



HEALTHY HOLIDAY COOKBOOK

LOVE is the
best ingredient.

RECIPES

APPETIZERS & DIPS

Olive Tapenade with Crackers
Apple Sausage Bites
Cinnamon, Apple & Cheddar Cheese Plate
Turmeric Hummus
Balsamic Beet Dip
Golden Beet Hummus
Cilantro Lentil Dip

SOUP

Tomato Chickpea Soup
Creamy Roasted Garlic & Kale Soup
Creamy Turmeric Pumpkin Soup

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Brussel Sprouts Salad with Grainy Mustard Dressing
Peach & Lentil Freekeh Salad
Winter Kale Salad
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Warm Farro & Sweet Potato Salad

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appetizers & dips

olive tapenade with crackers

apple sausage bites

cinnamon, apple & cheddar cheese plate

turmeric hummus

balsamic beet dip

golden beet hummus

cilantro lentil dip

Olive Tapenade with Crackers

7 ingredients · 10 minutes · 8 servings



Directions

1. Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
2. Top crackers with the olive tapenade and enjoy!

Notes

No Lemon Juice

Use apple cider vinegar instead.

No Olive Oil

Use avocado oil instead.

Storage

Refrigerate in an airtight container up to 7 days.

Ingredients

- 1 cup Black Olives (pitted)
- 2 tbsps Capers
- 1/4 cup Parsley
- 1/8 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 14 1/8 ozs Whole Grain Crackers

Nutrition

Amount per serving

Calories	292	Protein	4g
Fat	15g	Sodium	653mg
Saturated	3g	Calcium	25mg
Polyunsaturated	6g	Iron	3mg
Monounsaturated	6g	Vitamin D	0IU
Carbs	35g	Folate	55µg
Fiber	2g	Vitamin B12	0µg
Sugar	6g		

Apple Sausage Bites

3 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
3. Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately six pieces.

Make it Vegan

Use marinated tofu, tempeh or chopped vegan burgers instead of sausage.

Ingredients

8 ozs Pork Sausage

1/2 Apple (core removed, sliced)

3/4 cup Sauerkraut

Nutrition

Amount per serving

Calories	396	Protein	14g
Fat	33g	Sodium	1385mg
Saturated	11g	Calcium	32mg
Polyunsaturated	5g	Iron	2mg
Monounsaturated	14g	Vitamin D	50IU
Carbs	11g	Folate	16µg
Fiber	3g	Vitamin B12	0.7µg
Sugar	6g		

Cinnamon, Apple & Cheddar Cheese Plate

5 ingredients · 5 minutes · 1 serving



Directions

1. Prepare all ingredients on a small cheese board or plate. Sprinkle apples with cinnamon. Enjoy!

Notes

Dairy-Free

Use cashew cheese instead of cheddar.

Ingredients

- 1 Apple (sliced)
- 2/3 oz Cheddar Cheese (sliced)
- 2 tbsps Walnuts
- 2/3 oz Whole Grain Crackers
- 1/8 tsp Cinnamon

Nutrition

Amount per serving

Calories	371	Protein	9g
Fat	21g	Sodium	309mg
Saturated	5g	Calcium	174mg
Polyunsaturated	10g	Iron	1mg
Monounsaturated	4g	Vitamin D	5IU
Carbs	42g	Folate	46µg
Fiber	6g	Vitamin B12	0.2µg
Sugar	22g		

Turmeric Hummus

7 ingredients · 10 minutes · 4 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers

Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove)
- 1 tbsp Tahini
- 3 tsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	281	Protein	8g
Fat	18g	Sodium	306mg
Saturated	2g	Calcium	59mg
Polyunsaturated	3g	Iron	3mg
Monounsaturated	11g	Vitamin D	0IU
Carbs	24g	Folate	145µg
Fiber	7g	Vitamin B12	0µg
Sugar	4g		

Balsamic Beet Dip

8 ingredients · 1 hour · 8 servings



Directions

1. Preheat the oven to 400°F (204°C). Cut a large piece of foil or parchment paper.
2. Place the beet, onion and garlic in the center of the foil or parchment and season with half of the salt and half of the oil. Wrap tightly and transfer to a baking sheet. Bake for 40 to 45 minutes or until the beets are tender. Let cool slightly.
3. Transfer the cooked beets, onions, garlic and all the juices to a blender along with the water, balsamic vinegar, remaining salt and remaining oil. Blend until smooth and silky.
4. Serve chilled and garnish with parsley, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/2 cup of dip.

Beets

4 medium beets are approximately 2 1/2 cups cubed.

Serve it With

Sliced vegetables or crackers or use as a spread.

Ingredients

- 4 Beet (medium, peeled, cut into small cubes)
- 1 Yellow Onion (sliced)
- 12 Garlic (cloves, peeled)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 cup Water
- 1 1/2 tbsps Balsamic Vinegar
- 2 tbsps Parsley (optional, chopped)

Nutrition

Amount per serving

Calories	93	Protein	1g
Fat	7g	Sodium	182mg
Saturated	1g	Calcium	23mg
Polyunsaturated	1g	Iron	1mg
Monounsaturated	5g	Vitamin D	0IU
Carbs	7g	Folate	46µg
Fiber	2g	Vitamin B12	0µg
Sugar	4g		

Golden Beet Hummus

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400F (204°C). Wrap the beet in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beet from the oven, let it cool and then peel.
2. In a blender or food processor, add the chickpeas and blend until smooth. Next, add the beet and blend again. Add the lemon, sea salt, tahini and garlic and blend until mixed together. Slowly drizzle in the water and keep blending until smooth and creamy.
3. Add to a serving dish and garnish with sesame seeds, chopped chives and extra virgin olive oil, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

More Flavor

Add spices such as turmeric, paprika or nutritional yeast.

Smooth Consistency

To make the hummus very smooth, pop the chickpeas out of their skins before blending.

Ingredients

- 1 Golden Beet (skin on, washed)
- 1 **3/4 cups** Chickpeas (cooked, rinsed)
- 1 Lemon (juiced)
- 1/2 tsp** Sea Salt
- 2 tbsps** Tahini
- 2 Garlic (cloves)
- 1/3 cup** Water (ice cold)
- 2 tsps** Sesame Seeds (optional)
- 1 tbsp** Chives (chopped, optional)
- 1 tbsp** Extra Virgin Olive Oil (optional)

Nutrition

Amount per serving

Calories	215	Protein	8g
Fat	10g	Sodium	326mg
Saturated	1g	Calcium	91mg
Polyunsaturated	3g	Iron	3mg
Monounsaturated	5g	Vitamin D	0IU
Carbs	25g	Folate	158µg
Fiber	7g	Vitamin B12	0µg
Sugar	5g		

Cilantro Lentil Dip

10 ingredients · 30 minutes · 4 servings



Directions

1. In a medium-sized pot, over medium heat, bring the lentils and water to a boil. Once boiling, reduce the heat to a simmer. Add the onion, garlic, cumin and salt. Stir to combine. Simmer until the lentils are cooked through, about 20 to 24 minutes. Drain and set aside to let cool.
2. In a blender or food processor, add the drained lentils, cilantro, lime juice and oil. Process until smooth and creamy, adding water if needed to smooth.
3. Serve with tortilla chips and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/4 to 1/3 cup of dip with 1/2 cup of tortilla chips.

No Tortilla Chips

Use as a dip for crackers, vegetables or pita bread. Use it as a spread on sandwiches.

No Cilantro

Use another fresh herb instead.

No Yellow Lentils

Use red instead.

Ingredients

- 1 cup Dry Yellow Lentils
- 3 cups Water
- 1 Yellow Onion (small, chopped)
- 2 Garlic (cloves, chopped)
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cilantro
- 1 tbsp Lime Juice
- 1/4 cup Extra Virgin Olive Oil
- 2 cups Corn Tortilla Chips

Nutrition

Amount per serving

Calories	391	Protein	15g
Fat	17g	Sodium	305mg
Saturated	2g	Calcium	70mg
Polyunsaturated	3g	Iron	6mg
Monounsaturated	11g	Vitamin D	0IU
Carbs	46g	Folate	4µg
Fiber	9g	Vitamin B12	0µg
Sugar	3g		

soup

tomato chickpea soup

creamy roasted garlic & kale soup

creamy turmeric pumpkin soup

Tomato Chickpea Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
2. Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
3. Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
4. Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

Serving Size

One serving is approximately 1 1/4 cups.

More Fat

Sauté the vegetables in extra virgin olive oil instead of the broth.

Additional Toppings

Fresh herbs, red pepper flakes, fresh ground pepper, nutritional yeast, extra virgin olive oil.

No Fusilli

Use another short-cut pasta.

No Canned Diced Tomatoes

Use fresh instead.

Ingredients

- 4 cups Organic Vegetable Broth (divided)
- 1/2 Yellow Onion (finely chopped)
- 1 Carrot (small, peeled, finely chopped)
- 2 Garlic (large cloves, minced)
- 1 cup Chickpeas (cooked, rinsed)
- 3/4 cup Diced Tomatoes
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 cup Brown Rice Fusilli
- 1 cup Baby Spinach (chopped)

Nutrition

Amount per serving

Calories	209	Protein	7g
Fat	2g	Sodium	1272mg
Saturated	0g	Calcium	55mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	1g	Vitamin D	0IU
Carbs	40g	Folate	88µg
Fiber	6g	Vitamin B12	0µg
Sugar	6g		

Creamy Roasted Garlic & Kale Soup with Cauliflower

8 ingredients · 1 hour 15 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
3. When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
4. Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
5. Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

Ingredients

- 12 Garlic (cloves, peeled and trimmed)
- 1 Yellow Onion (large, roughly chopped)
- 1 head Cauliflower (sliced into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 8 cups Kale Leaves (packed)
- 3 3/4 cups Organic Vegetable Broth (divided)

Nutrition

Amount per serving

Calories	176	Protein	5g
Fat	11g	Sodium	1272mg
Saturated	2g	Calcium	172mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	7g	Vitamin D	0IU
Carbs	17g	Folate	110µg
Fiber	6g	Vitamin B12	0µg
Sugar	7g		

Creamy Turmeric Pumpkin Soup

9 ingredients · 1 hour 15 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
3. Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
4. Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
5. Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
6. Divide soup between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/4 cups of soup.

Pumpkin

A 2 lb pie pumpkin yields approximately 2 1/2 cups.

More Flavor

Black pepper, fresh ginger or a drizzle of maple syrup or other liquid sweetener.

Additional Toppings

Extra coconut milk or fresh herbs like cilantro.

Ingredients

- 2 1/2 cups Pie Pumpkin
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 2 tsps Turmeric
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 2 1/2 cups Organic Vegetable Broth (plus more if needed)
- 1/2 cup Organic Coconut Milk (full-fat, from the can)

Nutrition

Amount per serving

Calories	187	Protein	2g
Fat	16g	Sodium	714mg
Saturated	6g	Calcium	39mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	7g	Vitamin D	0IU
Carbs	11g	Folate	12µg
Fiber	2g	Vitamin B12	0µg
Sugar	5g		

No Olive Oil

Use butter, ghee or avocado oil instead.

No Pumpkin

Use a butternut squash instead.

salads

beet & arugula salad

**brussels sprouts salad
with grainy mustard dressing**

peach & lentil freekeh salad

winter kale salad

roasted broccoli salad with lentils

shredded creamy brussels sprouts

warm farro & sweet potato salad

Beet & Arugula Salad

9 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
2. While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
3. Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

Notes

Dairy-Free

Omit the goat cheese, or use a plant-based cheese instead.

No Pumpkin Seeds

Omit or use sunflower seeds instead.

No Apple

Use a pear instead.

No Honey

Use maple syrup instead.

Save Time

Roast the beets ahead of time.

Ingredients

- 4 Beet (skin on, washed)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1 1/2 tsps Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula (packed)
- 1 Apple (thinly sliced)
- 1/2 cup Goat Cheese (crumbled)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving

Calories	239	Protein	6g
Fat	17g	Sodium	138mg
Saturated	4g	Calcium	64mg
Polyunsaturated	2g	Iron	2mg
Monounsaturated	9g	Vitamin D	0IU
Carbs	20g	Folate	110µg
Fiber	5g	Vitamin B12	0µg
Sugar	14g		

Brussels Sprouts Salad with Grainy Mustard Dressing

3 ingredients · 10 minutes · 4 servings



Directions

1. Gently toss all ingredients in a mixing bowl until well combined. Divide onto plates and enjoy!

Notes

Storage

Refrigerate in an airtight container up to 5 days.

Warm It Up

Lightly steam all of the ingredients in a large pan with some water until tender then serve.

Ingredients

5 cups Brussels Sprouts (trimmed, thinly sliced)

1 1/3 tbsps Whole Grain Mustard

2 tbsps Apple Cider Vinegar

Nutrition

Amount per serving

Calories	51	Protein	4g
Fat	0g	Sodium	52mg
Saturated	0g	Calcium	47mg
Polyunsaturated	0g	Iron	2mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	10g	Folate	67µg
Fiber	4g	Vitamin B12	0µg
Sugar	2g		

Peach & Lentil Freekeh Salad

8 ingredients · 25 minutes · 4 servings



Directions

1. Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. In a large mixing bowl, combine the freekeh with the remaining ingredients. Adjust any seasonings as needed. Divide into bowls or containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1 1/4 cup of salad.

Gluten-Free

Use quinoa instead of freekeh.

More Flavor

Cook with broth instead of water.

Ingredients

- 1 cup Freekeh (uncooked)
- 2 1/2 cups Water
- 1 Peach (pit removed, chopped)
- 1 cup Lentils (cooked)
- 1/2 cup Parsley (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	228	Protein	11g
Fat	1g	Sodium	314mg
Saturated	0g	Calcium	64mg
Polyunsaturated	0g	Iron	3mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	49g	Folate	103µg
Fiber	11g	Vitamin B12	0µg
Sugar	4g		

Winter Kale Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
2. Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
3. Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to two days.

No Pear

Use sliced apple instead.

No Kale

Use Swiss chard or collard greens instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 **tbps** Apple Cider Vinegar
- 1 **tsp** Dijon Mustard
- 1 **tsp** Maple Syrup
- 1/8 **tsp** Sea Salt
- 6 **cups** Kale Leaves (thinly sliced)
- 1/2 **cup** Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 **cup** Pumpkin Seeds
- 1/4 **cup** Unsweetened Coconut Flakes (toasted)

Nutrition

Amount per serving

Calories	188	Protein	3g
Fat	14g	Sodium	108mg
Saturated	5g	Calcium	93mg
Polyunsaturated	2g	Iron	2mg
Monounsaturated	6g	Vitamin D	0IU
Carbs	15g	Folate	23µg
Fiber	5g	Vitamin B12	0µg
Sugar	8g		

Roasted Broccoli Salad with Lemon Dressing

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli, avocado oil and half the sea salt to the sheet and toss to combine. Bake for 15 to 20 minutes, until crispy.
2. In a small bowl, add the extra virgin olive oil, lemon juice and the remaining sea salt.
3. Add the kale to a large bowl along with the broccoli, pomegranate seeds, pumpkin seeds and feta. Drizzle the dressing over top and toss to combine. Serve and enjoy!

Notes

Leftovers

Refrigerate the salad contents and dressing in separate airtight containers for up three days.

Dairy-Free

Omit the feta or use a dairy-free cheese.

No Avocado Oil

Use olive oil instead.

Additional Toppings

Add chickpeas, edamame, cooked chicken or salmon to make it a meal.

Ingredients

- 3 cups Broccoli (florets, chopped)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 3 cups Baby Kale
- 3 tbsps Pomegranate Seeds
- 2 tbsps Pumpkin Seeds
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	159	Protein	6g
Fat	12g	Sodium	289mg
Saturated	3g	Calcium	131mg
Polyunsaturated	1g	Iron	2mg
Monounsaturated	7g	Vitamin D	2IU
Carbs	10g	Folate	48µg
Fiber	4g	Vitamin B12	0.2µg
Sugar	3g		

Shredded Creamy Brussels Sprouts Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. In a bowl, combine the extra virgin olive oil, apple cider vinegar, mustard, yogurt, maple syrup, sea salt and pepper. Mix well and set aside.
2. Add the thinly sliced brussels sprouts to a bowl and pour the dressing over top. Add the parsley, apple and pumpkin seeds then toss well to coat. Enjoy!

Notes

Dairy-Free

Use plain coconut yogurt instead of Greek yogurt.

Leftovers

Store in an airtight container in the fridge for up to 3 days.

More Protein

Add sliced chicken breast, bacon or toasted chickpeas.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 **tblsp** Apple Cider Vinegar
- 2 **tsps** Dijon Mustard
- 1/4 **cup** Plain Greek Yogurt
- 2 **tsps** Maple Syrup
- Sea Salt & Black Pepper
- 4 **cups** Brussels Sprouts (trimmed and very thinly sliced)
- 1 **cup** Parsley (chopped and packed)
- 1 **Apple** (cored and thinly sliced)
- 1/3 **cup** Pumpkin Seeds (toasted)

Nutrition

Amount per serving

Calories	200	Protein	7g
Fat	12g	Sodium	70mg
Saturated	2g	Calcium	102mg
Polyunsaturated	2g	Iron	4mg
Monounsaturated	7g	Vitamin D	6IU
Carbs	20g	Folate	78µg
Fiber	6g	Vitamin B12	0µg
Sugar	9g		

Warm Farro & Sweet Potato Salad

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Add the farro to a medium sized pot with water and half the sea salt. Bring to a boil. Once water has boiled, reduce heat to low and simmer for 30 minutes. When the farro is done cooking, add the spinach to the pot. Stir and cover until the spinach is wilted.
3. While the farro cooks, line a baking sheet with parchment paper and add the sweet potato. Cook in the oven for 20 to 25 minutes or until cooked through. Remove and set aside.
4. In a small bowl, mix the extra virgin olive oil, lemon juice and remaining sea salt.
5. Divide the farro and spinach mixture between plates. Top with sweet potato, walnuts and parsley. Drizzle the lemon dressing on top. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Instead of farro, use brown rice cooked according to package directions.

Nut-Free

Use pumpkin seeds instead of walnuts.

Ingredients

- 1 cup Farro (rinsed)
- 3 cups Water
- 1/2 tsp Sea Salt (divided)
- 4 cups Baby Spinach
- 1 Sweet Potato (large, cubed)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 cup Walnuts (chopped)
- 1/3 cup Parsley (roughly chopped)

Nutrition

Amount per serving

Calories	426	Protein	11g
Fat	24g	Sodium	354mg
Saturated	3g	Calcium	100mg
Polyunsaturated	9g	Iron	2mg
Monounsaturated	11g	Vitamin D	0IU
Carbs	43g	Folate	86µg
Fiber	6g	Vitamin B12	0µg
Sugar	3g		

sides

healthy holiday stuffing

garlic mashed cauliflower

green bean casserole

golden turmeric latkes with applesauce

steamed artichokes with aioli

Healthy Holiday Stuffing

13 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Preheat the oven to 400. Line a baking sheet with parchment paper.
2. Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
3. Remove cauliflower from oven and set aside. Reduce oven heat to 375.
4. While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
5. In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
6. Remove from oven and transfer into a serving dish. Enjoy!

Notes

Meat Lover

Add cooked organic bacon bits, sausage or extra lean ground meat into the mixture as you add it to the baking dish.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	374	Protein	8g
Fat	34g	Sodium	257mg
Saturated	0g	Calcium	72mg
Polyunsaturated	0g	Iron	2mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	15g	Folate	0µg
Fiber	6g	Vitamin B12	0µg
Sugar	5g		

Garlic Mashed Cauliflower

6 ingredients · 25 minutes · 8 servings



Directions

1. Halve the cauliflower through the stem, cut a "V" shape around the core to remove the core. Cut into florets.
2. Bring 1-2 inches of water and a pinch of salt to a boil in a large saucepan with a steamed basket placed inside. Add cauliflower, cover and cook about 10-12 minutes until tender.
3. As the cauliflower is steaming, heat oil in a small skillet over medium heat. Reduce heat to medium-low and add garlic. Cook, stirring until the garlic starts to brown around the edges about 1-2 minutes.
4. Reserve 1/4 cup of the cooking liquid, drain the cauliflower.
5. Add reserved liquid, cauliflower, and garlic back to the pot, and blend with an immersion blender to desired consistency. Serve hot.

Notes

Make Ahead and Store

Can be made up to 3 days in advance and stored in an airtight container in the refrigerator. Reheat over low heat, adding additional butter if needed

Microwave Option

Place florets and minced garlic in a microwave-safe bowl with ¼ cup water, cover and microwave on High for 3 to 5 minutes

Garlic

Can also used minced garlic and skip heating on the skillet portion

Ingredients

- 1 head Cauliflower
- 2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Olive Oil
- 1/4 cup Parmesan Cheese (Grated)
- 1/4 cup Plain Greek Yogurt (Optional)

Nutrition

Amount per serving

Calories	65	Protein	3g
Fat	4g	Sodium	355mg
Saturated	0g	Calcium	69mg
Polyunsaturated	0g	Iron	0mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	4g	Folate	0µg
Fiber	1g	Vitamin B12	0µg
Sugar	2g		

Green Bean Casserole

10 ingredients · 1 hour 20 minutes · 8 servings



Directions

1. Add half of the olive oil in a large skillet and place over medium-low heat. Add your sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl and set aside.
2. While the onions cook, steam your cauliflower florets in a steaming basket until softened to the point where they can be easily pierced with a fork. Transfer to your blender or food processor and set aside.
3. Steam your green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
4. Heat the remaining olive oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
5. Also add to the blender water, sea salt and nutritional yeast. Blend until very smooth. Be patient - it takes some time to reach a creamy consistency!
6. Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth it out with a spoon or spatula. Top with the caramelized onions.
7. Preheat oven to 350.
8. Bake the casserole in the oven for 30 minutes. Remove from oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

Notes

Make it Festive

Serve with our Turkey Rolls with Cranberry Sauce and Scalloped Sweet Potatoes.

Ingredients

- 2 tbsps Olive Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

Nutrition

Amount per serving

Calories	148	Protein	6g
Fat	7g	Sodium	423mg
Saturated	0g	Calcium	80mg
Polyunsaturated	0g	Iron	3mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	18g	Folate	0µg
Fiber	6g	Vitamin B12	0µg
Sugar	7g		

Golden Tumeric Latkes with Applesauce

13 ingredients · 45 minutes · 6 servings



Directions

1. To prepare sauce: Heat 1 tablespoon oil in a small skillet over medium-high heat. Add ginger and cook, stirring, until light brown and aromatic, 30 seconds to 1 minute. Stir in turmeric and cloves. Cook until the spices are fragrant, 30 seconds to 1 minute more. Scrape the spices into the applesauce in a small bowl and stir well to combine.
2. Preheat oven to 200°F. Place a baking sheet in the oven.
3. To prepare latkes: Thoroughly mix potatoes, onion, chiles to taste, cilantro, flour, cumin, salt, turmeric and eggs in a large bowl.
4. Heat 1 tablespoon oil in a large nonstick skillet or griddle over medium heat. Place a heaping tablespoon of the potato mixture in the skillet and flatten with a spatula into a disk roughly 3 inches in diameter. Form as many latkes as you can in the pan without overcrowding. Cook until golden brown and crispy on the bottom, 3 to 5 minutes. Flip and continue cooking until the other side is golden brown and crispy, 3 to 5 minutes. Briefly drain on a paper towel-lined plate, then transfer to the oven to keep warm. Repeat with the remaining oil and potato mixture.
5. Serve the latkes with the seasoned applesauce.

Notes

Servings

2 latkes per serving

Ingredients

- 1 **tblsp** Vegetable Oil
- 2 **tsps** Ginger
- 1/2 **tblsp** Ground Tumeric
- 1/2 **tblsp** Ground Cloves
- 1 **cup** Unsweetened Applesauce
- 4 Yellow Potato (shredded, peeled, russet potatoes (about 2 cups))
- 1 Yellow Onion (finely chopped)
- 1 Green Chiles (fresh serrano chiles, stemmed and finely chopped)
- 3 **tsps** Cilantro (finely chopped)
- 1/2 **cup** All Purpose Flour
- 1 **tsp** Cumin
- 1 **tsp** Sea Salt
- 1/2 **tblsp** Ground Tumeric
- 2 Egg
- 2 **tsps** Vegetable Oil (Divided)

Nutrition

Amount per serving

Calories	204	Protein	6g
Fat	6g	Sodium	420mg
Saturated	0g	Calcium	36mg
Polyunsaturated	0g	Iron	1mg

Monounsaturated	0g	Vitamin D	0IU
Carbs	33g	Folate	0µg
Fiber	3g	Vitamin B12	0µg
Sugar	6g		

Steamed Artichokes with Aioli

4 ingredients · 30 minutes · 2 servings



Directions

1. Prepare your artichokes by trimming the tips and excess stem. Snip the spiky ends of the leaves. Rinse under running water, using your thumbs to gently open up the leaves.
2. Bring 2 to 3 inches of water in a pot to a boil. Insert a steaming basket and add the artichokes. Cover with a lid, lower the heat to a simmer and steam for about 30 minutes, or until the leaves peel off easily.
3. Meanwhile, stir the mayonnaise, lemon juice and dijon mustard in a small bowl.
4. Enjoy by peeling the artichoke leaves and dip the fleshy end into the mayonnaise. Use your teeth to scrape the flesh and discard the remaining leaf. Repeat until you reach the fuzzy choke. Scrape out and discard this part. Find the artichoke heart underneath and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two medium artichokes and two tablespoons of mayonnaise dip.

More Flavor

Add garlic, lemon, bay leaves or other aromatics to the boiling water while steaming the artichokes.

Make it Vegan

Use vegan butter, tamari or balsamic vinegar instead of a mayonnaise dip.

Ingredients

- 4 Artichoke
- 1/4 cup Mayonnaise
- 1 tsp Lemon Juice
- 1/4 tsp Dijon Mustard

Nutrition

Amount per serving

Calories	309	Protein	9g
Fat	21g	Sodium	423mg
Saturated	3g	Calcium	115mg
Polyunsaturated	13g	Iron	3mg
Monounsaturated	5g	Vitamin D	2IU
Carbs	27g	Folate	176µg
Fiber	14g	Vitamin B12	0µg
Sugar	3g		

entrees

turkey rolls with cranberry sauce

acorn squash & chicken sausage hash

slow cooker dijon pork tenderloin

lentil mushroom loaf

herb & garlic whole roasted chicken

citrus herb roasted turkey breast

**slow cooker apple cinnamon
pork tenderloin**

spinach & pea risotto

Turkey Rolls with Cranberry Sauce

10 ingredients · 1 hour 10 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
3. Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
4. Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
5. Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Add the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
6. Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
7. Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
8. Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!

Notes

Get Creative

Roll the turkey with your favorite stuffing instead of spinach and goat cheese.

Keep it Simple

Reduce prep time by skipping the roll up, baking turkey breast on their own and serving the spinach and goat cheese on the side.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 4 **cups** Baby Spinach
- 2 **lbs** Turkey Breast
- 1/2 **cup** Goat Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 1/2 **cup** Organic Vegetable Broth
- 2 **cups** Frozen Cranberries (diced)
- 1 Navel Orange (juiced)
- 1 **tbsp** Raw Honey
- Twine

Nutrition

Amount per serving

Calories	372	Protein	56g
Fat	10g	Sodium	340mg
Saturated	3g	Calcium	80mg
Polyunsaturated	2g	Iron	3mg
Monounsaturated	3g	Vitamin D	16IU
Carbs	16g	Folate	86µg
Fiber	3g	Vitamin B12	3.1µg
Sugar	10g		

Acorn Squash & Chicken Sausage Hash

9 ingredients · 30 minutes · 2 servings



Directions

1. In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
2. In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
3. Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
4. Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup of the hash mixture.

More Fiber

Stir in cooked quinoa or rice.

Make it Vegan

Use black beans or lentils instead of sausage.

Meal Prep

Cook the acorn squash in advance to save time.

Ingredients

- 10 ozs Organic Chicken Sausage (casings removed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Acorn Squash (peeled, chopped into cubes)
- 1/2 Yellow Onion (chopped)
- 2 cups Mushrooms (sliced)
- 2 cups Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast
- 1 tsp Sea Salt
- 1 Apple (cored, cubed)

Nutrition

Amount per serving

Calories	556	Protein	28g
Fat	28g	Sodium	2683mg
Saturated	8g	Calcium	287mg
Polyunsaturated	2g	Iron	11mg
Monounsaturated	15g	Vitamin D	7IU
Carbs	55g	Folate	77µg
Fiber	9g	Vitamin B12	19.2µg
Sugar	17g		

Slow Cooker Dijon Pork Tenderloin

7 ingredients · 2 hours 15 minutes · 4 servings



Directions

1. Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
2. Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
3. To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

Notes

Optional Step for Sauce

For a sauce that is more like gravy, transfer the cooking liquid from the slow cooker to a small pot. Bring the liquid to a boil over medium-high heat and then let simmer for 15 minutes. Turn off the heat then stir in the lemon juice and parsley.

No Grainy Dijon Mustard

Use regular Dijon mustard or brown mustard instead.

Leftovers

Keep in the fridge for up to 3 days or freeze for longer.

Serve it With

Mashed potatoes, cauliflower, rice, quinoa or a side salad.

Ingredients

3 cups Organic Vegetable Broth

2 tbsps Dijon Mustard (grainy)

1 tsp Italian Seasoning

1/2 tsp Sea Salt

1 lb Pork Tenderloin

1 tbsps Lemon Juice

1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	142	Protein	24g
Fat	3g	Sodium	930mg
Saturated	1g	Calcium	16mg
Polyunsaturated	0g	Iron	1mg
Monounsaturated	1g	Vitamin D	9IU
Carbs	2g	Folate	7µg
Fiber	0g	Vitamin B12	0.6µg
Sugar	1g		

Lentil Mushroom Loaf

17 ingredients · 1 hour 5 minutes · 10 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
2. In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
3. Add the flax seeds and water to a small bowl, stir and set aside.
4. Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
5. Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
6. Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!

Notes

Leftovers

Refrigerate an airtight container for up to four days. Freeze leftover slices in an airtight container or in a freezer-safe bag wrapped in parchment paper for up to two months.

Serving Size

One serving size is one slice.

Nut-Free

Use toasted sunflower seeds or omit the walnuts.

More Flavor

Use a mix of mushrooms such as shiitake and cremini.

Ingredients

- 1 tsp Avocado Oil
- 12 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (chopped)
- 2 Carrot (finely chopped)
- 3 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 3 tbsps Ground Flax Seed (ground)
- 1/3 cup Water
- 1 cup Walnuts (toasted)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 2 tbsps Thyme (fresh, chopped)
- 2 cups Green Lentils (cooked)
- 3/4 cup Oats
- 1/2 cup Oat Flour
- 1 tsp Sea Salt
- 1/3 cup Sugar Free Ketchup
- 2 tbsps Balsamic Vinegar

Nutrition

Amount per serving

Calories	218	Protein	9g
Fat	10g	Sodium	361mg
Saturated	1g	Calcium	43mg
Polyunsaturated	6g	Iron	3mg

No Coconut Aminos
Use tamari instead.

Monounsaturated	2g	Vitamin D	2IU
Carbs	25g	Folate	93µg
Fiber	7g	Vitamin B12	0µg
Sugar	5g		



Herb & Garlic Whole Roasted Chicken with Veggies

8 ingredients · 2 hours · 6 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Place the chicken on a roasting pan and coat in half the oil. Rub half the sea salt, plus all the rosemary and thyme on all sides. Roast for 15 minutes.
3. Lower the heat to 350°F (177°C), rotate the pan and continue roasting until the internal temperature reaches 180°F (83°C), about 20 minutes per pound.
4. Approximately 30 minutes before the chicken is ready, add the broccoli, brussels sprouts and garlic to a separate baking dish. Toss in the remaining oil and sea salt and bake.
5. Remove both pans from the oven and let rest for 15 minutes before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Repurpose the leftovers in a salad, soup, wrap, stir-fry or fried rice.

Serving Size

One serving equals approximately 2/3 cup of cooked chicken and 2/3 cup of roasted veggies.

More Flavor

Add cumin, paprika and black pepper. Stuff the cavity of the chicken with more herbs, lemon wedges, onion and/or garlic. Slide butter under the skin or inside the cavity.

Zero Waste

Save the chicken carcass to make bone broth.

Ingredients

- 4 lbs Whole Roasting Chicken
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 tbsps Rosemary (chopped)
- 1 tbsps Thyme (chopped)
- 6 cups Broccoli (chopped)
- 2 cups Brussels Sprouts (trimmed, halved)
- 8 Garlic (cloves)

Nutrition

Amount per serving

Calories	446	Protein	65g
Fat	15g	Sodium	658mg
Saturated	3g	Calcium	95mg
Polyunsaturated	3g	Iron	4mg
Monounsaturated	7g	Vitamin D	0IU
Carbs	10g	Folate	97µg
Fiber	4g	Vitamin B12	1.1µg
Sugar	2g		

Citrus Herb Roasted Turkey Breast

9 ingredients · 1 hour 5 minutes · 4 servings



Directions

1. Preheat your oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
2. Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the orange and onion in the pan.
3. In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
4. Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
5. Let the turkey rest for at least 10 minutes before slicing. Enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Spoon pan juices over top of the sliced meat upon serving.

Make it a Meal

Serve with roasted veggies or mashed potatoes. Use cooked turkey in sandwiches, soups or on top of salads.

No Water

Use chicken broth instead.

Ingredients

- 1 Navel Orange (cut into quarters)
- 1 Yellow Onion (cut into quarters)
- 2 1/4 lbs Turkey Breast, Skin on (bone-in)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Thyme (finely chopped)
- 1 tbsp Fresh Sage (finely chopped)
- 1 tbsp Rosemary (finely chopped)
- 2/3 cup Water

Nutrition

Amount per serving

Calories	463	Protein	55g
Fat	24g	Sodium	477mg
Saturated	5g	Calcium	64mg
Polyunsaturated	5g	Iron	3mg
Monounsaturated	9g	Vitamin D	30IU
Carbs	8g	Folate	31µg
Fiber	2g	Vitamin B12	3.2µg
Sugar	5g		

Slow Cooker Apple Cinnamon Pork Tenderloin

6 ingredients · 4 hours · 4 servings



Directions

1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender

Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs

Serve with rice, quinoa or mini potatoes.

Ingredients

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbsp Cinnamon

Nutrition

Amount per serving

Calories	251	Protein	25g
Fat	3g	Sodium	94mg
Saturated	1g	Calcium	56mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	1g	Vitamin D	9IU
Carbs	34g	Folate	12µg
Fiber	5g	Vitamin B12	0.6µg
Sugar	26g		

Creamy Potato, Lentil & Kale Casserole

8 ingredients · 1 hour · 8 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly ovetop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
3. In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
4. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size

A 10 x 13-inch dish was used for 8 servings.

Ingredients

- 6 Yellow Potato (thinly sliced)
- 4 cups Green Lentils (cooked, drained)
- 6 cups Kale Leaves (stems removed, leaves torn)
- 4 cups Organic Coconut Milk (full-fat, from the can)
- 3 cups Pureed Pumpkin
- 1 tbsp Garlic Powder
- 2 tbsps Thyme (stems removed)
- 2 tsps Sea Salt

Nutrition

Amount per serving

Calories	491	Protein	15g
Fat	22g	Sodium	646mg
Saturated	20g	Calcium	110mg
Polyunsaturated	0g	Iron	6mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	60g	Folate	225µg
Fiber	15g	Vitamin B12	0µg
Sugar	8g		

Spinach & Pea Risotto

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
2. Meanwhile, heat the olive oil over medium heat in a large pot. Sauté the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
3. Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
4. Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
5. Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
6. Divide between plates and enjoy.

Notes

Leftovers

Keep refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1.25 cups of risotto.

More Flavor

Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.

Ingredients

- 4 cups Organic Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 cup Arborio Rice
- 3 tbsps Lemon Juice
- 3 cups Baby Spinach (chopped)
- 1 cup Frozen Peas
- 3 tbsps Nutritional Yeast

Nutrition

Amount per serving

Calories	323	Protein	10g
Fat	7g	Sodium	1016mg
Saturated	1g	Calcium	51mg
Polyunsaturated	1g	Iron	3mg
Monounsaturated	5g	Vitamin D	0IU
Carbs	54g	Folate	70µg
Fiber	4g	Vitamin B12	25.3µg
Sugar	5g		

Consistency

If risotto has become too thick after stirring in the spinach and peas, thin with two tablespoons of warm water at a time until desired consistency is reached.

Rice

This recipe was developed and tested using Arborio Rice. We have not tested this recipe using any other type of rice.

desserts

cherry almond chocolate clusters

pistachio pomegranate bark

gingerbread protein cookies

hazelnut cocoa bites

clementine sponge cake

frozen yogurt bites with berries

apple spice oatmeal cookies

Cherry Almond Chocolate Clusters

3 ingredients · 30 minutes · 12 servings



Directions

1. In a medium bowl, toss together the almonds and the cherries. Line a baking sheet with waxed paper.
2. Melt half the chocolate in the top of a double boiler over slightly simmering water, over the lowest possible heat, stirring frequently. Make sure the water is not touching the top pan. Remove the double boiler from the heat and stir in the rest of the chocolate. Remove the top pan with the chocolate in it, gently wipe the bottom of it and set it aside for a moment. Replace the simmering water in the bottom pan with warm tap water. Put the pan of melted chocolate on top of the warm water. This will keep the chocolate at the right temperature while you make the clusters.
3. Stir the fruit-nut mixture into the chocolate. Spoon out heaping tablespoon-sized clusters of the chocolate mixture onto the baking sheet about 1-inch apart. Put them in the refrigerator to set for 15 minutes. Store and serve at room temperature.

Ingredients

- 1 **tbsp** Toasted Almonds (coarsely chopped)
- 1/2 **cup** Dried Cherries (coarsely chopped)
- 6 **ozs** Dark Chocolate (finely chopped)

Nutrition

Amount per serving

Calories	108	Protein	2g
Fat	7g	Sodium	8mg
Saturated	4g	Calcium	11mg
Polyunsaturated	0g	Iron	2mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	11g	Folate	0µg
Fiber	2g	Vitamin B12	0µg
Sugar	6g		

Pistachio Pomegranate Bark

4 ingredients · 30 minutes · 4 servings



Directions

1. Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
2. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
3. Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
4. Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage

Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)

1 cup Pomegranate Seeds

1/2 cup Pistachios (shelled and chopped)

1/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	449	Protein	8g
Fat	32g	Sodium	12mg
Saturated	16g	Calcium	58mg
Polyunsaturated	3g	Iron	7mg
Monounsaturated	10g	Vitamin D	0IU
Carbs	35g	Folate	8µg
Fiber	9g	Vitamin B12	0.1µg
Sugar	18g		

Gingerbread Protein Cookies

10 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

Notes

No Cookie Cutter

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsp Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)

Nutrition

Amount per serving

Calories	118	Protein	6g
Fat	6g	Sodium	54mg
Saturated	1g	Calcium	80mg
Polyunsaturated	0g	Iron	1mg
Monounsaturated	0g	Vitamin D	3IU
Carbs	11g	Folate	3µg
Fiber	2g	Vitamin B12	0.1µg
Sugar	6g		

Hazelnut Cocoa Bites

4 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
2. Add the cocoa powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
3. Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days or freeze for up to three months.

Serving Size

One serving is equal to one ball.

More Flavor

Add vanilla extract.

Ingredients

- 1 cup Hazelnuts
- 2 tbsps Cocoa Powder
- 2 tbsps Maple Syrup
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	122	Protein	3g
Fat	10g	Sodium	75mg
Saturated	1g	Calcium	26mg
Polyunsaturated	1g	Iron	1mg
Monounsaturated	8g	Vitamin D	0IU
Carbs	7g	Folate	19µg
Fiber	2g	Vitamin B12	0µg
Sugar	4g		

Clementine Sponge Cake

7 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. Place the peeled clementines in a pot and cover with water. Bring the water to a simmer and cook for 1 hour. Drain the water and transfer the clementines to a blender. Blend into a purée and set aside to cool.
2. Preheat the oven to 375°F (190°C). Line a 9-inch springform cake pan with parchment paper.
3. In a mixing bowl, whisk together the eggs, clementine purée, maple syrup and baking powder. Gently fold in the oat flour until well combined. Transfer the batter to the pan.
4. Bake for 25 to 30 minutes, or until golden brown and a toothpick comes out clean. Garnish with rosemary sprigs and a dusting of arrowroot flour. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container or food wrap for up to one week. Freeze for up to two months.

Serving Size

One serving equals one slice. A 9-inch springform pan yields eight servings.

More Flavor

Add vanilla extract and/or almond extract.

Additional Toppings

Top with ice cream, yogurt, coconut whipped cream or jam.

No Oat Flour

Use almond flour instead.

Ingredients

- 6 Clementines (peeled)
- 6 Egg
- 1/2 cup Maple Syrup
- 1 tsp Baking Powder
- 2 cups Oat Flour
- 2 tbsps Rosemary (sprigs, for garnish)
- 1 tbsp Arrowroot Powder (for garnish, optional)

Nutrition

Amount per serving

Calories	257	Protein	11g
Fat	6g	Sodium	117mg
Saturated	2g	Calcium	108mg
Polyunsaturated	1g	Iron	2mg
Monounsaturated	1g	Vitamin D	31U
Carbs	41g	Folate	31µg
Fiber	4g	Vitamin B12	0.3µg
Sugar	17g		

Frozen Yogurt Bites with Berries

3 ingredients · 3 hours · 4 servings



Directions

1. Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
2. Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

Notes

Leftovers

Transfer to a freezer-safe bag and store in the freezer for up to two months.

Serving Size

One serving is approximately three cubes.

No Coconut Yogurt

Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.

Additional Toppings

Add granola, coconut chips or any chopped fruit.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/4 cup Frozen Blueberries (chopped)

1/4 cup Frozen Strawberries (chopped)

Nutrition

Amount per serving

Calories	24	Protein	0g
Fat	1g	Sodium	7mg
Saturated	1g	Calcium	65mg
Polyunsaturated	0g	Iron	0mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	4g	Folate	3µg
Fiber	1g	Vitamin B12	0.3µg
Sugar	2g		

Apple Spice Oatmeal Cookies

11 ingredients · 30 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the flour, oats, baking powder, cinnamon, sea salt, and walnuts. Mix well.
3. In a separate bowl, combine the ground flax, egg, coconut sugar, melted coconut oil, and diced apple.
4. Add the wet mixture to the dry and mix well to form a dough.
5. Use a 1/4 cup to scoop balls of the dough onto the baking sheet and press down lightly. Bake for 15 minutes. Let cool and enjoy!

Notes

Apple Size

For this recipe, one apple is equal to approximately one cup of finely diced apple.

Leftovers

Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

Nut-Free

Use pumpkin or sunflower seeds instead of walnuts.

Serving Size

One serving is equal to one cookie.

Ingredients

- 1 cup All Purpose Gluten-Free Flour
- 1 1/2 cups Oats (rolled)
- 2 tsps Baking Powder
- 1 tbsp Cinnamon
- 1/4 tsp Sea Salt
- 1/4 cup Walnuts (chopped)
- 2 tsps Ground Flax Seed
- 1 Egg
- 1/2 cup Coconut Sugar
- 1/2 cup Coconut Oil (melted)
- 1 Apple (finely chopped)

Nutrition

Amount per serving

Calories	224	Protein	3g
Fat	12g	Sodium	137mg
Saturated	8g	Calcium	64mg
Polyunsaturated	2g	Iron	1mg
Monounsaturated	1g	Vitamin D	3IU
Carbs	27g	Folate	8µg
Fiber	4g	Vitamin B12	0µg
Sugar	8g		

muffins

apple cranberry muffins

pumpkin muffins

cardamom pear baked oatmeal

Apple Cranberry Muffins

11 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
2. In a small bowl, mix the ground flax with water and set aside.
3. In a large mixing bowl, add the oat flour, coconut sugar, baking soda, sea salt and cinnamon. Whisk well. Then add the ground flax/water mix, almond milk, grated apple and melted coconut oil. Mix well to combine using a spoon or spatula. Gently fold in the dried cranberries.
4. Divide the batter into the prepared muffin tin. Bake for 22 to 24 minutes.
5. Remove the muffins from the oven and let them cool before placing on a cooling rack for 15 minutes. Serve and enjoy!

Notes

Serving Size

One serving is equal to one small muffin.

Density

These muffins are quite dense due to the oat flour. They do not rise very much.

Nut-Free

Use a nut-free milk instead of almond milk such as coconut, hemp or rice milk.

Optional Toppings

Top muffins with almond butter or coconut butter.

Leftovers

Refrigerate muffins up to four days. Freeze for longer.

No Coconut Oil

Use butter or ghee.

Ingredients

- 2 tbsps Ground Flax Seed
- 1/4 cup Water
- 2 cups Oat Flour
- 1/3 cup Coconut Sugar
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 2/3 cup Unsweetened Almond Milk
- 2 Apple (small, grated)
- 1/4 cup Coconut Oil (melted)
- 3/4 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	181	Protein	4g
Fat	7g	Sodium	212mg
Saturated	4g	Calcium	40mg
Polyunsaturated	0g	Iron	1mg
Monounsaturated	0g	Vitamin D	5IU
Carbs	27g	Folate	1µg
Fiber	4g	Vitamin B12	0µg
Sugar	12g		

Pumpkin Muffins

14 ingredients · 40 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
2. In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
3. In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
4. Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
5. Remove from oven and let cool before serving or storing. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size

One serving is equal to one muffin.

No Walnuts

Use chocolate chips instead of walnuts.

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/3 cup Unsweetened Almond Milk
- 1 tsp Apple Cider Vinegar
- 1 1/2 cups Oat Flour
- 1 cup Almond Flour
- 1 tsp Baking Soda
- 1/2 tsp Baking Powder
- 1 tsp Pumpkin Pie Spice
- 1/4 tsp Sea Salt
- 1 cup Pureed Pumpkin
- 1/2 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1/2 cup Walnuts (roughly chopped)

Nutrition

Amount per serving

Calories	216	Protein	6g
Fat	12g	Sodium	182mg
Saturated	3g	Calcium	78mg
Polyunsaturated	3g	Iron	2mg
Monounsaturated	1g	Vitamin D	3IU
Carbs	24g	Folate	7µg
Fiber	4g	Vitamin B12	0µg

Sugar

9g

Cardamom Pear Baked Oatmeal

8 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil or line with parchment paper.
2. Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Pumpkin

Use unsweetened applesauce, pureed butternut squash or sweet potato instead.

Ingredients

- 2 cups Oats (quick or traditional)
- 2 cups Water
- 2 tbsps Maple Syrup
- 1/2 cup Pureed Pumpkin (canned)
- 1/4 cup Tahini
- 1 tsp Cardamom
- 2 tbsps Ground Flax Seed
- 1 Pear (half sliced, half diced)

Nutrition

Amount per serving

Calories	216	Protein	6g
Fat	8g	Sodium	17mg
Saturated	1g	Calcium	84mg
Polyunsaturated	4g	Iron	3mg
Monounsaturated	3g	Vitamin D	0IU
Carbs	32g	Folate	23µg
Fiber	6g	Vitamin B12	0µg
Sugar	8g		

beverages

simple skinny eggnog

sparkling pomegranate limeade drink

apple cinnamon sparkling tea

Simple Skinny Egnog

8 ingredients · 15 minutes · 4 servings



Directions

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and blend for 2-3 minutes. Once fully blended, transfer the mixture to a small pot
3. Place the pot over medium-low heat for 15 minutes and whisk the egg mixture constantly. You want the egg mixture to be hot, but you do NOT want the mixture to boil.
4. Remove the pot from the heat and transfer the liquid to a container and store in the fridge overnight (at least 12 hours)
5. The mixture will thicken once cooled. Whisk the cooled mixture and serve. If you find the mixture is too thick, simply add a bit more milk until you reach the desired consistency.
6. Portion the eggnog into cups, sprinkle with additional cinnamon and enjoy!

Ingredients

- 2 cups Soy Milk
- 3 Egg Whites
- 1/3 cup Raw Honey
- 1 tsp Vanilla Extract
- 1/2 tsp Nutmeg
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Cloves
- 1 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	230	Protein	26g
Fat	2g	Sodium	95mg
Saturated	0g	Calcium	118mg
Polyunsaturated	0g	Iron	0mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	27g	Folate	0µg
Fiber	1g	Vitamin B12	0µg
Sugar	22g		

Sparkling Pomegranate Limeade Drink

5 ingredients · 5 minutes · 8 servings



Directions

1. Combine the water, sparkling water, lime juice, monk fruit sweetener and pomegranate seeds in a jug.
2. Serve into glasses and garnish with a sprig of thyme. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated for up to four days. For best results, add sparkling water just before serving.

Serving Size

One serving equals approximately one cup.

No Monk Fruit Sweetener

Use maple syrup instead and adjust the amount for sweetness.

Ingredients

4 cups Water

2 1/2 cups Sparkling Water

1/2 cup Lime Juice

1/2 cup Pomegranate Seeds

1/2 oz Thyme Sprigs (for garnish, optional)

Nutrition

Amount per serving

Calories	13	Protein	0g
Fat	0g	Sodium	5mg
Saturated	0g	Calcium	35mg
Polyunsaturated	0g	Iron	0mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	3g	Folate	2µg
Fiber	1g	Vitamin B12	0µg
Sugar	1g		

Apple Cinnamon Sparkling Tea

6 ingredients · 30 minutes · 4 servings



Directions

1. Place tea bags in boiling water and let sit for about 15-30 minutes.
2. While tea is brewing, slice apple into small cubes. Add a little lemon juice to apples to prevent browning.
3. Remove tea bags and add sparkling water. Place in the refrigerator or freezer to cool down liquid. In
4. To serve, add ice and 1 tsp. honey into each glass followed by the liquid. Garnish with a cinnamon stick and sliced apples.
5. Enjoy!

Ingredients

- 2 cups** Hot Water
- 2 cups** Sparkling Water
- 2** Apple Cinnamon Tea Bags
- 1** Apple (*Use a little lemon juice to prevent browning if saving for later)
- 1 1/3 tbsps** Raw Honey
- 4 servings** Cinnamon Stick

Nutrition

Amount per serving

Calories	44	Protein	0g
Fat	0g	Sodium	3mg
Saturated	0g	Calcium	15mg
Polyunsaturated	0g	Iron	0mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	12g	Folate	0µg
Fiber	1g	Vitamin B12	0µg
Sugar	10g		