

# 12 days of Healthy Holidays

## 12 Days of *Healthy Holiday Eating*

Because self-care is the most important gift you can give yourself this holiday season, here are some great meals to make your body, mind and spirit feel re-charged and ready to embrace 2019 just around the corner. I have included several breakfast, lunches, dinners and on the go smoothies. May all your meals be healthy and delicious. Enjoy!

### 5-Minute Oatmeal Power Bowl

My favorite bowl of hot oatmeal, ready in less than 5 minutes! Soaking the oatmeal mixture overnight cuts down the cook time the morning of - all you have to do is heat it on the stove for a minute or two. Don't forget to mix the ingredients the night before. For a fall twist, add a pinch of cinnamon, ground ginger, and allspice on top of each bowl. Total fall comfort food!

#### Ingredients:

- 1 ripe banana, mashed (the more ripe/spotty the better)
- 2 tablespoons chia seeds
- heaping 1/3 cup rolled oats (use certified gluten-free if necessary)
- 1/4 teaspoon cinnamon
- 2/3 cup almond milk
- 1/3 cup water
- 1 tablespoon ground flax (optional, see note)
- For garnish: soaked almonds, pepita seeds, hemp hearts, cinnamon, toasted coconut, nut butter, spices (cinnamon, ginger, allspice)

#### Directions:

1. The night before: Grab a medium bowl and mash the banana until smooth. Now stir in the chia, oats, cinnamon, milk, and water until combined. Cover and refrigerate overnight.
2. In the morning: Scoop the oat mixture into a medium pot. Increase heat to medium-high and bring to a simmer. Reduce heat immediately to medium-low, and stir frequently until heated throughout and thickened. At the end of cooking, stir in flax (optional).
3. Pour oats into bowl. Garnish with your desired toppings. Get cozy!



Notes: 1) The ground flax is optional because it creates a bit of a strange texture (almost like a flax egg) in this oatmeal. I don't mind it, but some people might. So if you think you will, just leave it out or sprinkle some ground flax on top instead. 2) I love topping my oats with spices - a pinch of cinnamon, ground ginger, and allspice create my perfectly spiced bowl.

# Chia Seed Hot Cereal Breakfast

**Ingredients:** (no right measurements for these, just based on how you prefer it):

- 1-2 tablespoons chia seeds
- 1/2 teaspoon cinnamon
- 1/2 cup hot water
- 2-3 tablespoons, depends on preference) hemp/almond milk (hemp milk is a little thicker- similar consistency to cream)
- chopped walnuts
- currants and raisins
- chopped dates
- coconut flakes
- 1/2 fresh peach or apple (seasonal fruit) cut into cubes, handful of blueberries, raspberries and/or half a banana



## Directions:

- scoop chia seeds into a bowl & stir in cinnamon
- switch off adding hot water & almond/hemp milk (a little at a time)- the chia seeds will expand with the liquid- give it some time to soak up the liquid & stir to desired consistency
- mix in walnuts, currants/raisins & dates
- top with coconut flakes & fresh fruit

-Bonfire

# Pumpkin Spice Banana Latte Smoothies

Breakfast for two in 5 Minutes! "Fall" into the season with this craving buster that tastes like heaven in a jar! It's simple, quick, and delicious and tastes even better in winter.

- 3-4 ripe speckled bananas
- 3-4 frozen bananas
- 1/2-1 cup of coconut water
- 1/2 cup unsweetened carob or unsweetened cocoa or raw cacao (optional)
- 1 scoop Dream Protein
- 1 large TBS Pumpkin Spice
- 1 cup raw pumpkin, cut up
- 1 large TBS Cinnamon

**Directions:** Just add to your blender and you have a meal!

-Fullyrawkristina.com



**Deb's comments:** This is slightly modified from Kristina's original recipe which calls for a raw protein powder. Yes, there are lots of bananas in this recipe since it was created by a raw foodist. You can share yours. You can also substitute canned organic pumpkin for the chopped pumpkin.

# On the Run Oatmeal-Raisin Cookie Larabars with Deb's Winter Fruit Bowl

- 1/2 cup raisins
- 6 T quick oats
- 1/2 cup walnuts
- 1/8 tsp plus 1/16 tsp salt
- 1/4 tsp pure vanilla extract

Pulverize the oats in a food processor, then add all other ingredients and blend very well. Form into balls or bars. (If you want, you can portion the dough into plastic bags before smushing the bars, so your hands don't get sticky.) This recipe makes a little over three Larabar-sized bars. You can double the recipe—the bars last *at least* two weeks in the fridge. They can also be frozen.

-Chocolatecoveredkatie.com

## Deb's Winter Fruit Bowl

### Ingredients:

- 1 sweet apple
- 1/2 cup fresh pineapple
- 1 orange
- 1 banana
- 1 T shredded coconut
- 1/3-1/2 cup frozen berries



Just chop fruit and mix together. If not eating the Larabar, add 1-2 T raw nuts and seeds. This is so refreshing even in winter.

## Deb's Trail Mix with Vanilla Dream Smoothie

### Trail Mix Ingredients:

- 2 T raw nuts and seeds (for a treat use roasted salted almonds or cashews)
- 1 T *Lily* unsweetened chocolate chips (sweetened with stevia)



- 1 T Unsweetened carob chips
- 4 small squares from *Lily* chocolate bar (sweetened with stevia)
- 1 T organic raisins or 1 date chopped
- 1 T dried mulberry (optional)
- Shredded coconut

Add a chopped sweet apple such as Pink Lady with shredded if eating immediately; otherwise this will keep fresh for a long time.

## Vanilla Dream Smoothie

### Ingredients:

- 2 Bananas
- 2 cups Unsweetened Almond Milk
- 2 T Unsweetened Reduced Fat Shredded Coconut
- 2 T Unsweetened Organic Shredded Coconut
- 1 T Unsweetened Peanut butter
- 1 tsp Non-Alcohol Vanilla
- 1 date
- 1 Scoop Green's First Vanilla Boost
- 1 Scoop Vanilla Dream Protein



Blend and enjoy! Serves 1-2

## Roasted Butternut Squash Pomegranate Salad with Tahini Dressing

### Ingredients:

- 3/4 pound or 12 ounces fresh butternut squash, peeled, diced
- 2T Extra virgin olive oil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon coarse sea salt
- 1/4 teaspoon pepper
- 5 ounces organic spring mix salad (I used Earthbound)
- 2 tablespoons chopped, raw pecans
- 1/3 cup pomegranate arils

### Tahini Dressing

- 1 T tahini paste
- 2 T lemon juice
- 2 T extra virgin olive oil

### Directions:

1. Preheat oven to 425 degrees F.





2. Place the butternut squash on a rimmed baking pan and toss with oil. Stir to coat well.
3. Sprinkle with cinnamon, salt and pepper.
4. Bake for 15 minutes then toss.
5. Return to oven to finish baking another 10 minutes or until fork tender.
6. Allow to cool.
7. Place lettuce in a serving bowl. Add pecans and pomegranates.
8. Pour in cooled butternut squash.
9. Whisk dressing ingredients together in a small bowl and toss over salad.
10. Taste and adjust salt and pepper as needed.
11. Enjoy immediately or refrigerate.

-Sugarfreemom.com

## Cilantro Black Bean Quinoa Salad with Cumin & Lime

### For the salad:

- 1 cup uncooked quinoa (or 3 cups cooked)
- 1 (15-ounce) can black beans (or 1.5 cups cooked), drained and rinsed
- 1.5 cups cilantro, finely chopped
- 3 small/medium carrots, julienned (about 1.5 cups) OR 1 large chopped and roasted sweet potato



- 4 green onions, thinly sliced
- fine grain sea salt & black pepper, to taste
- Lemon-Tahini Dressing (optional)
- Sliced avocado, for serving
- Endurance Crackers, for serving (linked in directions)

### For the dressing:

- 3 tablespoons fresh lime juice (about 1 lime)
- 2 tablespoons extra virgin olive oil
- 1 large clove garlic, minced (or 1/2 tsp garlic powder)
- 1 teaspoon ground cumin
- 1 teaspoon pure maple syrup (or other liquid sweetener), or to taste
- 1/2 teaspoon fine grain sea salt, or to taste

### Directions:

1. To prepare the quinoa: Rinse quinoa in a fine mesh sieve. Add into pot along with 1.5 cups water or veggie broth. Bring to a boil, reduce heat to low-medium, and then cover with a tight-fitting lid. Simmer for 14-17 minutes until the water is absorbed and the quinoa is fluffy. Remove from heat and steam with the lid on for 5 additional minutes. Fluff with fork and chill in the fridge for at least 15 minutes.
2. In a large bowl, toss the quinoa, drained and rinsed black beans, cilantro, carrots (or roasted sweet potato), and green onions.
3. Whisk together the dressing in a small bowl or jar. Pour onto salad and toss to combine. Season with salt and pepper to taste until everything pops.
4. Spoon into bowl and drizzle on some Lemon-Tahini Dressing. Top with sliced avocado and serve with Endurance Crackers, if desired.

Tip: The flavors tend to mellow when this salad sits in the fridge as the quinoa absorbs the dressing a lot. I recommend giving it a "refresh" by adding a squeeze of lime juice, a drizzle of olive oil, and more seasonings to taste. Stir it all together, and taste. (I also made it with roasted sweet potato instead of carrots – loved this variation so much!)

## Feel good Lunch Bowl



Add the following to your left over Black Bean Quinoa Salad from above:

1-2 cups chopped roasted cauliflower

1 sweet potato, sliced into rounds and roasted

hummus, as needed to get your daily quota (the salad is so good mixed with some hummus, FYI)

hemp hearts, for garnish (adds more protein)

## Pomegranate Kale Pecan Avocado Salad with Creamy Orange Avocado Raspberry Vinaigrette:

### Directions:

For the salad, add into your bowl...

- 2 heads of kale, de-stemmed and chiffonade or chopped finely
- 1 cup of pomegranate seeds
- Half a cup of pecans, chopped and halved

For the dressing, add into your blender and then massage onto your kale salad the following....

- Juice of 1 orange
- 1 whole avocado, pitted
- Small handful of raspberries
- Squeeze of fresh lime juice

Optional: 2 tablespoons of pine nuts or pistachios



## Sweet Potato Burgers

### Ingredients:

- 1 medium sweet potato
- 1 1/2 cups drained and rinsed canned cannellini beans

- 2-3 T oat or wheat flour
- 1 T tahini or nut butter, softened
- 1 tsp pure maple syrup (or pinch stevia for sugar-free)
- 1/4 tsp garlic powder or spice blend
- salt, pepper, optional cayenne or other spices
- optional 1-2 T nutritional yeast
- If frying: 1-3 tsp vegetable or coconut oil
- optional 1/2 cup panko breadcrumbs or 1/4 cup cooked brown rice

**Directions:**

Preheat oven to 400 F. Poke a few holes in the potato using a fork. Bake until sticky-sweet and very tender, about 1 hr. Remove skin and place the potato’s flesh in a large bowl. Add beans, flour, tahini, maple syrup, spices, and seasonings to the bowl, and use a fork to mash. Cover and refrigerate until the mixture is firm enough to easily handle (15-20 minutes). The mixture will be soft and moist, so add the extra flour as needed (or fold in 1/4 cup to 1/2 cup gluten-free breadcrumbs) until you can form patties. \*If frying:\* Heat 1 T oil over high heat in a sauté pan. Form 5 patties and coat them with the breadcrumbs, then place in the hot pan and cook 2-3 minutes each side or until browned. Transfer to a paper towel and let cool. \*If baking:\* Omit the bread coating, and fold in 1/4 cup cooked brown rice for added texture. Bake at 350 F on a greased baking sheet for 20 minutes. Burgers will be lightly browned. Total Time: 20m Yield: 5 burgers

-Chocolatecoveredkatie.com

## Turkey and Lentil Soup

**Ingredients:**

- |  |                                    |                     |
|--|------------------------------------|---------------------|
| 1tbsp olive oil                          | 3oz cauliflower florets            |                     |
| 1 garlic clove, chopped                  | 1 carrot, peeled and chopped       |                     |
| 1 large onion, chopped                   | Salt and pepper                    |                     |
| 7 oz. mushrooms, sliced                  | 12oz cooked turkey meat, chopped   |                     |
| 1 red bell pepper, seeded and chopped    | 1 zucchini, trimmed and chopped    |                     |
| 6 tomatoes, skinned, seeded, and chopped | 1 T shredded fresh basil           |                     |
|  | Generous 4 cups chicken/beef broth | 1 cup red lentils   |
|  | ½ cup red wine                     | Fresh basil leaves, |
|  | to garnish                         |                     |



**Directions:**

Heat the oil in a large pan. Add the garlic and onion and cook over medium heat, stirring, for 3 minutes, until slightly softened. Add the mushrooms, bell pepper, and tomatoes, and cook for another 5 minutes, stirring. Pour in the beef/chicken broth and red wine, and then add the cauliflower, carrot, and red lentils. Season with sea salt and pepper. Bring to a boil, then lower the heat and simmer for

25 minutes, until the vegetables are tender and cooked through. Add the turkey and zucchini to the pan and cook for 10 minutes. Stir in the shredded basil and cook for another 5 minutes, then remove from the heat and ladle into serving bowls. Garnish with fresh basil leaves and serve with slices of fresh crusty gluten free bread.

## Sesame Chicken

### Ingredients:

2 lbs. chicken thighs (I usually remove skins)

¼ cup wheat free tamari

2 T Dijon mustard

¼ cup honey

¼ sesame seeds

### Directions:

Heat oven to 375 degrees and place chicken in baking dish. Mix marinade ingredients and pour over chicken. Let stand in refrigerator at least 30 minutes. Bake at 375 degrees for 30-45 minutes. Serve with mango salsa.

-Eat by Design

