

# Holiday Recipes

---

TASTY TWISTS ON TRADITION!





## HOLIDAY RECIPES

As a kid, the most exciting part of the holidays was definitely the presents. But as an adult, the most exciting part is definitely the food!

Holiday dinners are filled with special dishes that you only make once or twice a year and they are a great excuse to go all-out in the kitchen and make enough leftovers to last yourself (and all your relatives) for weeks to come.

So in the spirit of Christmas, I'm sharing this collection all the best *Eat For Living* holiday recipes. There's something for everyone in this collection, from the gluten-free vegan to the dairy loving omnivore - and everyone in between.

**Seasonal Favourites**  
*for maximum nutrition*

**Vegan to Omnivor**  
*something for everyone.*

**Brunch to Dinner**  
*tasty twists on tradition.*



# TASTY TWISTS ON HOLIDAY TRADITIONS

## HOLIDAY RECIPE COLLECTION

The holiday season can make it challenging to stay on track when you have digestive issues or food sensitivities (hello gluten free). So I've rounded up several holiday favourites, all designed to help you stay on track this season!

This collection starts with several holiday inspired Brunch ideas that will help you feed your holiday guests.

Enjoy some appetizer ideas and then move on to a new twist on the traditional turkey main. Upgrade your cranberry sauce with this very simple recipe – your guests will be impressed that you made it yourself!

Sides and Salads to please even the pickiest of eaters!

Lighten the meal a little with the Chickpea Waldorf Salad or maybe, my personal favourite (actually they're all delicious) is the Roasted Carrots with Lentils and Tahini 😊

Wishing you the best holiday season yet!



## Spinach, Sweet Potato Frittata

6 servings  
15 minutes

### Ingredients

1 Sweet Potato (or Yam, peeled and cut into 1/2 inch cubes )  
1/4 Yellow Onion (diced)  
1 tsp Dried Rosemary  
6 cups Baby Spinach (roughly chopped)  
7 Egg  
1/4 cup Organic Coconut Milk (full fat)  
1/8 tsp Nutmeg  
1/2 cup Feta Cheese  
1/4 tsp Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place a non-stick skillet over medium-high heat. Add a tablespoon of Olive Oil. Add the Sweet Potato, Onion, Rosemary, and a sprinkle of Salt and Pepper. Cook until Potato softens. Add the Spinach and cover.
- 2 Beat Eggs with coconut milk, a pinch of Salt and Nutmeg. Remove half of the Spinach-Potato mixture. Add the Eggs to the pan, mix, and then pour the reserved mixture on top with half the Feta. Cook over low heat until Eggs are firm (about 5 minutes). Sprinkle with remaining Feta Cheese.
- 3 Note: Making a big batch? Arrange in a glass pan (8 x 11) and cook in the oven at 350 till center is firm.

### Notes

**Creative Additions:** Red pepper slices, chopped tomatoes, sliced mushrooms

**Spice it up!:** A little Cayenne pepper and/or turmeric for all those great health benefits!

**Grab 'n go breakfasts:** Make a batch on the weekend and cut into single servings packed for Breakfasts to grab 'n go through the week!



## Cleaned Up Eggs Benedict

3 servings

30 minutes

### Ingredients

- 1 Sweet Potato (medium, peeled and grated)
- 1/8 Sweet Onion (medium, minced)
- 4 Egg (whisk one, set others aside)
- 2 tbsps Coconut Flour
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil
- 2 tbsps Apple Cider Vinegar
- 1/8 Lemon (juiced)
- 2 Avocado (pitted and sliced)
- 1/4 cup Water (hot)
- 2 tbsps Extra Virgin Olive Oil

### Directions

- 1 Combine shredded sweet potato with onion, one whisked egg, coconut flour and season with salt and pepper.
- 2 Heat coconut oil in a frying pan over medium to medium-high heat. Gently form mixture into patties, about 1/4-1/2 cup each. Cook for about 4 to 5 minutes each side, or until tender and light golden brown. Set aside.
- 3 Crack one egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid. Repeat for additional servings.
- 5 In a food processor, make your hollandaise sauce by blending lemon juice, 1/2 an avocado, water, olive oil and a pinch of salt.
- 6 For each serving, stack two sweet potato hash browns and top with the remaining slices of avocado and poached egg. Drizzle with avocado hollandaise and season with salt and pepper to taste. Enjoy!

### Notes

**More Toppings:** Add bacon, lightly sauteed spinach, sliced tomato, crumbled feta or asparagus.

**More Greens:** Add sauteed spinach or serve on top of a bed of greens.

**Less Work:** Skip the hollandaise sauce.

**Make Ahead:** Make the sweet potato hash browns ahead of time and freeze or refrigerate in an air-tight container up to 4-5 days. Reheat in the oven at 375-400 for a

---

few minutes until warm and crispy again.



## Spinach & Sweet Potato Egg Muffins

4 servings

35 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

### Directions

- 1 Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
- 2 Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

### Notes

**Serving Size:** One serving is equal to three egg cups.

**Leftovers:** Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

**No Baby Spinach:** Use finely sliced kale or swiss chard instead.



## Vegan Wild Blueberry French Toast

3 servings

20 minutes

### Ingredients

- 1 Banana (ripe)
- 1 1/2 tbsps Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil
- 6 slices Gluten-Free Bread (or sourdough)
- 1 cup Frozen Blueberries (wild)
- 1 1/2 tbsps Maple Syrup

### Directions

- 1 In a large, shallow bowl mash the banana. Add the chia seeds, almond milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
- 2 Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. Continue until all pieces of french toast are cooked.
- 3 While the french toast is cooking, add the frozen wild blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
- 4 Divide the french toast between plates and top with wild blueberries and maple syrup. Enjoy!

### Notes

**No Blueberries:** Use raspberries, strawberries, blackberries or peaches instead.





## Butternut Squash Hummus

6 servings

20 minutes

### Ingredients

2 cups Butternut Squash (peeled and diced into 1-inch cubes)  
2 tbsps Tahini  
2 tbsps Lemon Juice  
1/2 tsp Sea Salt  
1/4 cup Extra Virgin Olive Oil  
200 grams Seed Crackers

### Directions

- 1 Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
- 2 Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
- 3 Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

### Notes

**Leftovers:** Keeps well in a sealed container in the fridge for 5 to 6 days.

**No Butternut Squash:** Use acorn squash or another type of squash instead.

**More Flavour:** Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

**Garnish With:** Sesame seeds or hemp seeds.

**Save Time:** Buy pre-sliced butternut squash from the produce section or frozen aisle.



## Jalapeno Poppers

2 servings

30 minutes

### Ingredients

6 Jalapeno Pepper  
3/4 cup Goat Cheese  
100 grams Prosciutto

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Wash and dry the jalapenos. Cut them in half lengthwise and remove the seeds. Stuff each half with goat cheese (about 1 tablespoon per half).
- 3 Wrap each jalapeno with prosciutto and place on a baking sheet lined with parchment paper.
- 4 Bake for 15 to 17 minutes or until the prosciutto is crispy. Allow them to cool slightly before serving. Enjoy!

### Notes

**Dairy-Free:** Use a dairy-free cheese such as cashew cheese.

**Meat-Free:** Omit the prosciutto.

**Prep Ahead:** Prepare the jalapenos ahead of time and leave refrigerated until ready to bake in the oven.

**Serving Size:** One serving is equal to 6 jalapenos poppers.



## Vegan Egg Nog

10 servings

5 minutes

### Ingredients

3 cups Oat Milk (unsweetened)  
2 cups Canned Coconut Milk  
1/4 cup Maple Syrup  
2 tsps Cinnamon  
1 tsp Nutmeg  
1 tsp Vanilla Extract  
1/2 tsp Cardamom

### Directions

- 1 Add all the ingredients to a blender and blend on high for 30 seconds to one minute. Blend for longer if you prefer it frothier. Adjust the spices to your preference. Divide into cups and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving equals approximately 3/4 cup.

**More Flavor:** Use homemade dairy-free milk.

**Additional Toppings:** Top with coconut whipped cream and/or sprinkle with cinnamon or nutmeg.



## Maple Cranberry Sauce

8 servings  
30 minutes

### Ingredients

- 1 cup Water
- 1 cup Maple Syrup
- 3 cups Frozen Cranberries (or fresh)

### Directions

- 1 Combine water and maple syrup in a saucepan and bring to a boil.
- 2 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately 1/4 cup of cranberry sauce.

**Leftovers:** Refrigerate in an airtight container up to one week or freeze for up to three months.

**Serve it With:** Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.



## Turkey Rolls with Cranberry Sauce

4 servings  
1 hour 10 minutes

### Ingredients

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

### 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.



## Citrus Herb Roasted Turkey Breast

4 servings  
1 hour 5 minutes

### Ingredients

1 Navel Orange (cut into quarters)  
1 Yellow Onion (cut into quarters)  
998 grams 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

### 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.



## Wild Rice Stuffing

8 servings

1 hour

### Ingredients

- 1 cup Wild Rice
- 1 cup Brown Rice (long grain)
- 4 cups Organic Vegetable Broth
- 1/4 cup Extra Virgin Olive Oil
- 2 Red Onion (large, chopped)
- 3 cups Shiitake Mushrooms (chopped)
- 4 stalks Celery (chopped)
- 1 cup Pecans
- 3/4 cup Frozen Cranberries (unsweetened)
- 2 Apple (diced)
- 1 cup Parsley (chopped)
- 1 tbsp Ground Sage
- 1 tbsp Dried Thyme
- 1 tsp Black Pepper
- 1 tsp Sea Salt (to taste)

### Directions

- 1 Add the wild rice, brown rice and stock together in a medium size pot with a tight fitting lid. Bring to a boil and then reduce heat and simmer for 45 minutes. Let stand for 15 minutes with the lid off.
- 2 In a large skillet, heat olive oil over medium heat. Add onions and sauté for about 5 minutes until softened. Add herbs, mushrooms and celery, sauté 5 minutes more. Turn off heat and add the pecans or walnuts, cranberries, apple and parsley. Stir in cooked rice. Add salt to taste.
- 3 Fill the cavity of the turkey with the stuffing and place the remaining into a covered casserole dish. Bake stuffing in a 350 degree oven for 35 to 40 minutes.

### Notes

**Gluten Free Stuffing? Yes!:** This stuffing is a great delicious, savory addition to your holiday table (or anytime of year). Perfect for all those that are gluten free. inspired by Nourishing Meals, Alissa Segersten

**No Pecans?:** Use walnuts instead

**Dried Sage and Thyme?:** Delicious OR use your favourite traditional stuffing spices.





## Paleo Stuffing

6 servings  
1 hour 30 minutes

### 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

### Directions

- 1 Preheat the oven to 400°F (204°C). 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°F (191°C).
- 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

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately one cup.



## Mashed Parsnip with Vegan Miso Gravy

2 servings

15 minutes

### Ingredients

3 Parsnip (stems removed, peeled, roughly chopped)  
2 tbsps Unsweetened Almond Milk  
1 cup Water  
1 1/2 tsps Miso Paste  
2 tbsps Oat Flour  
1/8 tsp Garlic Powder  
1/4 tsp Sea Salt  
1/2 tsp Tapioca Flour

### Directions

- 1 Set parsnip in a steamer over boiling water and cover. Steam for about 8 minutes, or until tender. Drain and transfer to a bowl. Add almond milk and mash with a fork until smooth and combined. Set aside.
- 2 Meanwhile, set a saucepan over medium-high heat. Add water, miso paste, oat flour, garlic powder and salt. Whisk to combine and remove any lumps.
- 3 Bring to a simmer and add tapioca flour while continuing to whisk. Let simmer for at least 5 to 10 minutes, then remove from heat. The gravy will thicken as it cools.
- 4 Divide mashed parsnip and pour desired amount of gravy otop. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container (with or without gravy) up to 3 days, or freeze the mashed parsnip and gravy in separate containers.

**No Parsnip:** Use cauliflower, celery root, squash or potatoes instead.

**No Oat Flour:** Use all-purpose flour instead.

**No Tapioca Flour:** Use arrowroot or cornstarch instead.



## Crispy Brussels Sprouts with Dip

4 servings

35 minutes

### Ingredients

2 cups Brussels Sprouts (trimmed and halved)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
1/4 cup Mayonnaise  
1 tsp Apple Cider Vinegar  
1/4 tsp Smoked Paprika

### Directions

- 1 Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
- 2 Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
- 3 Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

### Notes

**Leftovers:** Keep leftovers in the fridge in a sealed container up to 3 days.

**No Avocado Oil:** Use olive oil or coconut oil instead.



## Roasted Carrots with Lentils & Tahini

4 servings  
25 minutes

### Ingredients

- 12 Heirloom Carrots (washed)
- 1 tbsp Coconut Oil
- 1/2 tsp Sea Salt
- 3 tbsps Tahini
- 1 Lemon (juiced)
- 1/4 cup Water
- 2 tbsps Extra Virgin Olive Oil (divided)
- 8 cups Kale Leaves (finely sliced)
- 1 tbsp Red Wine Vinegar
- 2 cups Lentils (cooked, drained and rinsed)

### Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 2 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 3 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots overtop and drizzle with tahini dressing. Enjoy!

### Notes

**Prep Ahead:** Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

**Leftovers:** Store covered in the fridge up to 3 days.



## Chickpea Waldorf Salad

4 servings

15 minutes

### Ingredients

1/2 Avocado (peeled and diced)  
2 tbsps Apple Cider Vinegar  
1 tbsp Dijon Mustard  
1 tbsp Extra Virgin Olive Oil  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
1 tbsp Water  
2 cups Chickpeas (cooked, drained and rinsed)  
2 stalks Celery (chopped)  
1 Apple (cored and diced)  
1 cup Grapes (halved)  
1/4 cup Red Onion (finely diced)  
1/4 cup Parsley  
1/2 cup Walnuts (chopped)  
4 cups Baby Spinach

### Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

### Notes

**On-the-Go:** Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

**Nut-Free:** Use sunflower seeds instead of walnuts.

**No Chick Peas?:** Use Black Beans instead.



## Roasted Sweet Potato & Brussels Sprouts Salad

4 servings

30 minutes

### Ingredients

2 Sweet Potato (medium, sliced into 1 inch cubes)  
4 cups Brussels Sprouts (washed and halved)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1/4 cup Tahini  
1 tbsp Maple Syrup  
1/4 cup Water (warm)  
1/4 tsp Cayenne Pepper (less if you don't like it spicy)  
1/8 tsp Sea Salt  
2 cups Lentils (cooked, drained and rinsed)  
8 cups Baby Spinach (chopped)

### Directions

- 1 Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

### Notes

**No Brussels Sprouts:** Use broccoli instead.

**No Lentils:** Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



## Chickpea Edamame Salad with Lemon & Dill

2 servings  
10 minutes

### Ingredients

- 1/2 Lemon (juiced)
- 1 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 2 tbsps Fresh Dill (chopped)
- 2 cups Baby Spinach (chopped)
- 1 cup Chickpeas (cooked)
- 1 cup Frozen Edamame (thawed)

### Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.

**No Spinach:** Use mixed greens, arugula, kale or romaine lettuce instead.

**Soy-Free:** Use green peas instead of edamame.

**No Chickpeas:** Use lentils or black beans instead.



## Kale, Roasted Beet and Walnut Salad

4 servings  
30 minutes

### Ingredients

4 Beet (roasted and sliced)  
1 bunch Kale (rinsed, destemmed and chopped)  
2 tbsps Extra Virgin Olive Oil (for massaging)  
1 cup Walnuts (lightly roasted)  
1/2 cup Goat Feta Cheese (optional)  
1/4 cup Extra Virgin Olive Oil  
2 tbsps Balsamic Vinegar  
1 tbsp Pure Maple Syrup  
2 tbsps Basil Leaves (finely chopped)  
1/4 tsp Sea Salt

### Directions

- 1 Preheat oven to 375 degrees F. Roast beets, with skin on, wrapped in tinfoil, until fork tender. Remove from oven and allow to cool until warm enough to handle. Unwrap the beets and remove the skin - skin will simply 'rub' off.
- 2 While oven is hot roast the walnuts by placing in a small glass baking dish for 10 to 12 minutes. Let cool completely.
- 3 While beets are roasting, rinse and de-stem the Kale leaves. Roll the leaves together and chop to desired size. Use 2 tablespoons of Olive Oil and a sprinkling of sea salt to 'massage' the kale - lightly rub between your hands until all leaves are coated with oil and feel that they have softened.
- 4 In a small bowl, whisk together the remaining ingredients for the dressing.
- 5 Assemble the salad by placing the Kale on a serving dish. Sprinkle most of the walnuts and then place the sliced beets along the top. Drizzle the dressing along the Beets and then garnish with remaining walnuts and Feta Cheese is using.

### Notes

**Deeper Flavour:** Replacing Balsamic Vinegar with reduced Balsamic or a Balsamic Glaze provides a rich, creamy flavour to the salad.

**Nut Free?:** Use toasted Chick Peas instead. Spice it up a little by tossing the chickpeas to coat in some olive oil, cumin, garlic powder, sea salt and a little chill powder. Spread into a single layer on a baking sheet. Roast in 375degree F oven, stirring occasionally, until nicely browned and slightly crispy, about 45 minutes. Tasty!





## Pistachio Pomegranate Bark

4 servings  
30 minutes

### Ingredients

200 grams Dark Chocolate (at least 70% cacao)  
1 cup Pomegranate Seeds  
1/2 cup Pistachios (shelled and chopped)  
1/4 cup Unsweetened Coconut Flakes

### 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.



## Pecan Pie Squares

16 servings

35 minutes

### Ingredients

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
- 3 Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
- 4 Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
- 5 Place in the oven and bake for 20 minutes.
- 6 Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

### Notes

**Leftovers:** Store in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.



## Sticky Ginger Pudding with Coconut Ice Cream

6 servings

1 hour

### Ingredients

2 tbsps Water (hot)  
7 grams Gelatin  
1 cup Unsweetened Applesauce  
1/2 cup Coconut Oil (melted)  
1/3 cup Maple Syrup  
1 tbsp Ground Ginger  
1 tsp Baking Soda  
1 tbsp Apple Cider Vinegar  
1/2 cup Coconut Flour  
1 1/2 cups Coconut Ice Cream

### Directions

- 1 Preheat the oven to 350°F (177°C). Lightly grease a pie pan.
- 2 Make your gelatin egg by combining the hot water with gelatin in a small bowl. Set aside.
- 3 In a separate mixing bowl, whisk together the applesauce, melted coconut oil, maple syrup, ginger and baking soda.
- 4 Stir in the gelatin egg and apple cider vinegar. Then gently fold in the coconut flour until evenly combined.
- 5 Transfer to the pie pan and bake for 45 to 50 minutes or until golden brown and firm to the touch. The center should remain gooey.
- 6 Let cool slightly before serving. Scoop into bowls and top with ice cream. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days.

**Serving Size:** One serving equals approximately 1/4 to 1/3 cup of sticky pudding.

**Additional Toppings:** Top with coconut whipped cream, cinnamon, cacao nibs, chia jam or fruit (fresh, poached or broiled).

**No Applesauce:** Use mashed banana, pear puree or pumpkin puree instead.

**No Coconut Oil:** Use ghee or butter instead.

**No Gelatin:** Make a chia or flax egg instead, or use real eggs in place of the gelatin and water.

**More Flavor:** Substitute some of the ground ginger with fresh grated ginger.



## Coconut Lemon Tarts

10 servings

4 hours

### Ingredients

- 1 tbsp Coconut Oil
- 2 cups Unsweetened Shredded Coconut
- 2 cups Pitted Dates
- 1/2 cup Water
- 14 grams Gelatin
- 1/4 cup Maple Syrup
- 1 1/2 Lemon (zested, juiced)
- 2 cups Canned Coconut Milk (full fat)

### Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin tin with coconut oil or fill with liners.
- 2 Blend the coconut and dates in a food processor to form a crumbly mixture. Transfer to the muffin tin and use your fingers to form an even crust. Bake for 8 minutes or until slightly toasted. Set aside to cool.
- 3 Meanwhile, add the water to a pan and sprinkle the gelatin otop. Let it thicken for about 5 minutes.
- 4 Heat the gelatin over low heat just until it melts. Remove from heat and stir in the maple syrup, lemon zest, lemon juice and coconut milk.
- 5 Fill the crusts with the coconut gelatin mixture and refrigerate for at least 4 hours.
- 6 Use a knife to loosen the sides and remove the tarts from the tin. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving equals one lemon tart, approximately the size of a regular muffin.

**Additional Toppings:** Add fresh fruit like blueberries to your gelatin filling before it sets.



Jennifer Lloyd

Eat For Living 

I hope you enjoy these delicious and nutritious recipes!

As a Registered Holistic Nutritionist, I'm a big believer that food is more than fuel. It is also medicine. And it always needs to be both delicious and fun! Navigating today's world of health and nutrition can be overwhelming. That's where I can help. My programs and workshops are designed to educate, empower, and inspire for a healthy, enjoyable way of living life.



People who love to eat are always the best people

*Julia Child*

*If you have any questions about this Holiday recipe collection, or any questions at all, please feel free to contact me at [jlloyd@eatforliving.ca](mailto:jlloyd@eatforliving.ca)*