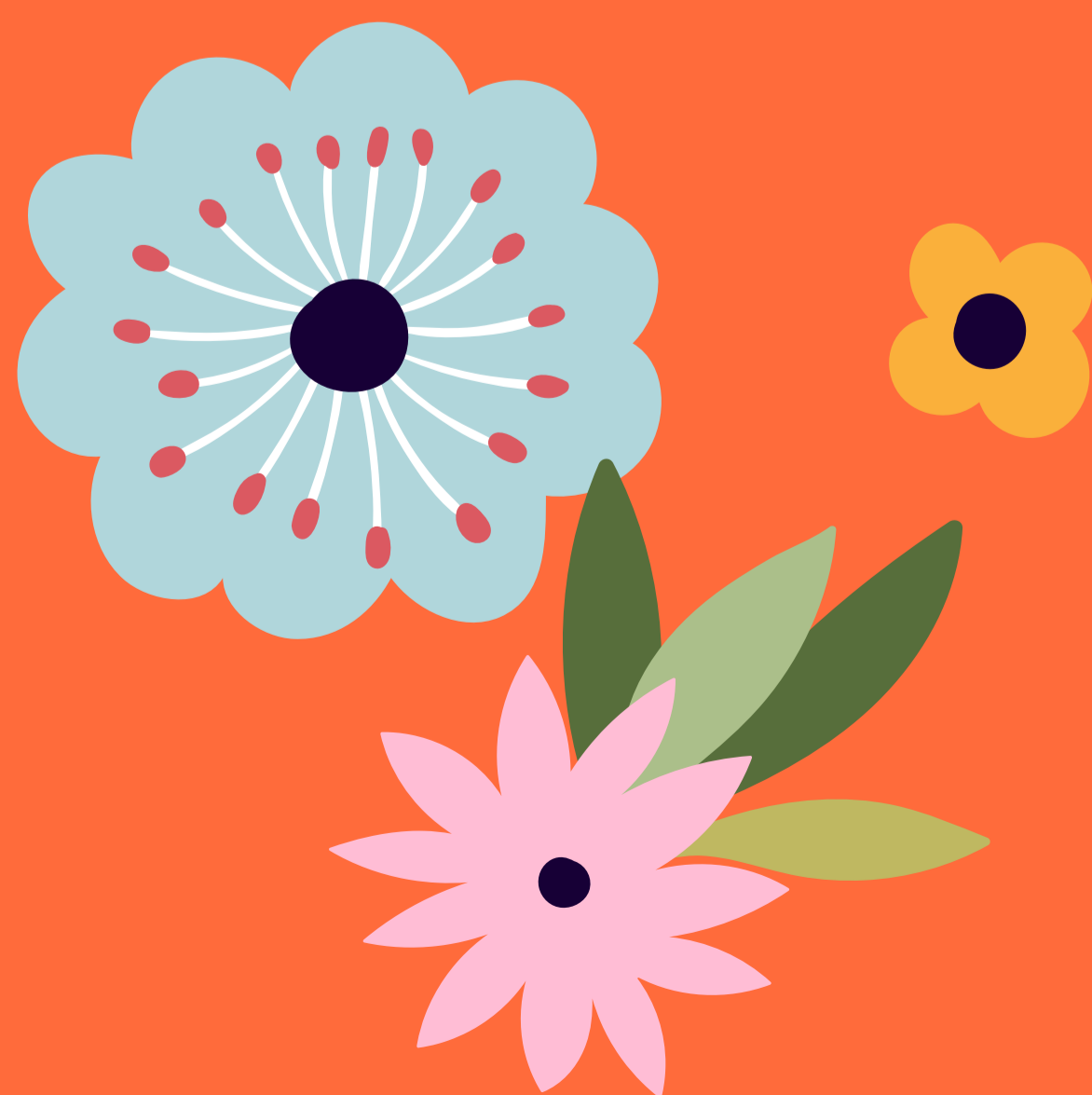
#### FOR THE CHEESECAKE

1 cup **Lucky Natural Cashews**  
250g cream cheese  
1 cup fresh orange juice, room temperature  
2 Tbsp orange zest  
1/3 cup raw cacao or cocoa powder  
1/4 cup brown sugar  
180g 70% dark chocolate, chopped



### METHOD:

1. Add cashews to a small saucepan and cover with water. Bring to the boil and reduce to a simmer for 5 minutes. Turn off the heat, then drain and rinse the cashews. Set aside while you make the base.
2. Grease and line a 8 or 9 inch springform pan. Set aside.
3. Add chocolate biscuits to a food processor and blitz until fine crumbs have formed, around 1 minute. Add melted butter and blend for 30 seconds.
4. Pour the base into the prepared cake tin. Use your hands or a metal spoon to even out the crumbs and press down. Make sure the entire base is firmly packed.
5. Add the cashews, cream cheese, orange juice, zest, cacao powder and sugar to a blender or food processor. Blend on high for 1 minute, or until smooth.
6. Melt the chocolate in a heat proof bowl, using a bain marie method. Alternatively, melt in a microwave safe bowl in the microwave (zap for 15 seconds, mix and repeat until melted).
7. Pour the melted chocolate into the blender, then blend for 30 seconds and pour the mixture over your prepared base. Use a metal spoon to smooth the top.
8. Transfer to the fridge for 6+ hours or overnight.
9. To serve, remove from fridge and cake tin then decorate with mini chocolates, easter eggs, dehydrated orange rounds or whatever you desire. Delicious as is, or served with a dollop of double cream.





# ALMOND CROISSANT COOKIE WITH FLAKED ALMONDS

# ALMOND CROISSANT COOKIE WITH FLAKED ALMONDS

MAKES: 6-8    PREP: 10 mins    BAKING: 25 mins

## INGREDIENTS:

### FOR THE ALMOND FILLING

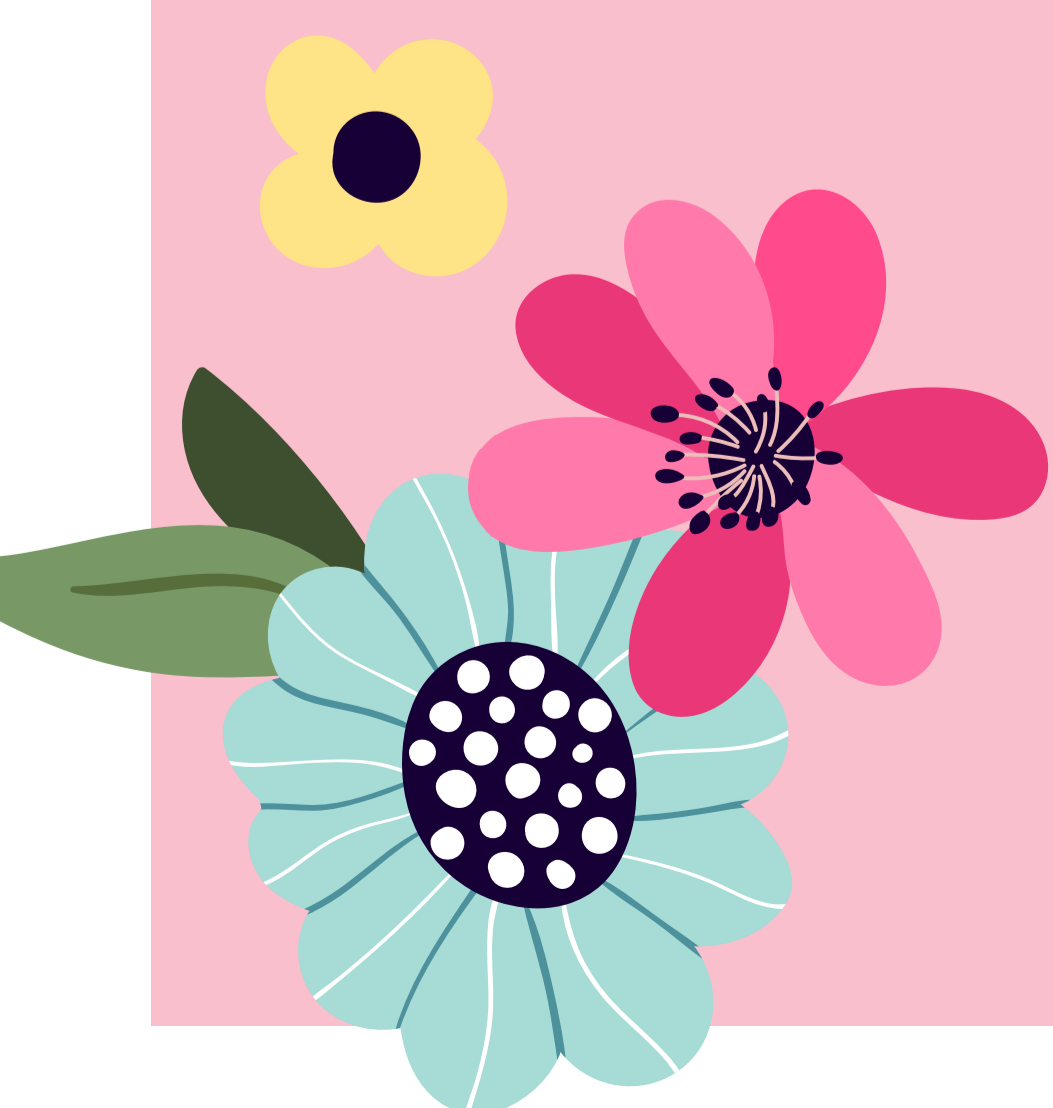
1 egg  
¼ cup sugar  
30g butter, melted  
1 tsp vanilla extract  
¼ tsp almond extract  
1 ¼ cup **Lucky Almond Meal**

### FOR THE VANILLA COOKIE

250g butter, room temperature  
2/3 cup sugar  
2 tsp vanilla extract  
½ tsp almond extract  
2 cups plain flour  
1 ¼ cup **Lucky Almond Meal**  
¼ tsp salt  
**Lucky Flaked Almonds**  
Icing sugar, to dust

## METHOD:

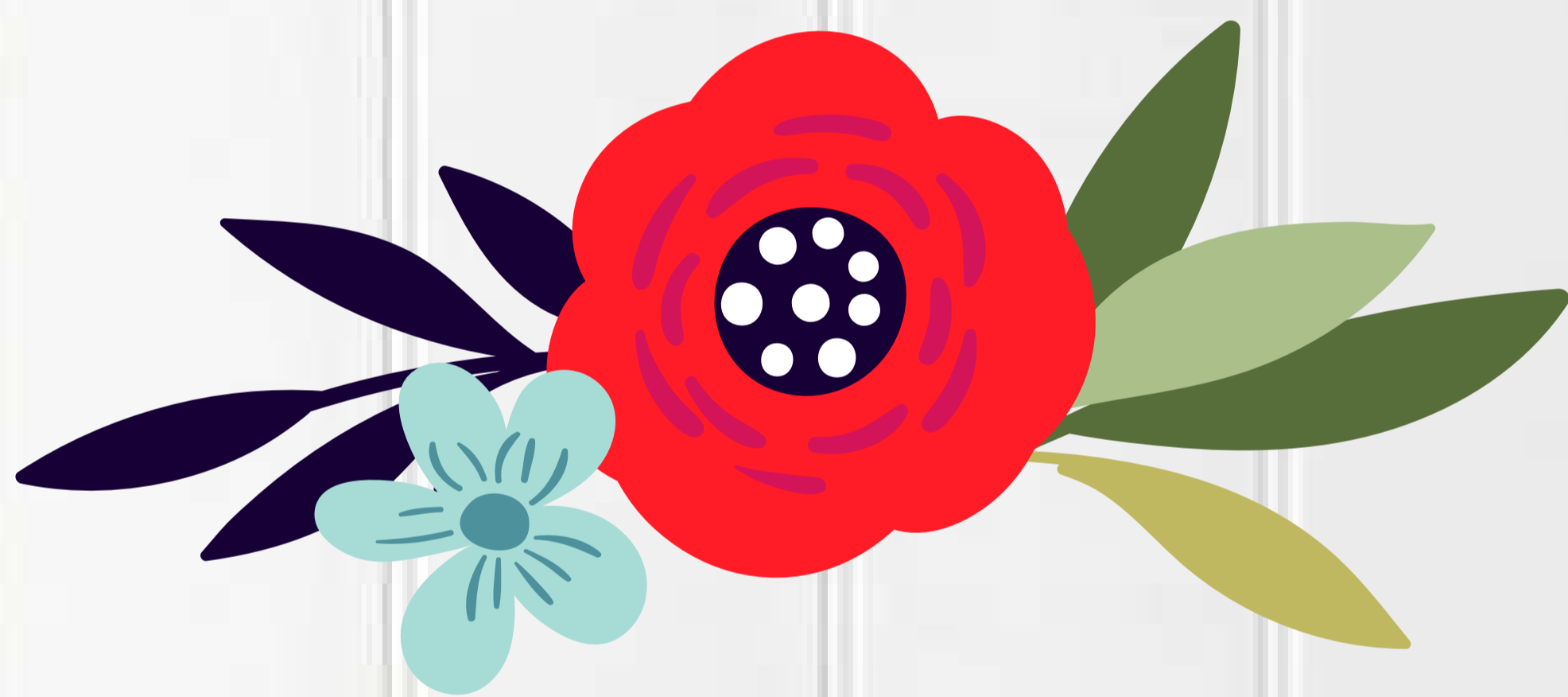
1. Make the almond filling. Add egg to a large bowl and whisk until uniform. Add sugar and whisk for 30 seconds, then add butter, vanilla and almond extract. Whisk to combine.
2. Add almond meal and fold to combine well. Transfer to the fridge for 30 minutes to firm up. Meanwhile prepare the cookie base.
3. Place butter and sugar in a mixing bowl and beat until light and fluffy. Add extracts, and beat to combine, then add remaining ingredients and beat for 30 seconds to combine. Turn dough onto the bench and knead until smooth - this will take about 1 minute.
4. Preheat oven to 180°C and line a baking sheet. Remove almond filling from the fridge.
5. Roll cookie dough into a log, and cut into 6 even slices. Take the first slice and roll into a ball. Use your hand to flatten into a pancake slightly smaller than the size of your hand.
6. Scoop a heaped dessert spoon of the almond filling and roll into a ball. Then place filling in the centre of the flattened cookie dough and carefully fold up the sides around the almond filling. The almond filling should be fully enclosed in the cookie dough.
7. Flip the cookie over and place on the lined baking tray and smooth to a dome shape. Lastly, press flaked almonds onto the top of the cookie. Repeat with the remaining dough.
8. Bake for 20-25 minutes or until just slightly golden on top.
9. Cool for 10 minutes on the tray before transferring to a wire rack. When cool, dust with icing sugar and enjoy!





# Get Lucky

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cooking and  
baking creations  
to life!



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