

THE
HEALTHY
HOLIDAYS
COOKBOOK

Feast With Family And
Feel Great!

Cassidy Gundersen, PhD

Disclaimer: The information in this recipe book is based on research by and personal beliefs of Cassidy Gundersen and Private Enterprise Management unless otherwise noted.

© 2023 Private Enterprise Management



A LETTER FROM CASSIDY

The holidays are a time for gathering, celebrating, and enjoying meals with those we love. But all too often, the festive season brings rich, heavy dishes that leave us feeling overindulged and sluggish. The Healthy Holidays Cookbook is here to offer a refreshing alternative.

In this cookbook, you'll find a collection of recipes that are simple to make, delicious, and designed with your health in mind. Each dish is crafted to be flavorful while keeping the fat content low, allowing you to enjoy your holiday favorites without the post-meal guilt. Whether you're preparing a big family feast or a quiet meal at home, these recipes will help you stay on track without missing out on the joy of seasonal flavors.

From lightened-up holiday classics to creative new dishes, The Healthy Holidays Cookbook is all about celebrating the season with food that tastes great and makes you feel even better. This holiday, let's indulge in the best of both worlds —food that's festive and healthy. Happy cooking and happy holidays!

With lots of love,
Cassidy Gunderesen, PhD



CONTENTS

1	Introduction
5	Salads
10	Soups
12	Vegetable Dishes
17	Potatoes
22	Dressings/ Sauces
24	Main Dishes
28	Stuffing
30	Breads
31	Desserts
40	Holiday Drinks
43	Thank You

INTRODUCTION

The holidays are an exciting time when we can gather with family and friends to reminisce, enjoy each other's company, and share a meal. However, the holidays don't always bring joy for everyone, especially those of us who struggle with their health. The holidays can sometimes bring fear leading up to a big meal and then self loathing if we get off track with our health goals. Sometimes we know that certain dishes are unhealthy but we eat them anyway because this time of year only comes around once every 12 months.

But what if we could still enjoy the company of our family and friends while also not compromising our goals and our health? Better yet, what if the foods that we did eat were delicious and everyone else loved them too? That is the whole goal of this cookbook – I want to give you the tools to have a successful holiday season where you can get together with family and friends and share a healthy meal together while not compromising on taste.

In order to do this, I'll need to set the stage with some basic nutrition information to help you understand why we'll be using certain ingredients. There is only so much that I can teach you in these pages, so I would highly recommend watching my Healthy Holidays Class to help you understand this information in greater detail.

Whole Foods

The first thing we need to discuss is the importance of getting our nutrition from whole foods, and I don't mean the grocery store. I'm talking about making sure that all the parts of the food remain intact when we use it. This means we don't use anything that has refined oils, refined sugars, additives, or preservatives. These are what we call "partsome" foods because they are only a part of what nature intended.

Macronutrients

The first thing we need to understand is a little about macronutrients. You may have heard of macronutrients before: carbohydrates, proteins, and fats. These are the fuel sources for your body. Each cell in your body is powered by glucose, and in order to get glucose into the cells, the body must convert those three macronutrients into glucose for energy. There has been a lot of controversy over these macronutrients over the years, but I don't think there should be. Each of the three macronutrients has its place – we just need to figure out the right ratio.

Carbohydrates

Carbohydrates are easily the most demonized of the macronutrients these days. There is a very common misconception that carbohydrates lead to increased weight gain. However, this could not be further from the truth. In nutritional research, increased carbohydrate intake is actually closely associated with things like insulin resistance reversal, increased weight loss, improved thyroid function, and more. This is because carbohydrates convert into glucose the fastest out of all the macronutrients. This means that your engine is running much more efficiently when you are able to give it quick energy. The recipes in this book will feature a lot of carb-heavy cookbooks. Ideally, we want to eat about 80% of our daily calories from carb sources. If this is scary to you, I encourage you to give it a shot. I can't tell you how many times people have told me how good they feel when they eat these kinds of recipes.

Fat

Fats usually sit in the middle between carbs and proteins in terms of their dietary popularity. Many influencers today talk about the importance of getting good fats into your diet. And while this is true, fats are important, the big problem is that people usually get too much, which causes undesirable consequences for your health. Fat is the hardest macronutrient for the body to convert into glucose.

Therefore, it's going to be a while before you receive any kind of energy return from eating so much fat. This is why people feel so tired and sluggish after eating a Thanksgiving or Christmas meal: most of the meal is comprised of fatty foods. So while we don't want to eliminate fat, we want to reduce it so that we can feel our best. We should try to keep our fat consumption to about 10% of our daily caloric intake.

Protein

When it comes to nutrition, the biggest question people have today is: "Am I getting enough protein?" Chances are, if you eat enough food, you get more than enough protein. It turns out that studies have consistently shown that you don't need that much protein to thrive. Too much protein actually causes some severe health problems. You have probably never heard this because the protein industry is a multi-billion dollar industry. High performing athletes only need anywhere from 0.8g - 1.6g per kilogram of body weight. That means a 150 pound person would only need anywhere from 55g - 109g of protein each day. And that is if the person is a body builder or a high performance athlete. This often factors to be about 10% of your daily calories from protein sources.

One thing that many people do not realize is that many "protein foods" also contain high amounts of fat. Like I mentioned previously, these foods take much longer to digest and convert into glucose. These foods are not energy efficient and will leave you feeling lethargic and tired when consumed in excess.

Another fun fact about protein is that almost every food contains some amount of protein. As long as you eat enough food daily, you'll meet your protein needs.

Gratitude turns what we have into enough, and when we nourish ourselves with wholesome food, we are giving thanks for the health and vitality it brings."



Apple Harvest SALAD



A harvest salad is more than just a dish; it's a vibrant celebration of the season's bounty. Each ingredient tells a story of nature's generosity.. As we toss together these flavors and textures, we are reminded to pause and appreciate the abundance that nourishes us.

READY IN 30 MIN

SERVES 2

DIRECTIONS

1. Preheat oven to 415°F.
2. Place sweet potatoes on parchment-lined baking sheet and sprinkle with salt.
3. Place in oven, middle rack, for 20 minutes or until soft.
4. In a large bowl, add kale and a splash of fresh lemon juice and sprinkle with salt. Use hands to massage oil into kale.
5. Add apple, avocado, blueberries, pecans, pumpkin seeds and roasted sweet potatoes.
6. Combine dressing ingredients in a small bowl and whisk together.
7. Drizzle with creamy balsamic dressing and serve immediately!

INGREDIENTS

- 1 sweet potato, cubed
- Pinch, salt
- 3 cups fresh kale, removed from stem and roughly chopped
- Lemon juice
- 1 apple, cubed
- 1 avocado, cubed
- 1 cup blueberries
- 1 tablespoons red onion, diced
- 1/2 cup chopped pecans
- 1/4 cup pumpkin seeds

Dressing

- 2 TBSP balsamic vinegar
- 2 TBSP unsweetened plant milk



Pomegranate SALAD

READY IN 30 MIN

SERVES 2

DIRECTIONS

1. In a large bowl, combine the mixed greens, orange segments, pomegranate seeds, cucumber, cherry tomatoes, red onion, and walnuts or pecans. If using, gently toss in the fresh mint leaves.
2. In a small bowl or jar, whisk together the fresh orange juice, balsamic vinegar, maple syrup, Dijon mustard, salt, and pepper until well combined.
3. Drizzle the dressing over the salad and toss gently to coat all ingredients.
4. Serve immediately, or let it sit for about 10 minutes to allow the flavors to meld.

INGREDIENTS

- 4 cups mixed greens (such as spinach, arugula, or kale)
- 1 large orange (peeled and segmented)
- 1 cup pomegranate seeds
- 1 cup cucumber (diced)
- 1 cup cherry tomatoes (halved)
- ½ cup red onion (thinly sliced)
- ½ cup walnuts or pecans (roughly chopped)
- ¼ cup fresh mint leaves (optional, for added freshness)

Dressing:

- ¼ cup fresh orange juice (from about 1 orange)
- 2 tbsp balsamic vinegar
- 1 TBSP maple syrup
- 1 tsp Dijon mustard
- Salt and pepper to taste

Quinoa SALAD

READY IN 50 MIN

SERVES 4

INGREDIENTS

- 1 cup quinoa (rinsed)
- 2 cups vegetable broth
- 1 can (15 oz) black beans (rinsed and drained)
- 1 cup corn kernels
- 1 red bell pepper (diced)
- 1 small red onion (diced)
- 1 cup cherry tomatoes (halved)
- 1 avocado (diced)
- ½ cup fresh cilantro (chopped)
- Juice of 2 limes
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper to taste

DIRECTIONS

1. In a medium pot, combine the rinsed quinoa and vegetable broth (or water). Bring to a boil, then reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked, and the liquid is absorbed. Remove from heat and let it sit for 5 minutes, then fluff with a fork.
2. In a large bowl, combine the cooked quinoa, black beans, corn, red bell pepper, red onion, cherry tomatoes, and cilantro. If using, gently fold in the diced avocado.
3. In a small bowl, whisk together the lime juice, cumin, chili powder, salt, and pepper. Pour the dressing over the salad and toss gently to combine.
4. Serve immediately or let it chill in the refrigerator for about 30 minutes to allow the flavors to meld.





Berry SALAD

READY IN 20 MIN

SERVES 4-6

INGREDIENTS

Salad

- 5 oz. spring mix
- 1 cup strawberries, quartered
- 1 cup raspberries
- 1 cup blueberries
- 1 avocado, diced
- 1/3 cup candied or toasted almonds, walnuts, or pecans

Dressing

- 2 Tbsp. red wine vinegar
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. raw honey
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/8 tsp. garlic powder
- 4 Tbsp. olive oil

DIRECTIONS

1. In a small bowl or a jar, combine vinegar, lemon juice, honey, salt, pepper, and garlic powder.
2. Whisk to combine, then continue to whisk as you slowly drizzle in the avocado oil.
3. Whisk until the dressing is fully combined.
4. Pour about 1/2 the dressing over the salad to start with, adding more as desired.
5. In a large bowl, combine spring mix, strawberries, raspberries, blueberries, avocado, and nuts.
6. Drizzle with about 1/2 the dressing to start, and toss to combine.
7. Add additional dressing, as desired.
8. Serve immediately.

Fruit SALAD

READY IN 20 MIN

SERVES 4-6



INGREDIENTS

- 1 cup strawberries (hulled and halved)
- 1 ½ cups pineapple (cut into bite-sized pieces)
- 1 cup green or red grapes (halved)
- 2 kiwis (peeled and sliced)
- 1 cup blueberries

Optional Dressing

- 2 TBSP lime juice (about 1 lime)
- 1 TBSP honey or maple syrup
- 1 tsp lime zest

DIRECTIONS

1. Prepare fruit: In a large bowl, combine the strawberries, pineapple, grapes, kiwi slices, and blueberries.
2. Optional dressing: In a small bowl, whisk together the lime juice, honey (or maple syrup), and lime zest until smooth.
3. Toss salad: Pour the dressing over the fruit and gently toss to coat. If you prefer the fruit plain, skip the dressing.
4. Chill: Refrigerate the fruit salad for about 15-20 minutes before serving to let the flavors mingle (optional).



Split PEA SOUP

READY IN 70 MIN SERVES 4

DIRECTIONS

1. Rinse and drain 1 ½ cups of dried split peas. Set aside.
2. In a large pot, add a splash of vegetable broth and sauté 1 diced onion and 2 minced garlic cloves over medium heat for about 5 minutes until softened.
3. Stir in 3 sliced carrots, 2 sliced celery stalks, and 1 diced potato. Cook for another 5 minutes, adding more broth as needed to prevent sticking.
4. Stir in 1 bay leaf, 1 teaspoon dried thyme, 1 teaspoon dried oregano, 1 teaspoon smoked paprika, and ½ teaspoon ground cumin. Cook for 1 minute until fragrant.
5. Pour in 6 cups of vegetable broth and add the rinsed split peas. Stir well.
6. Bring the soup to a boil, then reduce the heat to low. Cover and simmer for about 45-50 minutes, stirring occasionally, until the split peas are soft and the vegetables are tender.
7. Once the peas have broken down and the soup has thickened, season with salt and pepper to taste. Add 2 tablespoons of nutritional yeast (optional) and 1 tablespoon of lemon juice for added flavor.
8. For a creamier texture, use an immersion blender to partially blend the soup, or transfer a portion to a blender and blend, then stir it back into the pot.
9. Remove the bay leaf and ladle the soup into bowls. Garnish with fresh parsley or cilantro if desired.
10. Serve warm and enjoy.

INGREDIENTS

- 1 ½ cups dried split peas (rinsed and drained)
- 1 large onion (diced)
- 2 cloves garlic (minced)
- 3 medium carrots (sliced)
- 2 celery stalks (sliced)
- 1 medium potato (diced)
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp smoked paprika
- ½ tsp ground cumin
- 6 cups vegetable broth (or water)
- Salt and pepper to taste
- 2 TBSP nutritional yeast
- 1 TBSP lemon juice

Butternut Squash SOUP

READY IN 50 MIN

SERVES 4-6

INGREDIENTS

- 1 butternut squash
- 2 sweet potatoes
- 1 yellow onion
- 3 cloves garlic, peeled
- 1 can coconut milk
- 1 tsp ground cumin
- ½ tsp cinnamon
- ¼ tsp chili powder
- 1 tsp chili flakes
- 3-4 cups vegetables broth

DIRECTIONS

1. Preheat the oven to 375°F.
2. Prepare the vegetables: Cut the butternut squash and sweet potatoes into large chunks (about 2 inches). Slice the onion into half-moons. Place all the vegetables in a roasting tin. Sprinkle with cumin, cinnamon, and chili powder.
3. Roast the vegetables: Roast in the oven for about 30 minutes, until tender and golden around the edges.
4. Transfer the roasted vegetables to a saucepan. Cover the vegetables with water or vegetable stock. Bring to a boil over high heat. Ensure the vegetables are completely cooked by inserting a knife into them.
5. Blend the soup until smooth with an immersion blender.
6. Stir in the coconut milk and whisk to combine. Add chili flakes and adjust seasoning. If needed, adjust the consistency by adding more water or vegetable stock.
7. Garnish with fresh chopped coriander and serve immediately.





Minestrone SOUP

READY IN 45 MIN SERVES 4

DIRECTIONS

1. In a large add onions, garlic, salt, carrots and celery and sauté with 3 TBSP water for 5 minutes.
2. Add basil, oregano and thyme and sauté for an additional 60 seconds.
3. Add the crushed tomatoes, vegetable broth, zucchini, and both of the beans. Add just enough water to cover the vegetables.
4. Bring soup to a boil, then reduce heat and allow to simmer for 20-25 minutes or until vegetables are tender.
5. Stir in the pasta, balsamic vinegar and spinach and cook for another 10-15 minutes, or until pasta is cooked.
6. Adjust water level for desired level of thinness, and add additional salt and pepper as needed.

INGREDIENTS

- 1 small onion, diced
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 tsp basil
- 2 tsp oregano
- 1 tsp thyme
- 1 tsp salt
- 1 - 32 oz can crushed tomatoes
- 4 cups vegetable broth
- 1 zucchini, chopped
- 1/4 cup red kidney beans
- 1/4 cup chickpeas
- 1/4 cup chickpea pasta
- 1 cup fresh spinach
- 2 TBSP balsamic vinegar

Green Bean CASSEROLE



Green bean casserole: the dish that proves even veggies can dress up for the holidays.

READY IN 60 MIN

SERVES 4-5

DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a bowl, combine the sliced onion, breadcrumbs, garlic powder, onion powder, salt, and pepper. Mix until the onions are coated.
3. Spread the onion mixture evenly on the prepared baking sheet.
4. Bake for about 20-25 minutes, stirring halfway through, until the onions are golden brown and crispy. Remove from the oven and set aside.
5. While onions cook, in a large pot, bring water to a boil. Add the trimmed green beans and blanch for 3-4 minutes until bright green and tender-crisp. Drain and set aside.
6. In the same pot, sauté the diced onion and minced garlic over medium heat until softened (about 5 minutes). Add the sliced mushrooms and cook for another 5-7 minutes until the mushrooms release their moisture and become tender.
7. Stir in the almond milk, nutritional yeast, soy sauce, onion powder, garlic powder, vegetable broth, salt, and pepper. Bring to a simmer and cook for 5-7 minutes until slightly thickened.
8. Add the blanched green beans to the pot and mix until well coated with the sauce.
9. Pour the green bean mixture into a baking dish and top with the crispy onions.
10. Bake in the oven for an additional 15-20 minutes until heated through and the top is golden.

INGREDIENTS

For the Casserole:

- 1 pound fresh green beans (trimmed and cut into 1-inch pieces)
- 1 medium onion (diced)
- 2 cloves garlic (minced)
- 8 oz mushrooms (sliced)
- 1 cup unsweetened plant milk
- 2 TBSP nutritional yeast
- 1 TBSP liquid aminos
- 1 tsp onion powder
- 1 tsp garlic powder
- Salt and pepper to taste
- 1 cup vegetable broth

Roasted Crispy Onions:

- 1 large onion (thinly sliced)
- 1 cup breadcrumbs (or crushed cornflakes for gluten-free)
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste



Roasted BROCCOLI

READY IN 40 MIN

SERVES 2

DIRECTIONS

1. Preheat oven to 400 F.
2. Divide broccoli into individual florets, slicing thicker stems. Rinse under cold water. Place in a medium bowl.
3. Combine broccoli florets with garlic. Toss in lemon juice, salt and pepper.
4. Place on a baking sheet and bake for 20-30 minutes, until soft. Please check at 20 minutes to see if done. Do not let burn.
5. Let cool before serving.

INGREDIENTS

- 1 medium bunch broccoli
- 2 cloves garlic, chopped or crushed
- juice of 1 lemon
- salt and pepper



BBQ CAULIFLOWER

READY IN 45 MIN

SERVES 2

DIRECTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. In a large mixing bowl, toss the cauliflower florets with garlic powder, smoked paprika, onion powder, salt, and pepper until evenly coated.
3. Add the BBQ sauce and maple syrup (if using) to the cauliflower and toss until the florets are well coated.
4. Spread the cauliflower in an even layer on the prepared baking sheet.
5. Bake for 25-30 minutes, flipping halfway through, until the cauliflower is tender and slightly caramelized.
6. Serve immediately with extra BBQ sauce on the side for dipping.

INGREDIENTS

- 1 head of cauliflower, cut into florets
- 1 cup BBQ sauce of choice
- 2 TBSP maple syrup (optional, for extra sweetness)
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp onion powder
- Salt and pepper, to taste

Maple ROASTED CARROTS

READY IN 35 MIN

SERVES 4-6

INGREDIENTS

- 16 oz carrots
- 1 TBSP tahini
- 1 TBSP water
- 1 tsp lemon juice
- 2 TBSP maple syrup
- Pinch nutmeg
- Pinch cinnamon
- 1/2 tsp thyme
- 1 pinch cardamom
- Salt, to taste
- Pepper, to taste

DIRECTIONS

1. Preheat your oven to 400°F
2. Wash and peel 16 ounces of carrots. Cut them into evenly sized pieces, either in rounds or sticks, about 1-2 inches long.
3. Combine tahini, water, lemon juice, and maple syrup. Stir until the tahini is well combined with the other ingredients.
4. Add a pinch of nutmeg, a pinch of cinnamon, 1/2 teaspoon of thyme, and a pinch of cardamom to the glaze mixture. Season with salt and pepper to taste, stirring until everything is well mixed.
5. Place cut carrots on a lined baking sheet and cover with glaze completely, pouring extra glaze on top.
6. Put in oven and bake for 25-30 minutes or until tender.



Brussels and Squash SALAD



Food is fuel for the body, but that doesn't mean it can't taste good as well! This recipe will hit those pleasure centers in the brain and help you feel your best. You'll also be putting the right kind of fuel in the tank!

READY IN **65 MIN**

SERVES **6**

DIRECTIONS

1. Preheat oven to 400°F.
2. In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 TBSP water, maple syrup, and cinnamon, and toss to mix.
3. Place butternut squash in a single layer on the baking sheet. Bake for 30-35 minutes, turning once half-way through baking, until softened.
4. While squash is cooking, make sure Brussels sprouts have trimmed ends and yellow leaves are removed. Slice all Brussels sprouts in half.
5. In the same bowl, combine halved Brussels sprouts, 3 TBSP water, salt and pepper, and toss to combine.
6. Place onto a foil-lined baking sheet, cut side down, and roast for about 20-25 minutes.
7. During the last 5-10 minutes of roasting, turn them over for even browning.
8. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.

INGREDIENTS

- 3 cups brussels sprouts
- 1 tsp salt
- 1 tsp pepper
- 4 cups butternut squash (peeled, seeded, and cubed into 1-inch cubes)
- 4 TBSP maple syrup
- ½ tsp cinnamon
- ½ cup pecans, chopped
- 1 cup dried cranberries



Sweet POTATO CASSEROLE

READY IN 50 MIN SERVES 2

DIRECTIONS

1. Preheat oven to 350°F.
2. Cook sweet potatoes: Peel and cube the sweet potatoes. Steam or boil them for 15-20 minutes until tender. Drain and allow them to cool slightly.
3. Make the sweet potato filling: Mash the cooked sweet potatoes in a large bowl. Add the plant-based milk, maple syrup, vanilla extract, cinnamon, nutmeg, ginger, and a pinch of salt. Stir until smooth and creamy.
4. Spread in a casserole dish: Spread the sweet potato mixture evenly into an 8x8-inch (or similar) baking dish.
5. Prepare the crumble topping: In a medium bowl, mix the oats, chopped nuts, almond butter, maple syrup, cinnamon, salt, and applesauce until well combined.
6. Top the casserole: Sprinkle the oat-nut crumble mixture evenly over the sweet potato layer.
7. Bake the casserole for 25-30 minutes, until the topping is golden brown and slightly crisp.
8. Allow the casserole to cool for 10 minutes before serving.

INGREDIENTS

- 4-5 medium sweet potatoes (about 2 pounds)
- ¼ cup plant-based milk
- ¼ cup pure maple syrup
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground ginger
- Pinch of salt

- Nutty Crumble Topping:
 - ¾ cup rolled oats
 - ½ cup pecans or walnuts (chopped)
 - 2 TBSP almond butter (or other nut butter)
 - 2 TBSP pure maple syrup
 - ½ tsp cinnamon
 - Pinch of salt
 - 2 TBSP applesauce



Scalloped POTATOES

READY IN 75 MIN

SERVES 2

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Wash and thinly slice the potatoes (about 1/8 inch thick).
Slice the onions thinly and set them aside.
3. In a saucepan, combine the almond milk, vegetable broth, nutritional yeast, cornstarch, Dijon mustard, garlic powder, onion powder, turmeric, salt, and pepper.
4. Whisk the mixture well and heat over medium heat, stirring constantly. Cook until it thickens slightly (about 5-7 minutes). Remove from heat.
5. In a lightly greased (with water or broth) 9x13-inch baking dish, spread a layer of potato slices, followed by a few slices of onion.
6. Pour a little of the sauce over the layer. Repeat the layers until all the potatoes, onions, and sauce are used up, ending with sauce on top.
7. Cover the dish with foil and bake for 40 minutes.
8. Remove the foil and bake for an additional 15-20 minutes, or until the potatoes are tender and the top is golden and bubbly.
9. Garnish with freshly chopped parsley before serving.

INGREDIENTS

- 4 large Yukon Gold or Russet potatoes
- 1 medium onion (thinly sliced)
- 3 cloves garlic (minced)
- 1 ½ cups unsweetened plant milk
- 1 ½ cups vegetable broth
- 1/3 cup nutritional yeast
- 2 TBSP arrowroot powder
- 1 TBSP Dijon mustard
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/4 tsp ground turmeric
- Salt and pepper to taste
- Chopped fresh parsley (for garnish)



Twice

BAKED POTATOES

READY IN 90 MIN

SERVES 4-8

INGREDIENTS

- 4 medium russet potatoes
- 5 oz container fresh baby spinach
- 3/4 cup artichoke hearts
- 1/2 medium onion diced
- 2 cloves garlic minced
- 1 cup unsweetened plant milk
- 1.5 TBSP fresh lemon juice
- Salt, to taste
- 3 TBSP nutritional yeast

DIRECTIONS

1. Bake the potatoes at 400°F for 1 hour or until soft inside.
2. Once cooled, cut each potato open lengthwise and scoop out the inside, leaving a thin layer.
3. Heat a medium skillet over medium heat and add some water. Add the onions and cook until soft, then the garlic and cook until just softened.
4. Add the chopped spinach and sauté, stirring until wilted, then add the chopped artichoke hearts and a sprinkle of salt and cook one more minute. Remove from heat and set aside.
5. Mash or blend together the insides from potatoes with the plant milk, lemon juice, nutritional yeast, and salt.
6. Combine the potato mixture with the spinach artichoke mixture, then scoop into the hollowed potatoes.
7. Bake at 400 for about 15-20 minutes or until beginning to lightly brown. Remove from oven and serve hot.

Funeral POTATOES



READY IN **60 MIN**

SERVES **4-5**

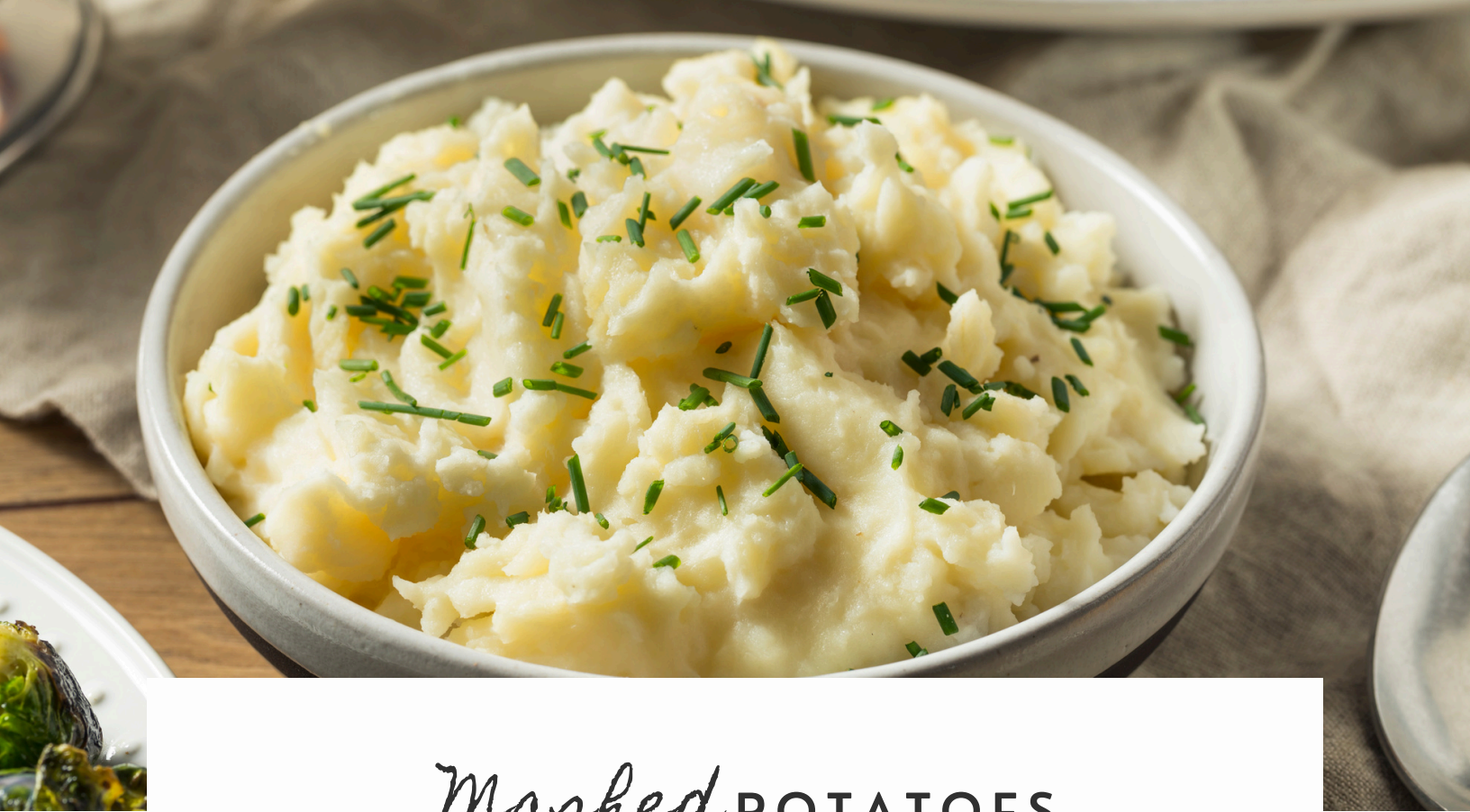
DIRECTIONS

1. Cover cashews in a bowl and pour boiling water. Cover for 20 minutes to soften. Drain the water
2. Preheat oven to 400F.
3. Peel and cube the potatoes and then rinse in cold water. Place in a pot with water and gently boil for 8 minutes or until almost tender. But do NOT cook them until they are soft. Drain the water and rinse with cool water to stop the cooking process.
4. Add all ingredients except the potatoes, onions and corn flakes and blend on high for 1-2 minutes or until smooth.
5. Place potatoes and onions in the large cooking pan. Cover with the sauce from the blender and gently mix all together. Smooth out the top.
6. Crush the corn flakes and sprinkle some salt and pepper with it and gently mix. Sprinkle on top of the potatoes evenly. Cook for 30-40 minutes.

A Utah original not just great at funerals, but fantastic at any special occasion.

INGREDIENTS

- 2 lbs. potatoes (about 5 potatoes)
- 1 1/4 cups finely diced yellow onions
- 1 cup raw cashews
- 1/2 cup unsweetened plain plant milk
- 1/4 cup plain plant milk
- 1/2 cup water
- 1/3 cup nutritional yeast
- 3 TBSP distilled white vinegar
- 2 tsp red wine vinegar
- 2 tsp lemon juice
- 1 1/2 tsp onion powder
- 1 1/2 tsp garlic powder
- 1 tsp salt
- 1 1/2 cups corn flakes



Mashed POTATOES

READY IN 35 MIN

SERVES 4-6

DIRECTIONS

1. Place the peeled and chopped potatoes in a large pot and cover them with cold water. Bring to a boil, then reduce the heat and simmer for 12-15 minutes or until the potatoes are fork-tender. Drain and return the potatoes to the pot.
2. While the potatoes are cooking, heat the plant-based milk, garlic, and vegetable broth in a small saucepan over low heat. This will infuse the garlic flavor into the milk. Be careful not to boil the milk.
3. Using a potato masher or fork, mash the potatoes to your desired texture. Slowly pour in the heated plant-based milk mixture, stirring as you go.
4. Stir in the nutritional yeast, lemon juice, salt, and black pepper. Adjust seasoning to taste. If you want a creamier consistency, add more plant-based milk or vegetable broth as needed.
5. Garnish with fresh herbs like chives or parsley, and serve with fat-free gravy recipe.

INGREDIENTS

- 2 pounds of Yukon Gold potatoes (or russet), peeled and chopped into large chunks
- 1/2 cup unsweetened plant-based milk
- 1/4 cup vegetable broth
- 1-2 tbsp nutritional yeast
- 2-3 cloves garlic, minced
- 1 tbsp fresh lemon juice
- Pepper, to taste
- Salt, to taste
- Fresh herbs like chives or parsley, for garnish (optional)



Creamy **GRAVY**

READY IN 20 MIN

SERVES 4-6

INGREDIENTS

- ¼ cup oat flour
- 2 Tbs nutritional yeast
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp black pepper
- 2 cups vegetable broth
- 2 TBSP liquid aminos
- ½ tsp mustard

DIRECTIONS

1. Toast dry ingredients over low heat until aromatic.
2. Whisk veggie broth, soy sauce, mustard, and kitchen bouquet to combine.
3. Pour into pan with the dry ingredients and whisk to remove any lumps.
4. Simmer on med-low heat until bubbly and thickened.



Cranberry SAUCE

READY IN 20 MIN SERVES 2

DIRECTIONS

1. In a medium saucepan, combine 12 oz cranberries, $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ cup water, and $\frac{1}{4}$ - $\frac{1}{2}$ cup maple syrup (adjust based on your desired sweetness).
2. Bring the mixture to a simmer over medium heat. Stir occasionally as the cranberries start to pop and break down, about 10-12 minutes.
3. Once the cranberries have mostly broken down, add 1 teaspoon of orange zest, $\frac{1}{2}$ teaspoon ground cinnamon, and a pinch of ground ginger if using. Stir to combine.
4. Continue simmering for another 5-7 minutes until the sauce thickens to your desired consistency.
5. Remove from heat and allow the sauce to cool. It will continue to thicken as it cools.
6. Serve the cranberry sauce warm or chilled, and enjoy as a tangy-sweet addition to your holiday meal!

INGREDIENTS

- 12 oz fresh or frozen cranberries
- $\frac{1}{2}$ cup orange juice (freshly squeezed)
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ - $\frac{1}{2}$ cup maple syrup (adjust to taste)
- 1 tsp orange zest
- $\frac{1}{2}$ tsp ground cinnamon
- Pinch of ground ginger (optional)

Stuffed MUSHROOMS

READY IN 40 MIN

SERVES 12 MUFFINS

INGREDIENTS

- 16 large cremini or baby bella mushrooms (stems removed)
- 1 small onion (finely diced)
- 2 cloves garlic (minced)
- 1 cup spinach (chopped)
- ½ cup cooked quinoa (or brown rice)
- 2 TBSP nutritional yeast
- 2 TBSP chopped walnuts
- 1 TBSP liquid aminos
- 1 tsp dried thyme
- ½ tsp smoked paprika
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 375°F.
2. Chop off caps. Set the mushroom caps aside and finely chop the stems.
3. In a large pan, sauté the diced onion and minced garlic over medium heat with a splash of water or vegetable broth for about 5 minutes, until softened. Add the chopped mushroom stems to the pan and cook for another 3 minutes.
4. Stir in the chopped spinach, cooked quinoa, liquid aminos, nutritional yeast, walnuts, thyme, smoked paprika, salt, and pepper. Cook for another 3-5 minutes, until the spinach is wilted and everything is well combined.
5. Stuff each mushroom cap with the quinoa-spinach mixture, pressing it in to fill each cap generously.
6. Place the stuffed mushrooms on the prepared baking sheet and bake in the preheated oven for 20-25 minutes, until the mushrooms are tender and the tops are lightly browned. Remove and enjoy!





Lentil Shepherd's PIE

READY IN 65 MIN

SERVES 4

DIRECTIONS

1. Preheat oven to 400°F .
2. In a skillet on medium heat add the chopped carrots, onions, peppers, mushrooms and minced garlic.
3. Cook on medium heat until carrots are soft, about 12-15 minutes.
4. While the vegetables are cooking, place cubed sweet potatoes in a medium pan on stove. Boil on high for 20 minutes or until soft.
5. Once Sweet Potatoes are cooking, mix flax with 4 TBSP water and let sit for 5 minutes. This will create the "flax egg" .
6. Once the carrots are soft, stir in lentils, tomato paste, flax egg, and seasonings.
7. Once the sweet potato is soft, drain from water and mash in a bowl along with 3 TBSP water and 1 tsp salt.
8. Transfer lentil vegetable mixture into a 9 x 9 pan and spread evenly across the bottom. Then add the sweet potato mash and spread evenly across the top.
9. Bake for 20 minutes. Remove from oven and let cool for 5-10 minutes before serving.

INGREDIENTS

- 3 cups cooked lentils
- 3 medium carrots, chopped
- 1 medium green pepper, chopped
- 1 small onion, chopped
- 1 cup mushrooms, diced
- 4 cloves garlic, chopped
- 1 TBSP rosemary
- 1 TBSP thyme
- 2 TBSP paprika
- 2 TBSP chili powder
- 1 TBSP + 1 tsp Salt
- 1 tsp black pepper
- 6 TBSP tomato paste
- 2 TBSP flax + 4 TBSP water
- 2 large sweet potatoes, cubed



Lentil LOAF

READY IN 85 MIN SERVES 4-6

DIRECTIONS

1. Preheat oven to 350°F. Lightly grease a loaf pan or line it with parchment paper.
2. In a medium pot, combine the lentils and vegetable broth. Bring to a boil, then reduce the heat, cover, and simmer for about 20-25 minutes, or until the lentils are tender and most of the liquid is absorbed. Remove from heat and let cool slightly.
3. In a large skillet, sauté the onion, garlic, carrots, celery, and bell pepper over medium heat until softened (about 5-7 minutes). Stir occasionally to prevent sticking.
4. In a large mixing bowl, combine the cooked lentils, sautéed vegetables, rolled oats, ground flaxseed, liquid aminos, balsamic vinegar, thyme, oregano, smoked paprika, cumin, salt, and pepper. Mix well until all ingredients are combined.
5. Add the tomato sauce and stir until incorporated. The mixture should be moist but hold together. If it's too dry, add a little more vegetable broth or water; if too wet, add more oats or ground flaxseed.
6. Pour the mixture into the prepared loaf pan, pressing it down firmly. Smooth the top and spread a little extra tomato sauce over the top if desired.
7. Bake for 45-50 minutes, or until the loaf is firm and slightly golden on top. Let it cool for about 20 minutes before cutting.

INGREDIENTS

- 1 cup dry green or brown lentils (rinsed and drained)
- 3 cups vegetable broth (or water)
- 1 small onion (diced)
- 2 cloves garlic (minced)
- 1 cup grated carrots
- 1 cup celery (diced)
- 1 cup bell pepper (diced)
- 1 cup rolled oats (or oat flour)
- ½ cup ground flaxseed
- 2 TBSP liquid aminos
- 1 TBSP apple cider vinegar
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp smoked paprika
- ½ tsp ground cumin
- Salt and pepper to taste
- ½ cup tomato sauce (plus extra for topping)



Stuffed ACORN SQUASH

READY IN 50 MIN

SERVES 4-6

DIRECTIONS

1. Preheat oven to 425°F
2. Cut stems off the tops of each squash, if they protrude. Then cut each squash horizontally in half. Scoop out the membranes and seeds inside the squash & discard.
3. Place the squash on a parchment-lined baking sheet, cut-side up and sprinkle with salt & pepper. Roast the squash for approximately 30 minutes, or until tender.
4. Add the quinoa and water to a medium pot. Bring to a boil and then turn heat down to maintain a low simmer. Add in cinnamon, salt and pepper. Cover with lid and cook until liquid is gone and quinoa is fluffy. Remove from heat and fluff with fork.
5. In a large pan, sauté the onion with 1 TBSP water and a pinch of salt for about 3-4 minutes. Add the mushrooms, garlic, sage, and thyme. Sauté about 5 minutes.
6. Remove mushroom mix from heat and add the cooked quinoa. Mix in pumpkin seeds, cranberries and apples.
7. When the squash is ready, fill with the stuffing mixture. Place in oven and bake 10-15 minutes, until the quinoa is lightly browned & crispy.
8. Serve after cooling.

INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- 3 medium acorn squash
- 1 small onion, finely diced
- 1 large apple, diced
- 8 oz mushrooms , diced
- 1/2 cup dried cranberries
- 1/2 cup pumpkin seeds
- 3 cloves garlic, minced
- 1 tsp sage
- 1 TBSP thyme
- 1 tsp cinnamon
- 1 tsp salt
- 1 tsp lemon pepper

Fresh STUFFING



Stuffing isn't just a side dish—it's the heart of the meal, where all the best flavors come together in one savory, cozy bite.

READY IN 90 MIN

SERVES 4-8

DIRECTIONS

1. Preheat the oven to 300°F and spread the cubed bread on a baking sheet. Toast for about 15 minutes or until dry but not burnt, then set aside.
2. While the bread toasts, prepare the vegetables by sautéing the onions, celery, carrots, and garlic in a large pan with a few tablespoons of vegetable broth or water. Cook for about 5-7 minutes until softened, then add the mushrooms and sauté for another 5 minutes. Stir in thyme, sage, and rosemary, cooking for another minute until fragrant.
3. In a large bowl, combine the toasted bread cubes, sautéed vegetables, apple, flaxseeds, salt, and pepper.
4. Gradually pour in the vegetable broth, stirring gently until the stuffing is moist but not soggy. Fold in nuts if using.
5. Transfer the mixture to a baking dish, cover with foil, and bake in the preheated oven at 350°F for 30 minutes. Remove the foil and bake for an additional 10-15 minutes until the top is slightly crispy.

INGREDIENTS

- 1 loaf of bread
- 1 medium onion, diced
- 3-4 stalks of celery, diced
- 2 carrots, diced
- 2-3 cloves garlic, minced
- 1 apple, diced
- 1 cup mushrooms, sliced
- 1 TBSP fresh thyme
- 1 TBSP fresh sage
- 1 TBSP fresh rosemary
- 2-3 cups vegetable broth
- 1 TBSP ground flaxseeds
- Salt and pepper to taste
- Optional: 1/4 cup chopped nuts

Wild-rice

STUFFING

READY IN 60 MIN

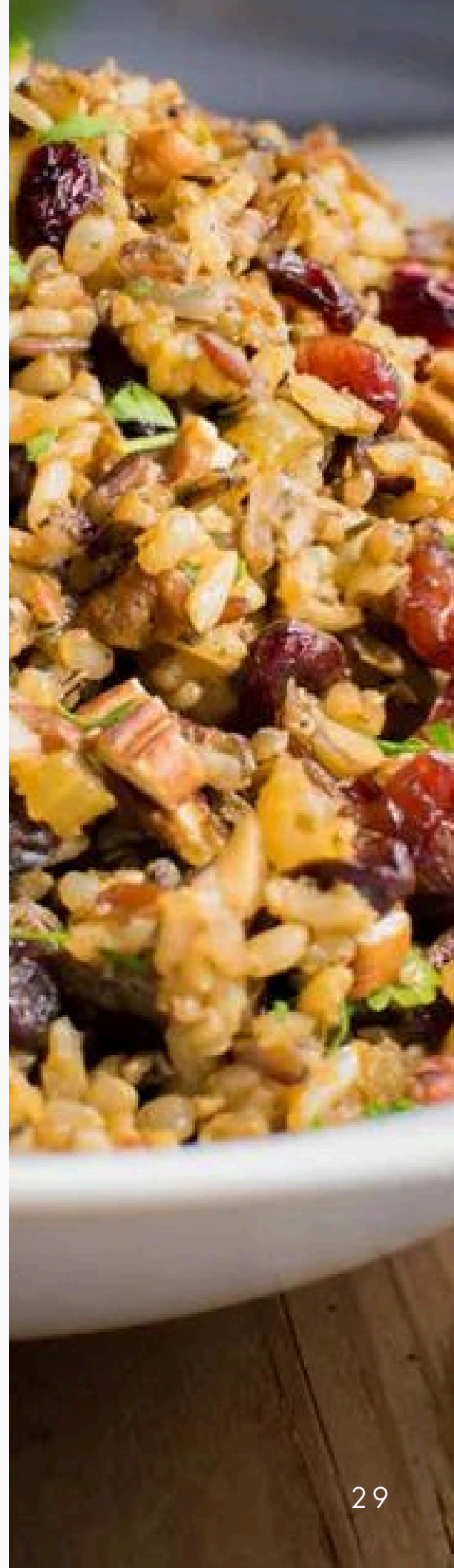
SERVES 8-10

INGREDIENTS

- 2 celery stalks, diced
- 1 medium onion, diced
- 1 Tablespoon water
- 2 cups wild rice
- 4 cups vegetable broth
- 2 Tablespoon dried poultry seasonings
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt or to taste
- $\frac{2}{3}$ cup dried cranberries
- $\frac{1}{2}$ cup toasted pecans, chopped
- handful of parsley, finely chopped

DIRECTIONS

1. In a large pot, sauté the diced onion and celery in neutral vegetable oil or water until it begins to soften.
2. Add the rice, broth, garlic, poultry seasoning, and salt to the pot.
3. Bring it to a simmer. Cover and continue to simmer over medium-low heat for 45 minutes.
4. While the rice simmers, toast the pecans in a dry pan over medium heat. Cook for 3-5 minutes constantly moving them around. Once they have browned and have a toasted aroma remove them from the pan to fully cool before chopping.
5. Remove the pot of wild rice stuffing from the heat and let sit for 10 minutes before opening the lid.
6. Mix in the cranberries, pecans, and any other add-ins you'd like.
7. Serve immediately garnished with finely chopped parsley.



Sweet CORN BREAD



Cornbread is the heart of Southern hospitality, a humble creation that brings warmth to the table and comfort to the soul, inviting everyone to gather around and share in its golden goodness."

READY IN 45 MIN

SERVES 4-5

DIRECTIONS

1. Preheat the oven to 350°F and line an 8x8-inch baking dish with parchment paper or lightly grease with a little plant milk.
2. In a small bowl, combine plant milk with apple cider vinegar and let it sit for a few minutes to curdle, forming a buttermilk substitute.
3. In a large mixing bowl, whisk together oat flour, cornmeal, baking powder, baking soda, and salt.
4. Add the plant milk mixture, maple syrup, unsweetened applesauce, and vanilla extract to the dry ingredients. Stir until just combined, being careful not to overmix.
5. Pour the batter into the prepared baking dish and spread it out evenly.
6. Bake for 25-30 minutes, or until the top is golden, and a toothpick inserted in the center comes out clean.
7. Let the cornbread cool slightly before slicing and serving.

INGREDIENTS

- 1 ½ cups oat flour
- 1 cup cornmeal (medium grind)
- 1 TBSP baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 cup plant milk
- 1 TBSP apple cider vinegar
- ¼ cup maple syrup
- ¼ cup unsweetened applesauce
- 1 tsp vanilla extract

Pumpkin MUFFINS

READY IN 40 MIN

SERVES 12 MUFFINS

INGREDIENTS

Dry

- 2 cups oat flour
- 3 tsp pumpkin spice
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda

Wet

- 1 cup pumpkin puree
- 1 cup maple syrup
- 1/3 cup water
- 2 tsp vanilla
- 1 tsp apple cider vinegar

DIRECTIONS

1. Preheat oven to 350 degrees
2. Add all dry ingredients into a bowl and stir to combine.
3. Add all wet ingredients in same bowl and mix. Scrape down sides of bowl but do not over mix.
4. Transfer batter into silicone muffin pan and bake for 30 minutes or until you can insert a toothpick in the center and come away without any wet batter.
5. Transfer to a cooling rack and let cool completely.



Chocolate PIE



Indulging in a slice of healthy chocolate pie reminds us that dessert can be both a guilty pleasure and a nourishing delight—proof that you can satisfy your sweet tooth while caring for your body."

READY IN 45 MIN

SERVES 4-5

DIRECTIONS

1. Carefully melt the chocolate on the stove top.
2. If using refrigerated tofu, let it come to room temperature.
3. In a food processor, add the raw pecans. Pulse until they are finely ground but not turned into flour; some small pieces should remain for texture.
4. Add the pitted Medjool dates, shredded coconut, salt, and vanilla extract to the food processor. Process until the mixture sticks together and is well combined. You may need to scrape down the sides occasionally.
5. Once the mixture is sticky and holds together, transfer it to a 9-inch pie dish or tart pan. Press the mixture firmly into the bottom and up the sides of the pan, ensuring it's even.
6. Combine all remaining filling ingredients in a food processor until completely smooth.
7. Pour into a pie crust and refrigerate until firm.

INGREDIENTS

- 12 oz firm tofu
- 2 tsp cocoa powder
- 1 1/2 cup chocolate chips or 10 oz chopped chocolate
- 1 pinch salt
- 3 TBSP plant based milk
- 1/4 cup maple syrup
- 1/2 cup peanut butter (optional)

Crust:

- 1 cup raw pecans
- 1 cup Medjool dates (pitted)
- 1/4 cup shredded coconut
- 1/4 tsp salt
- 1 tsp vanilla extract



Chocolate Chip PUMPKIN COOKIES

READY IN 35 MIN

SERVES 4-6

DIRECTIONS

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Mix dry ingredients: In a large bowl, whisk together the oat flour, baking powder, baking soda, pumpkin pie spice, and salt.
3. Mix wet ingredients: In a separate bowl, stir together the pumpkin puree, maple syrup, almond butter, and vanilla extract until smooth.
4. Combine: Add the wet ingredients to the dry ingredients and mix until fully combined. The dough should be soft but thick. Fold in the chocolate chips.
5. Scoop: Drop spoonfuls of dough onto the lined baking sheet, flattening them slightly.
6. Bake: Bake for 10-12 minutes, or until the cookies are firm around the edges and set in the center.
7. Cool: Let the cookies cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

INGREDIENTS

- 1 ¾ cups oat flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 ½ tsp pumpkin pie spice
- ¼ tsp salt
- ¾ cup pumpkin puree (unsweetened)
- ¼ cup pure maple syrup
- 2 TBSP peanut butter
- 1 tsp vanilla extract
- ½ cup dairy-free dark chocolate chips



Pumpkin PIE

READY IN 65 MIN

SERVES 8-10

INGREDIENTS

DIRECTIONS

1. Preheat oven to 350 degrees. Prick the bottom of the pie crust with a fork, and pre-bake for 5 minutes. Or follow package directions if using store-bought pie dough.
2. Combine all filling ingredients in a blender (oats, nut/seed butter, milk, maple syrup, vanilla, starch, pumpkin, and spices). Blend on low speed, gradually increasing to high. The mixture will be fairly thick. Stop to stir or scrape down the sides of the blender as needed.
3. Once the filling is completely smooth, pour it into the pre-baked crust and smooth the top. Bake for 50 to 55 minutes or until the center looks just set. *Depending on the crust you're using, you may need to cover the edges with foil or a pie shield after 25 to 30 minutes to prevent it from getting too brown.
4. Let the pie cool to room temperature, then cover and refrigerate for at least 3 to 4 hours before serving.

- 1 Plant-based pie crust
- ¼ cup rolled oats
- 3 TBSP almond or cashew butter
- 1 cup plant milk
- ½ cup plus 1 TBSP maple syrup
- 2 tsp vanilla extract
- 3 TBSP arrowroot starch
- 1 (15 oz) can pumpkin
- 2 tsp pumpkin pie spice
- ¾ tsp ground cinnamon



Pecan PIE

READY IN 65 MIN SERVES 8-10

DIRECTIONS

1. In a food processor, combine 1 ½ cups oat flour, 1 cup raw pecans, and 1 cup pitted dates. Pulse until the mixture forms a crumbly dough that holds together when pressed. If too dry, add 1-2 tablespoons of water, one tablespoon at a time.
2. Press the dough evenly into the bottom and up the sides of a 9-inch pie dish. Use your fingers or the back of a spoon to smooth it out. Set aside.
3. In a small bowl, mix flaxseed with water. Stir well and let it sit for 5-10 minutes until it thickens into a gel-like consistency.
4. In a blender or food processor, blend dates, plant milk, the thickened flax egg, vanilla extract, cinnamon, and salt until smooth and creamy. Scrape down the sides as needed to ensure everything is well-blended.
5. Stir 1 ½ cups pecan halves into the blended date mixture by hand.
6. Pour the date-pecan filling into the prepared crust, spreading it out evenly.
7. Preheat the oven to 350°F. Bake the pie for 35-40 minutes, or until the filling is firm and the edges of the crust are lightly browned. Cover the edges with foil if needed to prevent over-browning.
8. Allow the pie to cool completely before slicing to help the filling set properly.

INGREDIENTS

Crust;

- 1 ½ cups oat flour
- 1 cup raw pecans
- 1 cup medjool dates (pitted, soaked in warm water for 10 minutes)
- 2 TBSP water

Filling:

- ½ cups medjool dates (pitted and soaked for 10 minutes)
- ¾ cup plant milk
- 1 tbsp ground flaxseed
- 3 TBSP water (for flax egg)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ¼ tsp salt
- 1 ½ cups raw pecan halves

Apple CRUMBLE



"Apple pie crumble is the comforting embrace of home; with every warm, spiced bite, it invites us to savor the sweetness of life's simple pleasures, reminding us that the best moments are often shared around the table.

READY IN 45 MIN

SERVES 4-5

DIRECTIONS

1. Preheat the oven to 375°F .
2. Peel and slice the apples into ¼ inch wedges and place into large bowl.
3. In a small bowl mix cinnamon, allspice, maple syrup, salt, pecans and lemon juice.
4. Pour over the apples and stir and coat them very well.
5. Spread the apples into parchment lined pie pan.
6. In a food processor, add only ¾ cup of the and process for about 60 seconds. In a small bowl, add the oat flour, remaining oats, oat flour, maple syrup, nut butter and cinnamon. Stir well.
7. Pour the topping mix over the apples and spread out evenly overtop.
8. Bake for about 30 minutes or until the apples are tender or until golden brown.
9. Serve immediately with coconut vanilla nice cream.

INGREDIENTS

- 5 cups apples
- 1 tsp cinnamon
- ½ tsp allspice
- 1 TBSP maple syrup
- ¼ tsp salt
- ¼ cup chopped pecans
- ½ TBSP lemon juice

Topping

- ¼ cup maple syrup
- 2 TBSP nut butter
- 1 ½ cups oats
- ¾ cup oat flour
- 1 tsp cinnamon



Pumpkin CAKE

READY IN 45 MIN

SERVES 4-6

DIRECTIONS

1. Preheat your oven to 350°F. Grease an 8x8 inch baking pan or line it with parchment paper.
2. In a large mixing bowl, combine the whole wheat flour, baking powder, baking soda, cinnamon, pumpkin pie spice and salt. Stir until well mixed.
3. In another bowl, combine the pumpkin puree, maple syrup, coconut milk, and applesauce. Whisk until smooth and well combined.
4. Pour the wet ingredients into the dry ingredients. Stir until just combined; be careful not to overmix.
5. Pour the batter into the prepared baking pan and spread it evenly. Bake for 25-30 minutes, or until a toothpick inserted in the center comes out clean.
6. While cooking, In a high-speed blender or food processor, combine the soaked and drained cashews, coconut milk, maple syrup, vanilla extract, and a pinch of salt.
7. Blend until the mixture is completely smooth and creamy. You may need to scrape down the sides and add a bit more coconut milk if it's too thick.
8. Allow the cake to cool in the pan for about 10 minutes, then transfer it to a wire rack to cool completely before frosting.

INGREDIENTS

- 1 ½ cups oat flour
- 1 cup pumpkin puree
- ½ cup maple syrup
- ½ cup unsweetened coconut milk
- ¼ cup unsweetened applesauce
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- ¼ salt

Frosting:

- 1 cup raw cashews (soaked in water and drained)
- ½ cup coconut milk
- 3 TBSP maple syrup
- 1 tsp vanilla extract
- Pinch of salt

Gingersnap COOKIES

READY IN 40 MIN

SERVES 12 MUFFINS

INGREDIENTS

- 2 cups oat flour
- ½ cup arrowroot
- 1 teaspoon baking powder
- ½ tsp baking soda
- 1 tsp ginger powder
- 2 TBSP flaxmeal (ground)
- 1 ½ cups dates
- 2 TBSP blackstrap molasses
- ¾ cup plant milk
- 1 TBSP fresh ginger, diced

DIRECTIONS

1. Preheat the oven to 350°F and line a baking tray with parchment paper.
2. In a mixing bowl, stir together the oat flour, arrowroot powder, baking powder, baking soda, ginger powder, and flax meal.
3. Add the dates, molasses, plant milk, and fresh ginger to a blender. Blend until smooth, ensuring there are no chunks of dates.
4. Pour the blended mixture into the dry ingredients and stir until well combined.
5. With slightly wet hands, roll the dough into golf ball-sized balls and place them on the prepared baking tray. The moisture will help reduce stickiness.
6. Gently press each ball down with your damp hand to flatten the cookies.
7. Bake for 15 minutes, then allow to cool before serving.





Gingerbread COOKIES

READY IN 65 MIN

SERVES 4-6

DIRECTIONS

1. In a large mixing bowl, prepare the flax egg by mixing the water and flaxseed and let sit for a few minutes until it thickens.
2. Add the applesauce, molasses, almond butter, coconut sugar, spices, and baking soda to the bowl, then whisk until well combined.
3. Stir in flour until the dough is fully mixed. It should hold its shape and not be too dry or too sticky.
4. Cover the dough and let it chill in the refrigerator for at least an hour.
5. Preheat the oven to 350°F and line a baking sheet with parchment paper.
6. Roll out the dough between two pieces of parchment paper to about 1/8 inch thick. Remove the top piece of parchment paper, dip the cookie cutter in a little flour, tap off any excess, and cut out your gingerbread shapes. Peel away the excess dough from around the shapes and continue rolling out the remaining dough to cut more cookies until it's all used.
7. Carefully transfer the cookies to the prepared baking sheet placing them 2 inches apart.
8. Bake for 8-10 minutes. The cookies will firm up as they cool. Let them rest on the pan for 2-3 minutes, then transfer to a cooling rack.
9. Decorate with sprinkles, icing, or any other toppings you like.

INGREDIENTS

- 1 TBSP flaxseed mill +
- 3 TBSP water
- 1/2 cup coconut sugar
- 1/4 cup almond butter
- 3 tbsp molasses
- 1/4 cup applesauce
- 3/4 tsp ginger powder
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- pinch of salt
- 1/2 tsp baking soda
- 1.5 cups gluten-free all purpose flour (can use wheat flour if not gluten free)



Apple CIDER

READY IN 15MIN

SERVES 2-4

DIRECTIONS

1. In a medium saucepan, pour apple juice and add cinnamon sticks, cloves, star anise, 1 sliced orange, and a 1-inch piece of sliced ginger.
2. Bring the mixture to a simmer over medium heat. Once simmering, reduce the heat to low and let it steep for about 20 minutes to allow the spices to infuse.
3. Taste the cider and add maple syrup if you'd like additional sweetness.
4. Strain the cider to remove the spices and orange slices.
5. Pour into mugs and serve warm.
6. Enjoy a cozy, spiced apple drink!

INGREDIENTS

- 4 cups apple juice
- 2 cinnamon sticks
- 4 whole cloves
- 1 star anise (optional)
- 1 orange (sliced)
- 1-inch piece of fresh ginger (sliced, optional)
- Maple syrup to taste



Hot CHOCOLATE

READY IN 20 MIN

SERVES 2-4

INGREDIENTS

- 2 cups plant milk
- 2 TBSP cacao powder
- 2 TBSP maple syrup (or date syrup, adjust to taste)
- 3 TBSP chocolate chips of choice
- 1 tsp vanilla extract
- Pinch of sea salt
- Optional toppings: Dairy-free whipped cream, cinnamon, or shaved dark chocolate

DIRECTIONS

1. In a small saucepan, heat 2 cups of plant milk over medium heat until warm but not boiling.
2. Whisk in cacao powder, maple syrup, chocolate chips and a pinch of sea salt. Continue whisking until the cacao powder is fully dissolved, and the mixture is smooth.
3. Stir in 1 teaspoon of vanilla extract and continue heating for 3-5 minutes, stirring occasionally, until the hot chocolate reaches your desired temperature.
4. Remove from heat and pour the hot chocolate into a mug.
5. Optional: Top with dairy-free whipped cream, a sprinkle of cinnamon, or shaved dark chocolate.
6. Serve warm and enjoy!



Holiday Egg-Free NOG

READY IN 35 MIN

SERVES 2-4

DIRECTIONS

1. In a blender, combine 2 cups of plant milk, 1 cup of full-fat coconut milk, and the soaked and drained $\frac{1}{2}$ cup medjool dates.
2. Add vanilla extract, ground cinnamon, ground nutmeg, ground turmeric, and a pinch of ground cloves.
3. Blend on high until the mixture is completely smooth and creamy. If the mixture is too thick, you can add a little more almond milk to thin it out to your desired consistency.
4. Taste and adjust sweetness or spices as desired.
5. Pour the eggnog into a jar or pitcher and chill in the fridge for at least 1 hour to let the flavors meld.
6. Serve chilled and garnish with a sprinkle of ground cinnamon or nutmeg, or add a cinnamon stick for a festive touch.

INGREDIENTS

- 2 cups plant milk of choice
- 1 cup full-fat canned coconut milk
- $\frac{1}{2}$ cup medjool dates (pitted and soaked in warm water for 10 minutes)
- 1 tsp vanilla extract
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp ground nutmeg (plus more for garnish)
- Pinch ground turmeric (optional, for color)
- Pinch of ground cloves (optional)



THANK YOU

As we reach the end of this healthy holidays cookbook, we want to express our heartfelt gratitude to each of you for embarking on this culinary journey with us. Your commitment to nourishing your body and embracing wholesome ingredients during the festive season is truly inspiring. I hope these recipes and tips have made your cooking more joyful, inspired your meal planning, and made your celebrations healthier and tastier.

I encourage you to share your own healthy holiday creations with loved ones, spreading the joy of good food and well-being. May your holidays be filled with warmth, love, and vibrant flavors, and may you continue to explore the wonderful world of healthy eating in the seasons to come!

Follow me @ Healthsaves.org