



*Happy Holidays!*

“A Healthy  
Outside Starts  
from the  
Inside.”

- Robert Urich

**Food helped me heal my body and bring my family together. My hope, in sharing a few of my favorite holiday recipes, is that you too can discover just how easy eating healthier can be (even during the holidays)!**



## Sugar-free Cranberry Pecan Baked Brie Cheese Appetizer

Compared to other hard cheeses like cheddar, Brie is a healthy food choice that is lower in fat than most cheeses and is also naturally low in carbohydrates. It is also one of my most favorite cheeses to bake! This recipe uses sugar-free maple syrup to add a touch of sweetness!

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Ingredients	Instructions
8oz wheel Brie 1 ounce Pecans ½ pound of cranberries ½ cup of maple syrup 1 dash lemon juice	Preheat oven to 350 F. Unwrap Brie and place in a small, shallow ovenproof dish slightly larger than the Brie. Bake for 15 to 20 minutes. To check, gently touch the center of the Brie – it should feel very soft. Carefully transfer to serving platter. Top with cranberry sauce and pecans.  To make cranberry sauce, combine water and maple syrup in a saucepan; bring to a boil. Add cranberries to syrup mixture and cook at a boil until berries pop, 10 to 15 mins. Stir lemon juice into cranberries.

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## Simple but delicious Sea Bass Dinner

Fish is an under-rated healthy food choice in the American diet. My family loves buying fish straight from the market and bringing it home to cook! With its abundance of nutrients to include Omega-3 fatty acids, fish is a great substitute for red meat and chicken.

### Ingredients

Sea bass fish – cleaned and gutted with head and tail attached; typically one bass will serve two people.

1 lemon

Avocado oil to drizzle of the tray

Salt and pepper to taste

2 tablespoon of white wine (optional)

### Instructions

Set oven to 400 degrees. Grease tray with avocado oil and place fish on the tray. Cut lemon in half and squeeze over the fish, and inside the cavity. Add salt and pepper to taste on the outside and inside. Add white wine over the fish and inside the cavity. Cook for 25 minutes. No need to turn the fish. When done, cut the fish head by the gill (save the fish head, the meat is great!) and then make another cut close to the tail to cut it off. Take a knife and cut open the rest of the fish. The cut should not be deep, just enough to fully open the bottom. Remove the spine, which should remove most of the bone. Serve!



## Sugar-free Double Chocolate-Chip Cookies

These delectable chocolate chocolate-chip cookies (and the sugar cookies as well) are SO good that you will be wondering how you ever survived without them! These cookies are completely gluten-free, dairy-free, and paleo-friendly for a healthy choice over the other holiday desserts.

### Ingredients

- 1 ¼ cups of cashew butter
- 2 large eggs
- 2/3 cup raw cacao powder
- ¼ teaspoon salt
- 1/3 cup xylitol
- 1 cup of Lily's sugar-free chocolate-chips

### Instructions

Preheat the oven to 320 F. Place the cashew butter, eggs, and salt into a food processor (UltraNinja works as well). Process until well combined. Using your hands, create 12 equal cookie dough balls, adding the chocolate chips in the dough before molding. Place them on a baking sheet lined with parchment paper or a non-stick baking mat. Using a fork, press down to flatten each cookie ball until about ½-inch thick. Place in the oven and bake for about 12 minutes or until crisped up. ENJOY!