The WW guide to Christmas





Christmas is almost here!

Festive ads are flooding our screens, the shops are blaring out seasonal tunes and your diary is filling up with work parties, school plays, and catch-ups with friends. To help you navigate the season's shenanigans, we've pulled together our top survival tips, best festive recipes, and even a few activities to get you off the sofa on Boxing Day.

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Party season survival guide

Here are our top tips for enjoying those Christmas parties without overdoing it.

Planning a big night out (or in!)?

Follow these tips and you may escape a hangover altogether...

- Alternate alcoholic drinks with water or soft drinks
- Never drink on an empty stomach. Eat a meal that includes some carbs beforehand
- Be aware that carbonated alcoholic drinks can speed up alcohol absorption
- Drink a big glass of water before you go to sleep
- Know your units by checking out drinkaware.co.uk

Be the life and soul of the party – without touching a drop

- Non-alcoholic alternatives to practically every boozy beverage are widely available, so you don't need to feel left out when it comes to festive tipples. Try the virgin options of your favourite cocktails or, if you're going to a friend's party, why not take your own with you?
- Get snap happy. As the drinkers loosen up, the non-drinkers can often start to feel sidelined. Offer to be party paparazzi to stay at the heart of the action.
- Be yourself. You may feel like alcohol makes people more interesting, but having meaningful one-to-one conversations can make just as much impact as dancing on tables.

The morning after the night before

If you do get a hangover, try these tips to potentially alleviate the symptoms:

- That headache you get is caused by alcohol's dehydrating effect, so water – and lots of it – can help.
- Alcohol interferes with the body's ability to regulate blood sugar – hence the nausea and hunger. Go for a low-GI breakfast of porridge or baked beans on wholemeal toast for a steady release of blood sugar. Or try scrambled or poached eggs on wholemeal toast, as the cysteine is thought to help break down alcohol.
- Go easy on the painkillers. Aspirin can irritate the stomach and paracetamol can tax the liver, which is already in overdrive processing your alcohol intake.

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3 tips to enjoy the Christmas buffet

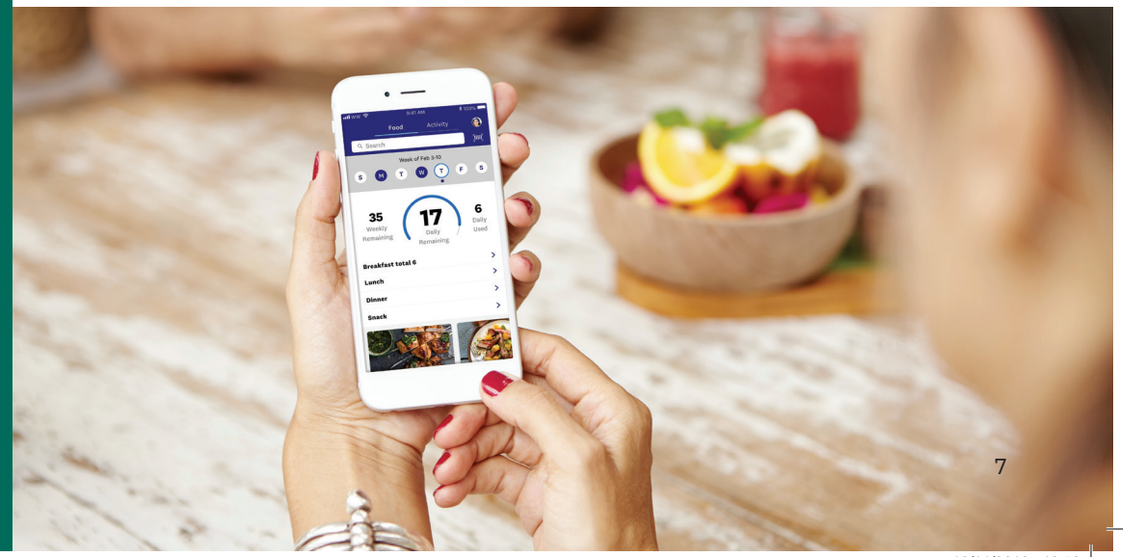
Christmas party buffets are one of the best things about the festive season. Here are our top 3 tips to help you make the best of them:

1. Plan what you'll eat. Unless you have SmartPoints to spare, pick up vegetable crudités rather than crisps, steer clear of the creamy dips, resist the pastries and choose skinless turkey breast slices over skin-on drumsticks.
2. Plated up? Then sit far away from the buffet table so you don't reach out mindlessly for a refill. Try and beat the buffet queue, too – there'll be more choice and you're likely to be more in control if you eat before that second glass of wine.
3. Hit the dancefloor. Once you've eaten, switch your focus to earning FitPoints™ and have some fun!

Staying on track at the party

Tracking your SmartPoints® Budget is one of the most effective ways to help you manage your weight, and with the WW app it's really simple. Here are three easy ways to stay on track when you're out:

1. If you know you have a party coming up, rack-up some rollovers and save your weeklies to cover the drinks and nibbles.
2. Before you go out, explore the choices in the app, and even pre-track what you can so you feel in control from the get-go.
3. If you forget to track in the moment, that's ok; make your best guess the next day to get your SmartPoints Budget back in balance.



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Stay calm this Christmas

Party outfit shopping, school play costume making sessions, buying and wrapping gifts, meal planning, food shopping... the festive season can really take its toll. Try these ideas to stay calm this Christmas.

4 festive immune boosters

1. Eat a rainbow – consume a variety of fruit and veg for a good supply of antioxidants.
2. Go nuts – just three Brazil nuts provide the daily reference intake of immune-boosting selenium.
3. Get the flu jab – although the best time is September, it's still not too late to get one. Free on the NHS to those 65 or older, or those with a long-term condition such as diabetes, you can also pay to have one at your local pharmacy.
4. Try vitamin D. The further north you live, the more likely you are to have a deficiency of the so-called sunshine vitamin – particularly over the winter months when sunlight is weak. As well as eating lots of vitamin D-rich foods such as eggs, oily fish, fortified cereals and yogurts, you could consider taking a supplement.

Brew some tea

If you're looking for a calming brew, try jasmine tea. Jasmine flowers are picked at dusk when their scent is at its headiest, and shop-bought versions are blended with antioxidant-rich green tea. In a study of 24 volunteers, just the scent of jasmine tea was found to have a sedative, calming effect, and even led to a decrease in heart rate.



Get some zzzs...

Experts at The National Sleep Foundation recommend adults aged between 18-64 years old get approximately 7-9 hours sleep per night, and those aged 65+ get between 7-8 hours; so make sure you leave time in your hectic schedule to catch enough shut-eye!

Cut down on caffeine

If you're sensitive to caffeine, even a moderate amount can disrupt sleep, adding to feelings of stress. In a study of shift workers, the equivalent of two espressos was shown to disturb sleep five hours later. If you're feeling wired and tired, these drinks may be contributing to the problem.

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Move more this winter

Time off and chillier temperatures over the festive season doesn't mean that exercise needs to go out the window. There are so many easy ways to get moving this Christmas; whether you choose indoor or outdoor activity, make it fun!

1. Take advantage of all the fun winter activities that pop-up over the festive season; try outdoor ice-skating or get your steps up by walking around all the lovely Christmas markets.
2. Wrap up and go for a walk with the family. Not only does exercising in green spaces help improve your mood, the chilly temperatures mean you'll burn extra calories keeping warm.
3. Finally, don't forget to track your FitPoints – the more you move, the more you'll earn and the closer you'll be to weight-loss success.

4 ways to burn off that mince pie

- **30 minutes running = 8 Fitpoints***
- **1 hour playing in the snow with kids = 8 FitPoints**
- **2 hours walking the dog = 8 FitPoints**
- **30 minutes circuit training at the gym = 4 FitPoints**

*All FitPoints are estimates based on an 11st person

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Canapés

Prosciutto-wrapped apple wedges

Makes 16 Prep time 15 minutes

Season and dress 60g **rocket** with the juice of ½ **lemon**. Core and slice 1 **apple** into 16 wedges and toss with the juice of the remaining ½ **lemon**. Arrange 16 slices of **prosciutto** on a board and place a few rocket leaves and a wedge of apple on each. Tightly roll the prosciutto around each apple wedge, then drizzle over 1 tsp **olive oil** and season with black pepper.

Chilli crab on cucumber

Makes 16 Prep time 15 minutes

Combine 100g flaked **white crab meat**, 50g finely diced **mango**, ½ tbsp **sweet chilli sauce**, 1 tbsp finely chopped **fresh coriande**r and a squeeze of **lime**. Slice a **cucumber** into 16 x 1cm-thick slices. Top each cucumber slice with the crab mixture and garnish with finely sliced **red chilli**.

Smoked trout & cream cheese boats

Makes 16 Prep time 15 minutes

Combine 75g **reduced-fat soft cream cheese**, 3 tbsp **half-fat crème fraîche**, 1½ tsp chopped **fresh dill** and the juice of ½ **lemon**. Season. Flake in 185g **hot smoked trout** and gently stir to combine. Spoon into 16 **radicchio leaves**. Sprinkle with **cayenne pepper** and garnish with more **fresh dill.**

All SmartPoints values shown are per canapé

Squash & ricotta bruschetta

Makes 16 Prep time 25 minutes
Cook time 25 minutes

Preheat the oven to 200°C, fan 180°C, gas mark 6. Put 450g peeled and cubed **butternut squash** on a baking tray, mist with **calorie controlled cooking spray** then drizzle over 1 tbsp **balsamic vinegar** and 1 tbsp **clear honey**. Season, then bake for 20-25 minutes, tossing halfway, and set aside to cool. Slice 125g **French stick** into 16 slices then toast on a hot griddle, on both sides. Cut a **garlic clove** in half and rub the cut sides over the toasts, then spread with 150g **ricotta** and top with the squash. Garnish with ¼ tsp **chilli flakes** and 1 tbsp chopped **fresh parsley**.

Melon, mozzarella & mint skewers

Makes 16 Prep time 25 minutes

Pick 32 large **fresh mint leaves** and set aside. Finely chop a small handful of the **fresh mint** and whisk with 1 tbsp **sherry vinegar**, 2 tsp **honey** and 1 tsp **olive oil**. Season to taste. Using a melon baller, scoop 32 balls from a **cantaloupe melon**. If you don't have a melon baller, you can cut into small cubes. Thread a melon ball onto a small skewer followed by a mint leaf, a **mini mozzarella ball**, a second mint leaf and a second melon ball. Repeat to make 16 skewers. Drizzle over the mint dressing to serve.

Key to symbols used in recipes

Gluten-free Dairy-free Vegetarian Vegan Nut-free

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Christmas day recipes

From creamy cauli soup to stuffing with a twist, we've rounded up some of our favourite Christmas recipes to set the big day off in style!



Cauliflower soup with seared scallops & pancetta

Serves 6 **Prep time 10 minutes** **Cook time 30-35 minutes**

Calorie controlled cooking spray

1 large onion, finely chopped

1kg cauliflower florets, chopped

2 garlic cloves, crushed

800ml chicken stock, made with 1 stock cube

200ml semi-skimmed milk

150g half fat crème fraîche

6 slices pancetta

6 large scallops

Chopped fresh flat-leaf parsley

1. Mist a very large pan with cooking spray. Add the onion, season, and cook over a medium heat for 4-5 minutes. Add the cauliflower, turn up the heat and cook for 3-4 minutes until golden. Stir in the garlic and cook for 1 minute.
2. Pour in the stock and bring to the boil. Add the milk, then simmer for 12-15 minutes until the cauliflower is tender. Using a stick blender or blender, process the soup until smooth. Season to taste, then stir-in most of the crème fraîche. If you're making the soup well in advance, let it cool completely before storing in the fridge overnight or in the freezer, where it will keep for up to 3 months. Defrost overnight in the fridge.
3. When you're ready to serve, preheat the oven to 200°C, fan 180°C, gas mark 6. Put the pancetta on a baking tray and bake for 4-5 minutes until crisp.
4. Meanwhile, gently reheat the soup. Mist a frying pan with cooking spray, and heat over a medium-high heat. Sear the scallops for 2 minutes, turning once.
5. Ladle the soup into shallow bowls, swirl in the rest of the crème fraîche, then top with the seared scallops and crisp pancetta. Serve garnished with the parsley and seasoned with black pepper.

4 **SmartPoints value per serving**

For more recipes, visit:
ww.com/uk/recipes

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Classic roast turkey

Serves 6, with leftovers Prep time 10 minutes

Cook time 2 hours 15 minutes + resting

4kg free-range turkey

1 onion, peeled

1 clementine

Small bunch of fresh sage, bay leaves and thyme

1 lemon, halved

1 Take the turkey out of the fridge 1 hour before putting in the oven to get the meat to room temperature. Preheat the oven to 180°C, fan 160°C, gas mark 4. Put the turkey breast side-down on a rack in a large roasting tray. Season the cavity and put the onion, clementine and herbs inside. Squeeze the lemon over the turkey and put the squeezed halves in the cavity too. Season the top of the turkey, add a wine glass of water to the tin, and put in the oven for 1 hour 45 minutes.

2 Carefully turn the turkey over (put plastic bags over your oven gloves to prevent them from getting greasy). Return to the oven for another 30 minutes or until the turkey is cooked through. Let the turkey rest in a warm place for up to 1 hour, then carve and serve 125g turkey per person.

4 **SmartPoints value per serving**



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Crunchy roast potatoes

Serves 6 Prep time 5 minutes Cook time 1 hour 20 minutes

600g Maris Piper potatoes, peeled

10g dried semolina, seasoned with salt and pepper

½ tbsp olive oil

½ tbsp cold-pressed rapeseed oil

Calorie controlled cooking spray

1 Cut the potatoes into 3 pieces and put in a large pan of cold water (you can do this the night before). When ready to cook, refresh the water, bring to the boil and simmer for 10 minutes or until tender but not falling apart. Drain well and return to the hot pan over a low heat so that the rest of the moisture evaporates. Shake the pan a little to roughen the edges of the potato, then scatter the semolina over and shake the pan again to coat the potatoes in a little semolina. Don't worry if little bits break off – they will turn deliciously crunchy.

2 Heat the oven to 200°C, fan 180°C, gas mark 6. Put both oils in a shallow roasting tin and heat for 10 minutes, then tip the potatoes in. Arrange evenly in the tin and cook for about 1 hour, turning two or three times. Mist with cooking spray to make them even crispier.

3 SmartPoints value per serving



Sprouts with spiced orange

Serves 6 Prep time 5 minutes Cook time 7-8 minutes

30g low fat spread

½ tsp cumin seeds

Zest of 1 orange

100g peeled shallots (about 5), diced

300g Brussels sprouts, trimmed and halved (or quartered if large)

1 Mix the spread, cumin seeds and orange zest with some seasoning. Cover and keep chilled until ready to use.

2 Heat a small wok or sauté pan. Add the shallots, sprouts and butter and toss together. Cook over a medium-high heat for 7–8 minutes or until the sprouts are just tender but still with a little bite. Keep warm and serve as soon as possible.

1 SmartPoints value per serving

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Butternut squash & chorizo stuffing

Makes 6 **Prep time 10 minutes** **Cook time 1 hour 10 minutes**

250g diced butternut squash

Calorie controlled cooking spray

½ large onion, finely diced

50g chorizo, finely diced

50g white breadcrumbs

1 tbsp chopped fresh sage

1 egg, beaten

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Put the squash in a large roasting tin and mist with cooking spray. Roast for 45 minutes, turning halfway, or until tender and golden. Remove from the oven and let cool.
2. Meanwhile, set a small pan over a medium heat and mist with cooking spray. Cook the onion for 15 minutes, stirring, until very soft. Add a splash of water if it starts to stick to the bottom. Once softened, remove from the pan and set aside to cool.
3. Return the pan to the heat, add the chorizo and fry until golden. Leave to cool.
4. Put the cooled butternut squash in a large bowl with the onion, chorizo, breadcrumbs, sage and half of the egg. Season and mix gently until just combined, and add more egg if needed.
5. Mist 6 holes of a muffin tin with cooking spray, and carefully spoon the stuffing mixture into each. Bake for 20-25 minutes, until the stuffing is crisp and golden.

2 **SmartPoints value per stuffing ball**



Spiced red cabbage with cranberries

Serves 8 **Prep time 10 minutes** **Cook time 45 minutes–1 hour + reheating**

1 tbsp low fat spread

1 red onion, finely sliced

1 red cabbage, finely sliced

4 tbsp cider vinegar

50g soft dark brown sugar

2 star anise

1 cinnamon stick

150g fresh cranberries (or frozen and defrosted)

1 tbsp cranberry jelly

1. Put the low fat spread and onion in a large, heavy-based, lidded pan, put the lid on and cook the onion gently for 8–10 minutes or until softened. Add the cabbage, vinegar, sugar, star anise and cinnamon, put the lid back on and cook on the lowest heat, stirring occasionally, for 30–40 minutes or until the cabbage is very soft.
2. Stir the cranberries and cranberry jelly into the mixture and cook for a further 5–10 minutes, covered, until the cranberries soften and burst. Cool, and then chill for up to 3 days. Reheat gently on the hob, with the lid on, for about 25 minutes, until bubbling and heated through.

2 **SmartPoints value per serving**

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Hazelnut & raspberry meringue roulade

Serves 8 **Prep time 20 minutes** **Cook time 50 minutes - 1 hour**

5 egg whites

125g caster sugar

½ tsp vanilla extract

1 tsp cornflour

40g toasted hazelnuts, chopped

8 tsp raspberry coulis

20g icing sugar, plus ½ tsp for dusting

175g quark

40g half fat crème fraîche

200g fresh raspberries, plus extra to serve

8 tsp raspberry coulis

1. Preheat the oven to 150°C, fan 130°C, gas mark 2. Line a medium Swiss roll tin with baking parchment.
2. Place the egg whites in a large bowl and whisk until stiff. Gradually add the sugar, whisking between each addition, until stiff and glossy. Whisk in the vanilla extract and sifted cornflour, then fold in the hazelnuts, keeping 1 tbsp back for later.
3. Scrape the meringue mixture into the prepared tin using a spatula and level out. Place in the oven for between 50 minutes to 1 hour until golden brown and crisp on the outside. Remove and leave to cool.
4. To make the filling, beat the icing sugar into the quark, then stir through the crème fraîche. Cover and chill until needed.
5. When the meringue is cool, scatter ½ tsp icing sugar over your worktop and turn it out. Carefully peel away the paper, then spread the filling all over the surface of the meringue, right to the edges, leaving around 4cm at one end. Scatter the raspberries over the filling, then carefully roll up towards the uncovered end. Place on a platter seamside down. To serve, drizzle the coulis over the roulade and scatter with the extra hazelnuts. Serve with the remaining raspberries.

7 **SmartPoints value per serving**

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Love your leftovers

There can be so much turkey left after Christmas Day, it'd be a shame to waste it! Here are some recipes to make heroes of the leftovers.



Boxing Day pie

Serves 4 **Prep time 15 minutes** **Cook time 45-50 minutes**

Calorie controlled cooking spray

300g mushrooms, sliced

1 tsp Worcestershire sauce

200g half-fat crème fraîche

2 tsp cornflour, blended with 4 tsp cold water

4 sheets filo pastry

300g leftover skinless white turkey meat, shredded

4 tsp cranberry sauce

600g leftover roasted veg (we used parsnips, red onions, Brussels sprouts and carrots)

1 Mist a large frying pan with cooking spray and fry the mushrooms over a medium heat until soft. Season with black pepper and stir in the Worcestershire sauce, crème fraîche, and cornflour paste. Cook, stirring, for 1-2 minutes, or until thickened. Transfer to a bowl to cool.

2 Preheat the oven to 180°C, fan 160°C, gas mark 4. Mist a 25cm pie dish with cooking spray, and arrange 2 sheets of filo over the base, allowing the excess to hang over the edge of the dish. Layer the shredded turkey meat over the filo and dot with the cranberry sauce. Arrange the roasted veg on top and spoon over the mushroom sauce.

3 Top with the remaining filo, then scrunch up the excess pastry to form a thick rim.

4 Mist the pie with cooking spray and bake for 35-40 minutes, until the pastry is crisp and golden and the filling is piping hot. Cut into quarters to serve.

12 **SmartPoints value per serving**

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Smoky turkey & sweet potato stew

Serves 4 Prep time 15 minutes Cook time 45 minutes

Calorie controlled cooking spray

1 onion, chopped

3 garlic cloves, chopped

350g leftover skinless roast turkey meat, shredded

400g sweet potatoes, cut into 3cm chunks

1 red pepper, deseeded and sliced

2 tsp smoked paprika

400g tin chopped tomatoes

400g tin chickpeas, drained and rinsed

1 tbsp tomato purée

1 tsp dried oregano

1 bay leaf

400ml chicken stock, made with 1 stock cube

200g young leaf spinach

4 tbsp 0% fat natural Greek yogurt

1. Mist a casserole dish or large lidded pan with cooking spray and cook the onion for 8-10 minutes, until golden. Add the garlic and cook for 2 minutes before adding the turkey, sweet potatoes, pepper, paprika, tomatoes, chickpeas, tomato purée, herbs and stock.
2. Cover and simmer for 20-25 minutes. Remove the lid and cook for 10 minutes, uncovered, until the sauce has thickened and the sweet potato is tender. Add the spinach to the pan for the last 2 minutes of cooking time.
3. Stir the spinach into the stew, season to taste and serve with the yogurt.

6 SmartPoints value per serving

Penne with turkey, bacon & Brussels sprouts

Serves 4 Prep time 15 minutes Cook time 20 minutes

200g wholewheat penne

Calorie-controlled cooking spray

8 bacon medallions, chopped

2 shallots, finely diced

3 garlic cloves, chopped

4 sprigs fresh thyme, leaves picked and chopped

4 tbsp quark

250ml chicken stock, made with ½ stock cube

300g leftover cooked Brussels sprouts

300g leftover skinless roast turkey meat, roughly chopped

100g young leaf spinach

Small handful fresh flat-leaf parsley, chopped

1. Cook the pasta in a pan of boiling water to pack instructions, until al dente. Drain, reserving a ladleful of cooking water.
2. Meanwhile, put a large non-stick frying pan over a medium-high heat and mist with cooking spray. Fry the bacon for 5-6 minutes, until crisp and golden.
3. Add the shallots to the pan and cook for 4-5 minutes, then add the garlic and thyme and cook for 1 minute. Stir in the quark, stock, Brussels sprouts and turkey, then season and simmer until the sauce has thickened slightly.
4. Toss the pasta with the sauce, loosening with the reserved pasta water if needed. Stir in the spinach and parsley to wilt, then season to taste and serve.

8 SmartPoints value per serving

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Drinks



Blackberry fizz

Makes 4 **Prep time 5 minutes**

Put 2 tsp **demerara sugar** and a handful of **fresh mint leaves** in a small jug and muddle using a cocktail muddler. If you don't have one, use the back of a spoon. Add 100g **blackberries** and crush lightly. Pour over 75ml **vodka** and stir. Half-fill 4 tumblers with ice cubes and spoon over the fruit and vodka mixture. Top with **diet tonic water** and serve garnished with **lime wedges** and extra mint leaves.

Champagne berry cocktail

Makes 2 **Prep time 5 minutes**

Put a **blackberry**, a **raspberry** and a small handful of **blackcurrants** and **redcurrants** into 2 Champagne saucers. Add 1 teaspoon **elderflower cordial** and a few **fresh mint leaves** to each glass, muddle lightly with the end of a teaspoon and leave for 5 minutes or so for the flavours to mingle. Top each glass with 125ml **Champagne**, stir and serve.

Passion fruit Bellinis

Makes 6 **Prep time 5 minutes**

Peel and de-stone 2 ripe **peaches**. Purée using a stick blender and divide equally between 6 Champagne flutes or saucers. Cut 3 **passion fruit** in half, scoop out the flesh and add to the glasses. Pour over 750ml **Prosecco** (you'll have a bit left over for top-ups) and stir, then serve immediately.

All SmartPoints values shown are per cocktail

Favourite festive tipples

At the bar, in front of the fire, or at a friend's house, there's nothing like a festive tipple. Check out our guide to your favourite winter warmers.

- 5 1 pint lager
- 5 Bloody Mary (made with 35ml vodka and 250ml tomato juice)
- 4 Double whisky and diet cola (made with 50ml whisky)
- 4 125ml glass Champagne
- 4 Irish coffee (made with 2 tsp ground coffee and 25ml Bailey's Irish Cream)
- 4 125ml glass Prosecco
- 3 50ml glass Port
- 3 25ml glass amaretto liqueur
- 3 125ml glass red wine
- 3 125ml glass dry white wine
- 2 Vodka or gin and diet tonic (made with 25ml vodka or gin)
- 2 50ml glass dry or medium sherry

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Seasonal goodies

Here's a round-up of some traditional festive foods and why they should be on your menu this year.

Brussels Sprouts

This traditional Christmas veg provides a huge amount of vitamin C and with over 100 varieties there are plenty to choose from. Try them steamed, stir-fried or sautéed to make the most of their flavour.

Cranberries

The tradition of eating turkey with cranberry sauce comes from American Thanksgiving, but we have well and truly adopted it here in the UK. Try making your own sauce this Christmas and avoid the over-sweetened shop-bought jars. You could even make extra to give to friends as a small gift.

Satsumas

Satsumas, tangerines, clementines, oranges – they are all indicative of Christmas and the tradition of placing them in stockings dates back to the 12th century. Satsumas are the easiest to peel and are seedless, hence their popularity. Two small ones count towards your five a day.

Nuts

The popularity of opening and eating nuts over the festive period dates back hundreds of years, so in keeping with tradition why not get cracking? Nuts are a great source of protein and healthy fats, which the body needs to grow and repair. We're not just talking dry roasted or salted; there are lots of different types for you to choose from – just check out the wholefoods section of your local supermarket.

Tip: check the SmartPoints values in the WW app



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Cheese please

The cheese board is a big part of Christmas, so hit the buffet table this party season knowing your Stilton from your Cheddar.

7 **Blue Stilton**

This cheese has protected status and is only made in 6 dairies in the UK. Nutty in flavour, its distinctive vein also gives it that lovely salty taste.

5 **Brie**

Originating from France, Brie is best eaten at room temperature and goes really well with nuts or a light fruit like apple or pear.

5 **Cheddar**

The most popular cheese in the UK, Cheddar originates from the town of the same name in Somerset, although is now widely made around the world. Firm in texture and lovely with a nice chutney.

All SmartPoints values shown are per 40g serving.

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Snack recipes

Root vegetable crisps

Serves 4 **Prep time 20 minutes + drying** **Cook time 10 minutes**

1 parsnip, peeled
1 carrot, peeled
1 small sweet potato, peeled
1 raw beetroot, peeled
3 teaspoons olive oil
¼ teaspoon ground cumin
Salt and freshly ground black pepper



1. Using a mandoline, a food processor slicing blade, a swivel peeler or even a kitchen knife and a steady hand, cut each vegetable into thin slices, keeping the batches separate.
2. In turn, very lightly sprinkle each batch of vegetables with salt and spread them out in a single layer on absorbent kitchen paper (the beetroot will need a double thickness). Place more kitchen paper on top and leave to stand for 15 minutes, pressing down to absorb any excess liquid from the vegetables. This makes sure that they will crisp up properly in the oven. Preheat the oven to 180°C, fan 160°C, gas mark 4.
3. Combine the parsnip, carrot and sweet potato slices in a bowl with 2 teaspoons of the olive oil. Spread them out in a single layer on a large baking tray. Repeat with the beetroot and remaining teaspoon of olive oil, spreading out on another large baking tray.
4. Bake in the oven for 8–10 minutes until the vegetables are looking dry and starting to curl and colour at the edges. Remove from the oven and leave to cool and crisp up on the trays.
5. Tip all the crisps into a bowl and sprinkle with the ground cumin and a grinding of black pepper.

3 **SmartPoints value per serving**

Spiced orange & cranberry cookies

Serves 16 **Prep time 11 minutes** **Cook time 12 minutes**

100g low-fat spread
125g golden caster sugar
75g light brown soft sugar
1 egg
½ teaspoon vanilla extract
200g self-raising flour
large pinch of salt
75g dried cranberries
½ teaspoon ground ginger
grated zest of 1 orange



1. Using a stand mixer, cream the spread, caster sugar and light brown soft sugar in a large mixing bowl until smooth and thick. Beat in the egg and vanilla extract, then sift in the self-raising flour and a large pinch of salt and mix until just combined. Add the dried cranberries, ground ginger and the grated orange zest to the mixture and mix until combined. Cover and chill for 3 hours.
2. Preheat the oven to 200°C, fan 180°C, gas mark 6. Line two baking sheets with baking paper. Form the mixture into 16 walnut-sized balls and put them on the sheets, leaving plenty of room for the cookies to spread. Use the back of a wet spoon to flatten the tops of the cookies slightly, then bake for 10-12 minutes or until golden at the edges.
3. Leave the cookies on the baking tray for 5 minutes to firm up, then transfer to a wire rack to cool completely.

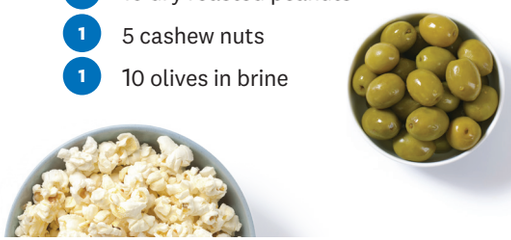
6 **SmartPoints value per serving**

Savoury

- **4** 3 breadsticks with 30g reduced fat houmous
- **4** 6 Brazil nuts
- **3** Pringles ½ small tub (any flavour)
- **3** 25g salted popcorn
- **3** 20g Bombay mix
- **2** 10 dry roasted peanuts
- **1** 5 cashew nuts
- **1** 10 olives in brine

Sweet

- **6** 3 Terry's Chocolate Orange segments
- **5** Sainsbury's Taste the Difference All Butter Mini Mince Pies
- **5** 4 Cadbury Milk Chocolate or White Chocolate Fingers
- **5** 2 Nestlé Quality Street Chocolates
- **4** Asda Extra Special All Butter Luxury Mini Mince Pies
- **5** 2 Mars Celebrations



WW18401_Christmas Gift Guide_2.0.indd 34-35 19/11/2018 14:00

Save a total of 60p on our Protein Balls in January!



Save 30p

on Peanut Butter Protein Balls

Take this voucher to your Studio or redeem online in January.
The offer can only be redeemed via a coupon

Terms and Conditions: 1. This voucher is valid for use by members in WW members in Studios within the UK and the Channel Islands or at the WW online shop, excluding Channel Islands. Offer excludes Ireland. 2. In Studios, when presented to a WW Wellness Coach, each voucher can be used by a member to claim 30p on the protein balls only. 3. For WW online shop, each voucher can be used to claim 30p off the products, when using promotional code FESTIVE30P and FESTIVE30G. 4. Offer is valid while stocks last. 5. This voucher is not replaceable if lost, stolen, destroyed or expired and cannot be used in conjunction with any other offer, promotion or discounts. 6. This voucher cannot be used outside of WW Studios and online shop. 7. Only one voucher can be used per purchase and can only be used at the time of purchase and not retrospectively. 8. This voucher is non-transferable and no cash alternative will be offered. Redemption value of voucher is 0.001p. 9. Should a full refund be given by WW(UK) Ltd in respect of a purchase made under this offer, then the voucher discount will be deducted from such refund. 10. This voucher is valid from the 30th Dec 2018 until 2nd February 2019. 11. WW Ltd reserves the right to alter, amend or foreclose this offer without prior notice

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Save 30p

on Goji Berry and Coconut Protein Balls

Take this voucher to your Studio or redeem online in January.
The offer can only be redeemed via a coupon

Terms and Conditions: 1. This voucher is valid for use by members in WW members in Studios within the UK and the Channel Islands or at the WW online shop, excluding Channel Islands. Offer excludes Ireland. 2. In Studios, when presented to a WW Wellness Coach, each voucher can be used by a member to claim 30p on the protein balls only. 3. For WW online shop, each voucher can be used to claim 30p off the products, when using promotional code FESTIVE30P and FESTIVE30G. 4. Offer is valid while stocks last. 5. This voucher is not replaceable if lost, stolen, destroyed or expired and cannot be used in conjunction with any other offer, promotion or discounts. 6. This voucher cannot be used outside of WW Studios and online shop. 7. Only one voucher can be used per purchase and can only be used at the time of purchase and not retrospectively. 8. This voucher is non-transferable and no cash alternative will be offered. Redemption value of voucher is 0.001p. 9. Should a full refund be given by WW(UK) Ltd in respect of a purchase made under this offer, then the voucher discount will be deducted from such refund. 10. This voucher is valid from the 30th Dec 2018 until 2nd February 2019. 11. WW Ltd reserves the right to alter, amend or foreclose this offer without prior notice

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