

# HEALTHY CHRISTMAS STOLLEN



## INGREDIENTS

### Dough

200g of organic white bread flour	tablespoons of coconut milk
80g raisins	4 tablespoons of coconut sugar
50g of chopped almonds	½ teaspoon of cinnamon
zest of one organic lemon	pinch of cardamom
zest of one organic orange	90g 6 extra virgin coconut oil
juice from two oranges	pinch of sea salt
9g dry yeast	

### Marzipan poppy seed filling

60g blanched almonds	3 tablespoons of coconut sugar
3 tablespoons of poppy seeds	10g of water

*We love Christmas for all the festive foods - but it's becoming increasingly difficult to separate the healthy from not so healthy as food manufacturers are increasingly adding ingredients that are harmful to our health in favour of profit! This is a healthy version of the Christmas cake, Stollen!*

## HOW TO MAKE IT:

- Soak the raisins in the fresh orange for at least 30 minutes (overnight is best)
- Heat the coconut milk until lukewarm
- Mix the yeast, coconut milk and two tablespoons of coconut sugar in a small bowl and set aside to activate for 10 minutes (you'll see it bubble!)
- Combine flour, activated yeast, two tablespoons of coconut sugar, the coconut oil, lemon and orange zest, salt, cinnamon, cardamom in a bowl and knead either with your hands or in a food processor
- Work the drained raisins and chopped almonds into the dough
- Place the dough in a large bowl, cover with a kitchen towel and let rise for 30 minutes in a warm place. In the meantime, prepare the marzipan poppy seed filling
- Finely ground the almonds to a flour using a food processor or blender
- Add the coconut sugar, poppy seeds and water and mix to a rough paste
- Once the dough has roughly doubled in size roll into a rectangle
- Place the marzipan-poppy seeds-filling in the center of dough
- Fold the dough over the marzipan and press to seal
- Place the Stollen onto a lined baking tray
- Cover with a kitchen towel and let sit for another 30 minutes
- Pre-heat the oven to 180°C (350°F). Bake for 20 -30 minutes until golden brown
- For the finishing touch simply put 4 tablespoons of coconut sugar into a blender or coffee grinder and blend until it powders. Roll the warm Stollen in the powder
- Eat now, or in a few days when it actually tastes better!

**THE GREEN WARD**  
HEALTH & WELLBEING



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