

Holiday Baking eBook

Gain valuable tips from our staff to stay healthy this holiday season, and learn some new baking recipes!



WHAT YOU'LL FIND

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Fruity Desserts

Chocolate Treats

Peppermint

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Healthy Recipe Substitutions



Yummy Drinks

Christmas Punch

- 6 cups diet cranberry or pomegranate/cranberry juice
- 3 cups pineapple juice
- 3 liters diet ginger ale
- 12 oz bag fresh cranberries
- 2 fresh limes, sliced

Pour cranberry juice and pineapple juice into a large drink dispenser or pitcher and mix. Pour in ginger ale and stir once.

Add cranberries, ice, and limes. Serve within a few hours.

*Note: Do not use 100% cranberry juice. It is much too tart. Oceanspray is a good option here.



Pecan Pumpkin Pie in a Glass

- 1 oz Pecan Pie Vodka
- 1 oz Pumpkin Pie Vodka
- Splash of fat-free half and half

Mix all ingredients in a shaker with ice and strain into a chilled glass. Garnish with freshly ground nutmeg.

New Year, New You

- 1 ½ oz Light Pineapple Coconut Vodka
- 2 oz coconut water
- 1 oz pomegranate juice

Fill a goblet with ice, add ingredients, and stir. Garnish with lime or pineapple wedge.





Fruity Desserts



Dark Chocolate Dipped Fruit

- 1 bag dark chocolate chips
- Slices of banana, strawberries, apples, oranges and kiwi

Place chocolate in a microwave safe bowl and heat until melted, stirring every 30 seconds.

Line a sheet pan with parchment paper. Insert toothpick or wooden skewer into each slice of fruit.

Dip fruit in chocolate and place on sheet pan to harden. Once completely dried remove toothpick and arrange on tray or keep toothpick and stand up in jar (as shown in picture).



Warm Baked Apples

- 4 apples
- 1/2 cup old-fashioned oats
- 1 teaspoon molasses
- 2 tablespoons packed light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 cup apple juice

Preheat oven to 350.

Wash and core apples. Place in a 2qt baking dish, leaving some space between them.

In a small mixing bowl, mix together the filling ingredients: oats, brown sugar, cinnamon and molasses. Stuff apples with the filling. Add apple juice to the dish.

Bake for 45 to 50 minutes. Let sit at room temperature for 10 to 15 minutes before serving.

Optional: Before serving dress apples with a dollop of fat free whipped cream, a drizzle of sugar free caramel sauce and a sprinkle of ground cloves.





Chocolate Treats

Greek Yogurt Chocolate Banana Muffins

- 1 cup white whole wheat flour
- 1 tablespoon cornstarch
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup miniature dark chocolate chips
- 1/2 cup dark chocolate chips
- 4 tablespoons cocoa powder
- 1 large egg
- 1/2 cup vanilla or plain Greek yogurt
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla extract
- 1/2 cup brown sugar lightly packed
- 1 cup extremely ripe bananas (2-3 bananas)



Preheat the oven to 350 degrees F.

Generously coat a muffin tin with cooking spray and then dust the cavities with cocoa powder.

Remove 1 tablespoon of the 1 cup of flour.

In a small bowl, toss together the remaining flour (after removing 1 tablespoon from the 1 cup), cornstarch, baking soda, salt, cocoa powder, and both types of chocolate chips. Stir.

Make sure your bananas are at their very ripest (black skins are best). Remove the skins and mash the bananas extremely well.

In another bowl, briskly whisk together the egg and Greek yogurt. Stir in the melted coconut oil (slightly cooled, but measure in its melted state), vanilla extract, brown sugar, and the extremely ripe mashed bananas.

Combine wet and dry ingredients and mix until JUST combined. Over-mixing results in denser muffins.

Separate the batter evenly or fill up 9-10 for extra-large muffins.

Bake for 18-23 minutes or until a toothpick comes out clean when inserted into the center of a muffin.



Chocolate Treats

Double Chocolate Cookies

- 1 cup creamy peanut butter
- 2/3 cup coconut sugar
- 1/2 teaspoon vanilla extract
- 4 tablespoons unsweetened cocoa powder
- Pinch of salt omit if your peanut butter is salted
- 1 teaspoon baking soda
- 1 large egg
- 1/2 cup dark chocolate chips plus extra for topping

Preheat the oven to 350 degrees F.

In a medium sized bowl, beat together the peanut butter, coconut sugar, and vanilla extract. (Do not heat up the peanut butter at all)

In a separate bowl, combine the cocoa powder, salt, and baking soda. Stir together and then beat in with the other ingredients.

Beat in the egg until just combined and then stir in the chocolate chips. Form balls of dough and press 3 to 4 chocolate chips into the top if desired. Press the cookies down so they aren't puffed up.

Bake for 6-8 minutes). Watch them carefully because they go from perfectly baked to burned quickly especially with the coconut sugar.



Chocolate Coconut Bars

- 3 cups shredded unsweetened coconut flakes
- 1 cup coconut oil, melted
- 1/4 cup monk fruit sweetened maple syrup
- 1-2 cups chocolate chips of choice

Line an 8 x 10 inch pan or large loaf pan with parchment paper.

Add all your ingredients and mix very well. Pour batter into the lined pan. Lightly wet your hands and press firmly in place. Place in the fridge or freezer to firm up.

Once firm, remove and cut into bars. Place in the refrigerator.

Melt your chocolate chips of choice and, dip each coconut bar in the melted chocolate until coated evenly. Repeat until all the bars are evenly coated. Refrigerate until chocolate firms up and enjoy!





Peppermint

Peppermint Fudge Bites

- ½ cup raw almonds
- ⅓ cup pitted medjool dates (about 6)
- 1 tablespoon cocoa powder
- ¾ teaspoon vanilla extract
- ⅛ teaspoon peppermint extract
- 1 tablespoon coconut oil
- 1 tablespoon mini dark chocolate chips
- ½ cup crushed peppermint



Put almonds in a food processor and chop. Add the dates and blend well.

Add the cocoa powder, vanilla extract, peppermint extract, and coconut oil. Blend for several minutes until starting to combine. Add a couple drops of water if necessary to help it move.

Add the chocolate chips and pulse a few final times to combine well. You don't want to pulverize the chocolate.

Take a heaping teaspoon of the mixture in your hand and shape into a ball. While it is still warm press into the peppermint.

Allow the finished bites to set in the fridge for 30 minutes to re-solidify.

Skinny Peppermint Fudge



- Cooking Spray
- 12 ounces semisweet chocolate chips
- 14 ounce can sweetened, condensed fat free milk
- Red and white peppermint candies, crushed

Line an 8-inch square baking pan with foil. Spray the foil with cooking spray.

In a medium saucepan over low heat combine the chocolate chips and sweetened condensed milk and stir until melted and smooth.

Pour mixture into prepared pan and spread evenly.

Sprinkle on crushed peppermint candies and refrigerate for 2 hours.

Lift foil out of pan and peel off fudge. Cut into small squares and enjoy!



Christmas Cookies



No-Bake Peanut Butter Cookies

- ¾ cup coconut flour or oat flour
- 2 cups smooth peanut butter or other nut butter
- ¼ cup sticky sweetener of choice (maple syrup, honey, monk fruit)

Line a large tray with parchment paper.

In a medium saucepan combine peanut butter and sweetened until combined. Add coconut flour and mix until thick.

Form small balls and place on lined tray. Press each ball into a flat cookie shape using a fork. Refrigerate until firm.



Coconut Snowball Cookies

- 4 cups shredded unsweet coconut
- ¼ cup granulated sweetener of choice
- ½ cup coconut milk or almond milk
- ¼ tsp vanilla extract

Add coconut to blender and blend for 1-2 minutes. Add granulated sweetener, coconut milk, and vanilla, and blend until sticky batter forms.

Transfer to a large mixing bowl. With slightly wet hands form the batter into small balls and press into cookie shape. Place on lined baking tray. Sprinkle with extra coconut or sweetener and refrigerate.

Nutella Thumbprint Cookies

- 1 cup almond flour
- 1 tbsp coconut flour
- 1 tsp baking powder
- Dash sea salt
- 4 tbsp grass fed butter
- 3 tbsp raw honey
- Nutella

Preheat oven to 350

In a bowl combine dry ingredients. Add in wet ingredients and mix well.

Line a baking sheet with parchment paper. Drop spoonfuls of dough onto the sheet and press thumb in into each center. Bake for 10 minutes. Remove and drizzle Nutella into the center of each cookie. Sprinkle with sea salt and let cool.

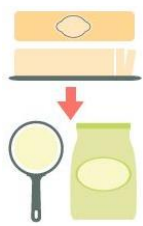




Recipe Substitutions

One of the hardest things about the Holiday season is avoiding the sweet treats that lie around every corner. Here are some simple ingredient swaps to make your Holiday favorites just a little bit healthier.

1 cup butter =
1 cup pureed avocado



- Best for...
- Brownies
 - Muffins
 - Breads
 - Cookies

1 whole egg =
2 egg whites

- Best for...
- People with high cholesterol



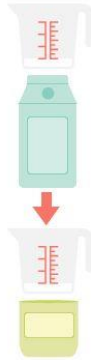
1 cup white flour =
1 cup whole wheat flour

- Best for...
- Baking



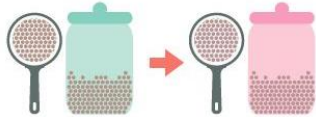
1 cup sour cream =
1 cup non-fat greek yogurt
or 1 cup cottage cheese

- Best for...
- Cream based sauces
 - Dips



1 cup heavy cream =
1 cup evaporated milk or
¾ cup cashew cream

- Best for...
- Soups
 - Casseroles



1 cup chocolate chips
= 1 cup dried fruit

- Best for...
- Cookies
 - Granola bars



1 cup breadcrumbs
= 1 cup rice crisps
or almond flour

- Best for...
- Baking
 - Breading
 - Frvina

1 cup oil =
1 cup fruit puree
or applesauce



- Best for...
- Cake
 - Bread
 - Cookies
 - Muffins
 - Brownies

1 cup milk chocolate =
1 cup 70% dark chocolate

- Best for... anything with
chocolate!

