



A collection of sweet and
savory creations using
the goodness of Lupin

A Very Lupin Christmas

The Lupin Co





- **LEMON & LUPIN SNOWBALL BITES**
- **VELVET CHOCOLATE LUPIN MOUSSE**
- **GINGERBREAD EDIBLE COOKIE DOUGH**
- **PARMESAN CHEESE CRACKERS**
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- **LUPIN & HERB STUFFING CHRISTMAS BALLS**
- **LUPIN, SPINACH & FETA TART**
- **LUPIN & PISTACHIO CRUSTED CHICKEN (OR FISH)**

LEMON & LUPIN SNOWBALL BITES

Makes 16 • Prep 15 mins

Ingredients

½ cup lupin flour

½ cup almond meal

½ cup desiccated coconut (plus extra for rolling)

Zest of 1 large lemon

2 tbsp lemon juice

2 tbsp maple syrup or preferred sweetener

1 tbsp melted coconut oil

1 tsp vanilla extract

Pinch of salt

Method

- In a bowl, mix lupin flour, almond meal, coconut, and lemon zest.
- Add lemon juice, maple syrup, coconut oil, and vanilla. Mix well — the mixture should be soft but not sticky.
- Roll into small balls (about 1 tbsp each).
- Roll each ball in extra coconut (or icing sugar for a “snowy” look).
- Chill in the fridge for at least 30 minutes before serving.

Store: Airtight container in the fridge for up to 1 week.

VELVET CHOCOLATE LUPIN MOUSSE

Serves 4 • Prep 15 mins

Ingredients

2 tbsp lupin flour (20g)

$\frac{3}{4}$ cup skim milk

2 tbsp cocoa powder

50 grams no-added-sugar dark chocolate

3 tbsp granulated sweetener (Natvia or Monk Fruit)

1 tsp vanilla extract

1 cup light thickened cream

Pinch of salt

Method:

- In a small saucepan, whisk lupin flour and cocoa powder together.
- Slowly whisk in skim milk until smooth.
- Cook over medium-low heat, whisking constantly, until thickened and smooth (3–4 mins).
- Remove from heat, stir in chopped no-added-sugar chocolate until melted, and sweetener. Once melted, add vanilla, and pinch of salt.
- Let cool to room temperature.
- In a separate chilled bowl, whip light cream until soft peaks form.
- Gently fold the cooled chocolate-lupin into the whipped cream in 2–3 additions.
- Spoon into 4 serving glasses, cover, and chill for at least 2 hours.

GINGERBREAD EDIBLE COOKIE DOUGH

Serves 2 • Prep 15 mins

Ingredients

40 grams lupin flour
30 grams almond flour
40 grams coconut oil, melted
20 grams brown sugar
20 ml milk of choice
25 ml (½ tsp) vanilla extract
Pinch of salt
20 grams dark chocolate chips
20 grams white chocolate chips
5 grams almond butter
1/4 tsp ground ginger
1/4 tsp ground cinnamon
Pinch of nutmeg

Continue over page for method

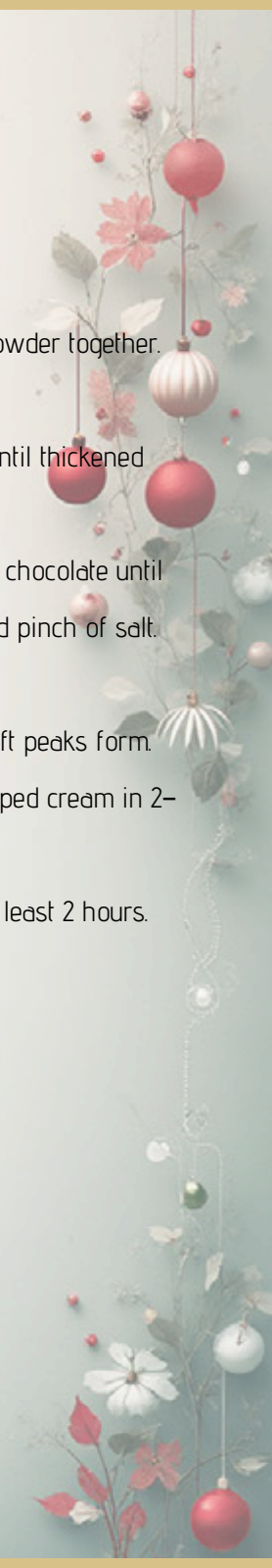


GINGERBREAD EDIBLE COOKIE DOUGH

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- Cook over medium-low heat, whisking constantly, until thickened and smooth (3–4 mins).
- Remove from heat, stir in chopped no-added-sugar chocolate until melted, and sweetener. Once melted, add vanilla, and pinch of salt.
- Let cool to room temperature.
- In a separate chilled bowl, whip light cream until soft peaks form.
- Gently fold the cooled chocolate-lupin into the whipped cream in 2–3 additions.
- Spoon into 4 serving glasses, cover, and chill for at least 2 hours.



PARMESAN CHEESE CRACKERS

Makes 30 • Prep 15 mins • Cook 15 mins

Ingredients

250 grams Lupin Flour

175 grams Finely grated parmesan cheese

30 grams Nutritional Yeast Flakes

1/2 Teaspoon Mixed Herbs

50 ml Lite Olive Oil

5 Large Eggs

Method

- Preheat oven to 180/Bake & Line 2 large baking trays with baking paper.
- Place all of the dry ingredients into a large mixing bowl. In a separate bowl, add the oil & eggs one at a time, whisking to combine.
- Pour the wet ingredients into the dry ingredients, mix thoroughly.
- Divide the dough into two, then roll dough out in-between two sheets of baking paper until about 3mm thick.
- Place the sheet with dough onto the prepared tray & using a sharp knife cut into squares. Repeat until all the dough is on both trays, bake for 15 minutes.
- Remove from oven and carefully score the lines again to create individual crackers. Sprinkle with coarsely ground sea salt. Turn oven off & return the trays to the oven, leave until cool.
- **Store in an airtight container**

CHRISTMAS MUG CAKE WITH CRUMBLE TOPPING

Makes 1-2

Ingredients

Base (Lupin Flour Layer):

- 2 tbsp lupin flour
- 1 tbsp almond flour (or any nut flour)
- 1 tbsp sugar or sweetener (adjust to taste)
- 2 tbsp milk (dairy or plant-based)
- ½ tsp vanilla extract
- ¼ tsp baking powder
- 1 large egg

Fruit Mince Mixture:

- 2 tbsp mixed dried fruits (e.g., raisins, currants, chopped dates)
- 1 tsp orange zest
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- ½ tsp allspice
- 2½ tbsp orange juice
- ½ tbsp brandy (optional, or use more orange juice)

Continue over page

CHRISTMAS MUG CAKE WITH CRUMBLE TOPPING

Makes 1-2

Ingredients

Crumble Topping:

2 tbsp almond flour

½ tsp sugar or sweetener

½ tbsp butter (melted)

1 tsp crushed nuts (e.g., almonds, pecans, or walnuts) for crunch & texture

Method:

- Prepare the **Lupin cake mix**:
- In a small bowl, mix the lupin flour, almond flour, sugar, milk, vanilla extract, egg and baking powder until smooth.
- Make the **Fruit Mince Mixture**:
- In a small microwave bowl, mix the dried fruits, orange zest, spices, orange juice, and brandy (if using).
- Microwave for 20 seconds to soften the fruits and blend the flavours.
- Combine the fruit mixture with the lupin cake mix. Spray a large microwave safe mug with oil spray, and pour the batter in.

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CHRISTMAS MUG CAKE WITH CRUMBLE TOPPING

Makes 1-2

Method:

Create the Crumble Topping:

In another bowl, mix almond flour, sugar, melted butter, and crushed nuts until crumbly.

Sprinkle this over the cake in the mug.

Cook the Mug Cake:

Microwave the mug on medium power for 1.5 – 2 minutes, or until a skewer comes out clean.

Serve and Enjoy:

Top with your favorite garnish—Greek yogurt, whipped cream, or custard—and add a sprinkle of cinnamon for extra warmth.

This nutty, crumble adds crunch and richness while staying festive and flavourful!

Please Note – microwave times may vary

MINI LUPIN CHRISTMAS CAKES

Makes 1-2 • Prep 15 mins plus soak time

Ingredients

$\frac{3}{4}$ cup mixed dried fruit

$\frac{1}{4}$ cup orange juice (or brandy for traditional flavour)

2 large eggs

$\frac{1}{4}$ cup olive oil or melted butter

$\frac{1}{4}$ cup maple syrup or brown sugar replacement

1 tsp vanilla extract

$\frac{1}{2}$ cup lupin flour

$\frac{1}{2}$ cup almond meal

1 tsp baking powder

1 tsp ground cinnamon

$\frac{1}{2}$ tsp mixed spice

Pinch of salt

Optional: 2 tbsp chopped nuts (pecans or walnuts)

Continue over page for method

MINI LUPIN CHRISTMAS CAKES

Makes 12 • Prep 15 mins plus soak time

Method

- Soak the dried fruit in orange juice for at least 30 minutes (or overnight). Drain off any excess liquid.
- Preheat oven to 170°C (fan-forced). Line a muffin tray with paper cases or grease a silicone tray.
- In a large bowl, whisk eggs, oil, syrup, and vanilla until combined.
- Add lupin flour, almond meal, baking powder, spices, and salt. Mix gently until smooth.
- Fold in soaked fruit (and nuts if using).
- Spoon mixture into muffin cups ($\frac{3}{4}$ full).
- Bake for 20–25 minutes or until golden and firm to touch.
- Cool completely, then drizzle with a simple glaze (icing sugar + lemon juice or water) and top with a cherry or almond.

Tip: These freeze beautifully — wrap individually and thaw before serving.

WHITE CHOCOLATE & CRANBERRY LUPIN COOKIES

Serves 12 • Prep 10 mins • Cook time 10-12 mins

Ingredients

- ½ cup lupin flour
- ½ cup plain flour (or gluten-free blend)
- ½ tsp baking soda
- ¼ tsp salt
- ¼ cup unsalted butter, softened
- ¼ cup coconut oil or extra butter
- ½ cup brown sugar (or brown sugar replacement)
- ¼ cup granulated sweetener
- 1 egg
- 1 tsp vanilla extract
- 1 tsp grated orange zest
- ½ cup white chocolate chips
- ½ cup dried cranberries/craisins

Continue over page for method



WHITE CHOCOLATE & CRANBERRY LUPIN COOKIES

Serves 12 • Prep 10 mins • Cook time 10-12 mins

Method

- Preheat oven to 170°C (fan-forced). Line a baking tray with baking paper
- In a bowl, whisk lupin flour, plain flour, baking soda, and salt.
- In another bowl, beat butter, oil, and sugars until creamy. Add egg, vanilla, and orange zest — mix until smooth.
- Add dry ingredients to wet and mix until a soft dough forms. Fold in white choc chips and cranberries.
- Roll into balls (about 1½ tbsp each) and place on tray, flattening slightly.
- Bake 10-12 minutes, until edges are golden but centres still soft.
- Cool on tray for 5 minutes, then transfer to a rack.

Storage: Airtight container up to 5 days, or freeze for later.

LUPIN & HERB STUFFING CHRISTMAS BALLS

Serves 12 • Prep 30 mins • Cook time 25-30 mins

Ingredients

1 cup lupin flakes

$\frac{3}{4}$ cup vegetable or chicken stock (hot)

1 tbsp olive oil

1 small onion, finely diced

1 stick celery, finely chopped

1 small apple, grated

2 garlic cloves, minced

1 tbsp fresh sage, chopped

1 tbsp fresh thyme leaves

2 tbsp fresh parsley, chopped

1 egg, lightly beaten

Salt and pepper to taste

Optional: $\frac{1}{4}$ cup chopped raisins + crushed pecans for festive flair

Continue over page for method

LUPIN & HERB STUFFING CHRISTMAS BALLS

Serves 12 • Prep 30 mins • Cook time 25-30 mins

Method

- Preheat oven to 180°C (fan-forced). Grease a 12-hole muffin tin.
- Place lupin flakes in a bowl and pour over hot stock. Let stand 10–15 minutes until absorbed and softened.
- Meanwhile, heat olive oil in a pan. Sauté onion, celery, garlic and apple until softened.
- Combine lupin mixture, cooked veg, herbs, and egg in a large bowl. Season well.
- Stir through cranberries & nuts
- Spray muffin tin with oil spray. Spoon mixture into muffin cups, pressing down gently.
- Bake for 25–30 minutes, until golden and firm. Cool slightly before removing.

Tip: Serve warm with roast meats or as part of a festive vegetarian plate.

LUPIN, SPINACH & FETA TART

Serves 8 • Prep 15 mins

Ingredients

For the pastry:

1 cup lupin flour

½ cup plain flour (or GF flour blend)

80 grams cold butter, cubed

1–2 tbsp cold water

Pinch of salt

For the filling:

1 tsp olive oil

½ small onion, finely chopped

2 cups baby spinach, chopped

½ cup crumbled feta cheese

2 eggs

¼ cup milk (or light cream)

1 Tomato – sliced for topping

Pinch of nutmeg, salt & pepper

Continue over page for method

LUPIN, SPINACH & FETA TART

Serves 8 • Prep 15 mins

Method

- In a bowl, rub butter into flours and salt until mixture resembles breadcrumbs.
- Add cold water gradually until dough just comes together.
- Wrap and chill for 20 minutes.
- Preheat oven to 180°C (fan-forced).
- Put the dough into the tart tin and shape to fit
- Heat olive oil in a pan, sauté onion until soft, then add spinach and cook until wilted. Cool slightly.
- In a bowl, whisk eggs, milk, nutmeg, salt and pepper.
- Stir in spinach mixture and feta.
- Spoon filling into shell.
- Arrange tomatoes onto top - around the sides
- Bake for 15–18 minutes until golden and set.

LUPIN & PISTACHIO CRUSTED CHICKEN (OR SALMON)

Serves 4 • Prep 15 mins

Ingredients

4 chicken breasts or salmon fillets

½ cup lupin flakes

½ cup pistachios, shelled

Zest of 1 lemon

1 tbsp fresh parsley, chopped

1 tbsp fresh thyme leaves

Salt and pepper to taste

1 tbsp Dijon mustard or Greek yoghurt (to help coating stick)

Method

- Preheat oven to 200°C (fan-forced). Line a tray with baking paper.
- In a food processor, pulse lupin flakes, pistachios, lemon zest, parsley, thyme, salt and pepper until coarse crumbs form.
- Brush chicken or salmon lightly with Dijon or yoghurt.
- Press each piece into the lupin-pistachio crumb to coat.
- Place on a lined baking tray.
- Bake chicken 20–25 minutes or until golden and cooked through, or Salmon: 12–15 minutes depending on thickness.
- Serve with a squeeze of lemon and a dollop of cranberry yoghurt sauce (Greek yoghurt + cranberry sauce + lemon juice).

Tip: For extra crunch, lightly toast the lupin flakes before processing.



From everyone here at The Lupin Co,
we'd like to wish you a warm, happy,
and truly Merry Christmas.

As you flip through these pages, we
hope you find inspiration, joy, and a
little bit of lupin-powered magic for your
festive table.

Thank you for your incredible support
throughout 2025 — it's been a privilege
to share our passion for wholesome,
Australian-grown goodness with you.

Here's to good food, good health, and a
wonderful year ahead.

The Lupin Co

