



Eating Healthy for the Holidays?

It really is easy to eat clean during the holidays if you start now and, well, never end...Make every day an opportunity to eat for vitality, wellness, wholeness, energy and soul nurturance. When is a good time to cut back on sugar, processed foods, inflammatory foods and mood-tanking foods? Right now. If you make a

decision to *eat well, think well and move well* you will glide through the holidays with more joy in your heart, less stress in your life and best of all your body will thank you. There are a few things that will help you through the season all of which are good habits to practice all year: Meditate or take quiet time for even 5 minutes every day. Take 5-10 deep breaths through out the day. Eat fruit every day to satisfy your sweet tooth. Enjoy a protein smoothie each day to keep sugar cravings at bay. We have great holiday smoothie recipes for you to try. Many taste like milkshakes, yet provide a hormonally balanced meal.



When you are eating clean, it can seem more challenging to do so during the Holidays, so learning to make yourself a healthy “treat” can keep you on the road to health and well-being. There are plenty of temptations to indulge in and behaviors that derail your budget, your waist-line and your energy. Here are a few more simple ideas that will help during the days ahead and every day of the year.

Enjoy protein at breakfast to stabilize your blood sugar. Get outside and acclimate yourself to the changing season. Walk, hike, dance, lift weights, do yoga, take a fitness class or whatever movement you can do and then repeat. Create new holiday rituals that support your values and well-being. Reach out for support and help if you need it. Lend a helping hand to others if you can. Be kind to yourself and others (they are stressed too). Send a thank you note to someone each week for a month to thank them for being a wonderful person. Remember you matter. You are special. Take good care of yourself so you can serve your purpose. And if you want to try some healthy holiday food, we’ve got you covered. Try these recipes and let us know what you think.

Healthy Egg-Nog

(Single-serving and high in protein! This egg-nog you can drink on the road)



- 1 cup milk of choice (Use thicker milk for best taste. Organic Coconut milk the full-fat kind that comes in a can works well.)
- 1/2 cup firm tofu
- 1/2 tsp lemon juice (omit if desired)
- 1/8 tsp salt
- 1-2 dates or
- 1 stevia packet or to taste
- 1/2 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp each nutmeg and ginger
- 1/16 tsp (tiny dash) cloves

Combine all ingredients and blend until smooth. Drink cold, or heat if desired.

Pomegranate Guacamole with Herbs Recipe

SERVES 8 | FINISH IN 10 MINUTES

Fa-la-la-later, after your holiday party guests go home, you'll be licking the bowl of this festive, flavorful guacamole that features pomegranate arils and herbs. It's a delicious appetizer to serve with chips and dip veggies!

INGREDIENTS

- 1/2 cup Key Lime juice
- 1/2 teaspoon sea salt
- 1/4 jar Litehouse Guacamole Blend

(Contains RED ONION*, CILANTRO*, DRIED LEMON PEEL, DRIED TOMATO, RED CHILI*, GARLIC", DRIED CUMIN)

- 2 large avocados, peeled and seed removed
- 1/4 cup pomegranate arils
- 1 bunch fresh herb of choice

DIRECTIONS

1. In medium bowl, add lime juice, salt and guacamole herbs. Let sit for one minute.



2. Add peeled, seeded avocados to herb mix and use fork to mash up avocado to a mostly smooth consistency, leaving some small chunks. Ensure that herb and juice mixture has been evenly mixed into mashed avocado.
3. Use a spatula to transfer guacamole to serving bowl.
4. Place pomegranate arils in small, evenly-spaced clumps around perimeter of bowl. Alternatively, you can stir them all into guacamole if you don't want the dip to look like a Christmas wreath.
5. Snip herbs into smaller pieces and tuck into guacamole near pomegranate clusters to resemble leaves.
6. Serve immediately with chips and/or dipping vegetables.

Gluten-Free Sweet Potato Casserole with Quinoa Pecan Topping

Ingredients

- For the potatoes:
 - 2 pounds sweet potatoes (3- 4 medium)
 - ¼ cup pure maple syrup
 - ¼ cup unsweetened almond milk
 - 1 teaspoon vanilla extract
 - 2 large eggs
 - 1 teaspoon ground cinnamon
 - ¼ teaspoon ground nutmeg
 - ⅛ teaspoon ground ginger
 - dash salt
- For the topping:
 - ½ cup Ancient Harvest™ quinoa flakes
 - 1 tablespoon packed brown sugar
 - ½ cup finely chopped pecans
 - ¼ teaspoon ground cinnamon
 - 1 tablespoon melted butter or coconut oil



Directions

1. Preheat oven to 400 degrees F. Prepare an 8-inch square baking dish with cooking spray.
2. Scrub sweet potatoes puncture with a fork. Place potatoes on a baking sheet lined with foil and bake for approximately one hour, or until soft. Allow potatoes to cool, 5 minutes.
3. Cut open potatoes and discard the skin. Place potatoes in a large bowl and add in maple syrup, milk, vanilla, egg, salt and spices. Beat until smooth with an electric mixer. Pour into prepared baking pan.
4. To prepare topping: Mix the quinoa flakes, brown sugar, pecans and cinnamon in a bowl. Use a fork to stir in the melted butter. Sprinkle evenly over the potato mixture. Bake 40-45 minutes. Serve warm.

-Angela Gains

Healthy Vegan Christmas Tree Cupcakes

SERVES 12

Just because the festive season is upon us doesn't mean we can't still eat healthy! Here's a cute idea for Christmas tree cupcakes that are gluten-free, dairy-free, vegan and refined sugar-free so no one has to miss out on festive indulging. The chocolate cupcake is egg free and made using a mixture of buckwheat and ground almonds and decorated with a rich and velvety cashew matcha butter cream to die for!

INGREDIENTS:

For the Chocolate Cupcakes:

1 cup buckwheat flour
½ cup ground almonds
¼ cup cocoa powder
1 tsp baking soda
½ tsp salt
½ cup maple syrup, golden syrup or honey
½ cup coconut oil, melted
¾ cup milk, room temperature
2 tsp apple cider vinegar
1 tsp vanilla extract



For the Icing:

1.5 cups cashews, soaked in water for at least 8 hours.
1/3 cup (5 tbsp) coconut oil, melted
¼ cup (4 tbsp) maple syrup or any other liquid sweetener, use more or less to taste
Pinch of salt
1 tsp vanilla extract
1 tsp matcha green tea powder

DIRECTIONS

Step One:

Preheat your oven to 180°C (160°C fan)/ 350°F. In a large bowl, combine the buckwheat flour, ground almonds, cocoa powder, baking soda and salt. Give it a quick mix until well incorporated.

Step Two:

Melt the coconut oil in the microwave then add it to a separate bowl. To that, mix in the milk, honey, apple cider vinegar and vanilla extract. Make sure the milk is not cold, as it will cool down the coconut oil and make the mixture thick and more difficult to work with. If you're using milk straight out of the fridge, heat it up slightly in the microwave. Pour the wet mixture over the dry mixture and mix well.



Step Three:

Line a 12 cup muffin pan with cupcake cases. Distribute the batter evenly between the cases. Bake for 20 minutes—take out and leave to cool completely before piping the icing on top.

Step Four:

To make these cupcakes look even more festive and Christmassy, dust some icing sugar on top

Step Five:

Soak the cashews in water for at least 8 hours or overnight. This will make them easier to blend and will give the frosting a smoother texture.

Drain and rinse the cashews then place in a blender/food processor. To that, add in the rest of the frosting ingredients apart from the matcha powder.

Blend until you have a smooth, creamy texture. Store in the fridge for an hour or so to set.

Step Six:

When you're ready to ice your cupcakes, take the frosting out of the fridge and using a hand mixer, beat for a few minutes for a lighter, fluffier texture.

Add in the matcha powder and mix again until evenly distributed.

Add a little bit of matcha at a time—you can always add more if you're not happy with the color. Something to note is that matcha does have a strong flavor, which may be too much for some.

Step Seven:

Spoon the frosting into a piping bag with the nozzle of your choice.

Pipe the frosting starting from the outside of the cake and working into the center to create tall Christmas trees.

Decorate with sugar balls—they'll look like Christmas tree decorations!

You can store them at room temperature or in the fridge, although they last longer in the fridge. If you do decide to store them in the fridge, make sure you take them out an hour or so before serving.

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Healthy Holiday Gingerbread Loaf

This healthy Gingerbread Loaf is perfect to bake and take on-the-go! It's sweet, festive and makes the perfect holiday treat. Only 100 calories per slice you won't even know it's good for you!

INGREDIENTS

- 1/2 cup rolled oats
- 1 tsp baking powder
- 1 Tbsp flaxseed
- 1 Tbsp chia seed
- pinch of salt
- 1 packet stevia
- 2 eggs
- 1/4 cup almond butter
- 1 banana
- 1 tsp vanilla
- 2 Tbsp molasses
- 2 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp nutmeg



INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a blender, crush the rolled oats until a flour texture is created.
3. Combine the rest of the ingredients in the blender.
4. Pour into a loaf pan, then bake for about 25 - 30 minutes (or until an inserted toothpick comes out clean).
5. Remove from oven, then slice and serve!

Notes

- Use a non-stick loaf pan and either line it with baking parchment or grease it lightly with butter or a flavorless cooking spray
- To test the loaf is done insert a wooden skewer or toothpick into the middle, if it comes out clean it's done
- You can also make this into muffins
- Remember to preheat the oven and place the loaf on the middle shelf of the oven
- Cut into even portions and store in sandwich bags, this will keep in the fridge for up to 1 week

Crazy Good Coconut Oil "Chocolate" Bark

Vegan, gluten-free, grain-free, no bake/raw, refined sugar-free, soy-free

This homemade chocolate is made with just a few essential ingredients - virgin coconut oil, cocoa or cacao powder, and pure maple syrup. (Feel free to use whichever liquid sweetener you prefer). The virgin coconut oil replaces the cocoa butter found in traditional chocolate so while it needs to be kept in the freezer, it's a great way to sneak some coconut oil into your day. You can also use any toppings you'd like - dried fruit, nuts, + seeds all work lovely. It melts much faster than regular chocolate, so be sure to keep it chilled until ready to enjoy. I prefer it straight from the freezer.

Ingredients:

- 1/4 cup raw hazelnuts
- 1/4 cup raw almonds
- 1/3 cup large flake dried coconut
- 1/2 cup virgin coconut oil
- 1/2 cup cocoa or cacao powder, sifted if necessary
- 1/4 cup pure maple syrup
- 1 tablespoon smooth almond butter, optional
- pinch fine sea salt

Directions:



1. Preheat oven to 300F. Line a 9" square pan or a small baking sheet with two pieces of parchment paper, one going each way. Set aside.
2. Add hazelnuts and almonds on a baking sheet and roast in the oven for 10 minutes. Remove baking sheet and add the coconut flakes and spread out. Continue roasting the nuts and coconut flakes for another 3-4 minutes, or until the coconut is lightly golden. Watch closely to avoid burning - coconut burns fast!
3. Place hazelnuts on several sheets of damp paper towel. Wrap the hazelnuts and rub them vigorously with the paper towel until the skins fall off. It's ok if some skins don't come off. Discard the skins and roughly chop the hazelnuts and almonds.
4. In a medium saucepan, melt the coconut oil over low heat. Remove from heat and whisk in the cocoa (or cacao) powder, maple syrup, and almond butter (if using) until smooth. Add a pinch of sea salt to taste. Stir in half of the almonds and hazelnuts.
5. With a spatula, spoon the chocolate mixture onto the prepared parchment-lined pan or sheet and smooth out until it's about 1/4-1/2 inch thick. Sprinkle on the remaining nuts and all of the coconut flakes. Place into freezer on a flat surface for about 15 minutes, until frozen solid.
6. Once frozen, break apart into bark. Store in the freezer until ready to eat. I don't recommend keeping it out on the counter long because it melts fast.

Gluten Free Chocolate Chip Scones

Makes 16 scones/cookies

2 ½ cups blanched almond flour

½ tsp sea salt

½ tsp baking soda

1/3 cup grape seed oil

¼ cup honey*

2 large eggs

1 cup coarsely chopped chocolate**

You can substitute 1/8 cup honey and ¼ tsp stevia, or ½ tsp stevia only or Swerve(follow conversion charts).

You can substitute unsweetened carob chips or Lily Chips, for a no sugar treat. Also, I used only about ½ cup the carob chips and thought that was plenty.

Preheat oven to 350 degrees. In a large bowl, combine flour, salt and baking soda. In a medium bowl, whisk together the grape seed oil, honey/ or stevia and eggs. Stir wet ingredients into almond flour mixture until thoroughly combined, then fold in chocolate. Drop the batter in scant ¼ cups, 2 inches apart.

Yummy scone like cookies.



12 Days of Holiday Smoothies

Deb's Vanilla Dream Smoothie

- 2 bananas
- 2 cups Unsweetened vanilla almond milk
- 4 T Unsweetened organic shredded coconut
- 1 scoop Vanilla Dream Protein
- 1 scoop Vanilla Boost
- 1 date (remove pit)
- 1 T peanut butter



Blend! Serves 2

Chocolate Peppermint Smoothie

- 1 cup unsweetened Coconut milk
- 1 frozen banana
- 2 tbsp. unsweetened dark cocoa powder
- 1 scoop Vanilla Dream Protein powder
- ¼ tsp. pure peppermint extract



Just Blend!

Optional: Add Chocolate Dream Protein/ or Chocolate Boost

Deb's Chocolate Pumpkin Smoothie

(This is basically an adaptation of my *Awesome* Chocolate Peanut butter Smoothie)

- 1 banana
- 1 cup frozen organic cherries
- 1 cup unsweetened vanilla almond milk
- 1/2 cup organic canned pumpkin (unsweetened)
- 1 T carob
- 1 T unsweetened cocoa or raw cacao
- 2 T shredded coconut
- 1 scoop Chocolate Dream Protein
- 1 scoop Chocolate Boost
- 1 tsp pumpkin allspice



Blend and enjoy! This is a very thick smoothie so I eat it with a spoon. Yummy!

Healthy Eggnog

(Single-serving and high in protein!)

- 1 cup milk of choice (Use thicker milk for best taste. (Coconut milk the full-fat kind that comes in a can works well.)
- 1/2 cup Mori-Nu silken-firm tofu
- 1/2 tsp lemon juice (omit if desired)
- 1/8 tsp salt
- 1-2 dates or
- 1 stevia packet or to taste
- 1/2 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp each nutmeg and ginger
- 1/16 tsp (tiny dash) cloves



Combine all ingredients and blend until smooth. Drink cold, or heat if desired.

Orange Cranberry Zinger

- 1 cup fresh squeezed orange juice (about 3 oranges)
- 1/2 mango (peeled and cored)
- 1 banana
- 1/4-1/2 cup frozen fresh cranberries

Omit cranberries and add 1 banana for a different twist

Combine in blender for 30 seconds and enjoy! This tastes like a holiday Orange Julius!

Pumpkin Chai Smoothie

- 1/2 cup organic pumpkin puree (fresh or canned)
- 1 frozen organic banana
- 1 cup unsweetened almond milk or milk of your choice
- 1 or 2 medjool dates (or 1 tablespoon maple syrup or raw honey)
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon ginger
- dash each of black pepper, ground cloves and ground cardamom



Add all of the ingredients to your blender and blend until smooth and creamy. Serve immediately.

Fig Pie Dessert Smoothie Thickie

Ingredients

- 2 cups water
- 2 cups almond milk (oat, rice, hemp, coconut milk)
- 2 bananas
- 1 cup dried figs
- ¼ cup pecans
- pinch of nutmeg
- ½ teaspoon cinnamon
- 1 T lemon juice

Optional: 1 cup oats

Optional: 1 cup spinach or other leafy greens

Optional: 1 scoop Dream Protein/Boost



Blend the ingredients in the following order:

1. Blend the **dry ingredients** and **liquid** first for a short time.
2. Blend the **greens** next for a short time
3. Blend the **fruit** and the **rest of the ingredients** until smooth (or as smooth as your blender will allow. High speed blenders may need 2 minutes for a green thickie, less powerful blenders may need a lot more, sometimes 5-10 minutes)

Homemade Cookie Dough: Green Smoothie

- 2 cups almond milk or milk of your choice
- 2 Bananas
- 2 cups kale, tightly packed or 2 cups loosely packed.

(Or Spinach or any other mild greens) or use Greens First Greens



- 1 cup oats (if you don't have a powerful blender you can soak the oats in one of the cups of liquid for an hour if you want to make it smoother)
- 2 T almond butter
- ½ cup dates (or any other dried fruit)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- ¼ teaspoon nutmeg
- juice of half a lemon

Blend the ingredients in the order listed.

Blend the ingredients a few at a time so that your blender can cope with the work, unless you've got a high powered blender, then you might be able to add them all in at once. Add water to thin.

Gingerbread Dessert Smoothie



Ingredients

- 1 cup water
- 1 cup almond milk (or rice, hemp, coconut or raw nut or seed milk)
- 4 bananas
- ¼ cup almonds (use ground almonds if you don't have a powerful blender)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 teaspoon of fresh or ground ginger
- ¼ cup dates or raisins (or 1 Tablespoon raw honey) If it gets too thick, add a little bit more water.
- 1 T lemon juice
- 1 cup spinach

- Optional: 1 cup oats
- Optional: 1 scoop Vanilla Dream Protein

Blend the ingredients in the following order:

1. Blend the dry ingredients and liquid first for a short time
2. Blend the greens next.
3. Blend the fruit and the rest of the ingredients until smooth (or as smooth as your blender will allow. High speed blenders may need 2 minutes for a green thick smoothie, less powerful blenders may need a lot more, sometimes 5-10 minutes)

Tropical Green Smoothie Escape



- ½ frozen banana
- ½ cup frozen mango
- 1 orange
- 1 cup almond- coconut milk
- 1-2 cups baby spinach
- 1 scoop Vanilla Dream Protein
- ½ T chia seeds
- 1 teaspoon unsweetened shredded coconut (optional)

Optional: Add Vanilla Boost

Instructions

Place all ingredients except the shredded coconut into a high-powered blender and blend until smooth. Sprinkle a few extra chia seeds and the unsweetened coconut on top. Enjoy!

Pistachio Ice Cream Smoothie

A green smoothie that tastes like ice cream - you have to try it to believe it!



Ingredients

- 1 cup curly green kale leaves (about 3 large leaves)
- 2 ripe bananas - fresh or frozen
- 2 cups ice (a little less ice if using frozen bananas)
- 1/2 cup filtered water
- 1/2 cup raw cashews
- 1 scoop vanilla Boost (or use Stevia)
- 1 teaspoon pure alcohol-free vanilla extract
- 1/2 teaspoon finely minced ginger
- pinch of Celtic sea salt

Instructions

Throw all of the ingredients in your high speed blender (I use a Vitamix) and puree until smooth and creamy. For a regular blender you may want to soak the cashews in water first.

Winter Green Smoothie

- 2 apples, cored and cut into large chunks
- 2 pears, cored and cut into large chunks
- handful of fresh or frozen cranberries
- 1-2 inch pieces of ginger
- handful of fresh parsley
- 6-7 large kale leaves
- 4-5 large collard greens
- 2 cups of water
- large chunk of green cabbage (about 1-2 cups chopped)



Place apples, pears, cranberries, ginger, and water into a high-powered blender and blend until smooth. Stuff in the greens and blend again until smooth. Add more water for a thinner smoothie.