



Loni's Allergy Free Christmas Menu

A delightful Christmas dinner.....
free from wheat, gluten, corn, yeast, dairy,
egg, peanuts, tree nuts, sesame seeds,
tomato and seafood

Ilona Wilson

Christmas is the time of year when families get together to share a special meal, the joy of gift giving and receiving and the magic this time of year brings. A Christmas meal is quite an event to plan, prepare and cook and for those with, or cooking for, those with food allergies and intolerances, it can be even more challenging. It requires extra planning and preparation to ensure recipes selected, and all the ingredients purchased, are suitable for everyone's dietary requirements.

I want you to enjoy the magic of Christmas, so I have done the hard work for you. With this book, your menu has been planned, the shopping list prepared and a "what can be prepared ahead of time" list is ready-to-go. Leftovers are even taken care of, with great recipes that will transform your leftovers into a delicious new meal. All dishes in this, and in all Loni's Allergy Free books, are free from wheat, gluten, corn, yeast, dairy, egg, peanuts, tree nuts, sesame seeds, tomato and seafood.

From my family to yours, I wish you a Merry Christmas full of family, fun, laughter, bright smiles and good food (allergy-friendly of course).

Loni xx





Loni's Allergy Free Christmas Menu

A Christmas dinner free from 11 key allergens

Every recipe free from wheat, gluten, corn, yeast, dairy, egg, peanuts,
tree nuts, sesame seeds, tomato and seafood

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Loni's Allergy Free Pty Ltd strongly recommends the careful perusal and review of food labels to properly identify the contents of any ingredients, products, produce or raw materials used in the recipes referred to in this book and in doing so cautions the reader that labelling can be both confused and confusing, with multiple terms used for identical ingredients and differing measurements and codes used for quantities. The reader should carefully review all food labels and ensure that they understand the true nature of the ingredients contained therein.

Where every recipe is...

✓ Wheat Free

✓ Corn Free

✓ Gluten Free

✓ Dairy Free

✓ Yeast Free

✓ Peanut Free

✓ Egg Free

✓ Sesame Seed Free

✓ Tree Nut Free

✓ Tomato Free

✓ Seafood Free



My Family Traditions



For my family, the joy of Christmas begins long before the big day with a few Christmas traditions. The first being that we are a Christmas Lights Family. Early-December sees our house adorned with Christmas lights and decorations for others to enjoy. Our lights come on well before it gets dark so that all the little kids (including ours) can enjoy them before bed time.

Advent calendars are the next tradition. Our children love their advent calendars that we fill with treasure hunts, a few treats, tickets to “Christmas Movie” nights, passes to stay up late and drive around the streets hunting Christmas lights and of course the big Christmas Tree Shopping Event.

Tradition number three is the family trip to the Christmas Tree farm to select the perfect tree. This trip is made with Nanna and my husband’s brother and his family. Every family runs around trying to find the perfect tree, and there is always a spirited discussion about who’s tree is taller, wider and the best shaped. It is then a family adventure to all three houses to drop off trees and stop to help Nanna decorate hers (it’s just not Christmas to do it alone).

Tradition number four is that we make a gingerbread star tree. The children get to go shopping and buy the ingredients and decorations and then we make the biscuits and icing and then construct and decorate the tree together. This becomes the centrepiece of our Christmas table.

Finally, is the tradition of most families, to enjoy lunch or dinner together with our extended family, letting the hecticness of daily life go by the wayside and simply enjoying the moment. Enjoying the wrapping paper flying around the room, enjoying playing with new toys, enjoying eating more than we should, enjoying a festive drink, enjoying an afternoon nap and most of all enjoying the bright smiles and magic of the day.

Merry Christmas!
Loni xx

To enjoy Loni’s Allergy Free’s delicious and easy-to-prepare recipes all year round, check out Loni’s Allergy Free cookbook available to purchase on-line at: www.lonisallergyfree.com.au ; www.lonisallergyfree.com ; also available on amazon
To stay informed of upcoming e-books, sign up to the mailing list via the website.

Contents

My Family Traditions.....	7
Christmas Preparation Planner.....	9
Christmas Day Time Planner.....	10
Christmas Shopping List.....	11

CHRISTMAS DINNER RECIPES

Roast Turkey.....	15
Carved Ham with Mango Salsa.....	17
Herby, Lemony Stuffing.....	19
Gravy.....	21
Roast Potatoes with Rosemary, Garlic and Chilli Salt.....	23
Honey & Cumin Baby Carrots.....	25
Roast Vegetable Salad with Basil Dressing.....	27
Berries with Kaffir Lime Jelly.....	29
Gingerbread Christmas Star Tree.....	31
Vanilla Icing.....	33

RECIPES USING LEFTOVERS

Ham and Vegetable Pasta Salad with Honey and Mustard Dressing.....	37
Potato Pastry.....	39
Turkey, Ham and Leek Pies.....	41
Turkey, Orange and Fennel Salad with Cranberry Sauce Dressing.....	43

Glossary.....	45
Measurement Standards.....	49

