



Christmas Treats

Created by Restore Wellness



Decadent Chocolate Peppermint Truffles

7 ingredients · 20 minutes · 12 servings



Directions

1. Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
2. Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
3. Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
4. In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Serving Size

One serving is equal to approximately two truffles.

Additional Toppings

Top with crushed up candy cane or shredded coconut flakes.

More Flavor

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

Ingredients

- 1 1/4 cups Pitted Dates (packed)
- 3 2/3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 2/3 tsp Peppermint Extract
- 3 2/3 tbsps Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1/3 tsp Sea Salt (large flakes, for topping)

Nutrition

Amount per serving

Calories	133	Cholesterol	0mg
Fat	7g	Sodium	61mg
Carbs	17g	Vitamin A	1IU
Fiber	2g	Vitamin C	0mg
Sugar	13g	Calcium	17mg
Protein	1g	Iron	1mg

Spiced Apple Walnut Cake

11 ingredients · 40 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a cake pan with parchment paper.
2. In a large mixing bowl, whisk together the flour, baking powder, cinnamon, nutmeg, and allspice. Then add the applesauce, maple syrup, and coconut oil.
3. Fold in the walnuts and raisins. Transfer the batter to the cake pan and bake for 30 to 40 minutes or until a toothpick comes out clean. Dust with arrowroot powder (optional) and enjoy!

Notes

Leftovers

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

Serving Size

A 9-inch cake pan was used to make 8 servings.

Nut-Free

Omit the walnuts.

More Flavor

Add a pinch of salt and ground cloves.

Additional Toppings

Top with whipped coconut cream, cream cheese, or coconut ice cream.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.

Ingredients

1 cup All Purpose Gluten-Free Flour

1 tsp Baking Powder

1/2 tsp Cinnamon

1/4 tsp Nutmeg

1/8 tsp Ground Allspice

3/4 cup Unsweetened Applesauce

1/4 cup Maple Syrup

1/4 cup Coconut Oil (melted)

1/4 cup Walnuts (chopped)

1/4 cup Raisins

1 tsp Arrowroot Powder (optional)

Nutrition

Amount per serving

Calories	208	Cholesterol	0mg
Fat	9g	Sodium	64mg
Carbs	31g	Vitamin A	7IU
Fiber	4g	Vitamin C	0mg
Sugar	12g	Calcium	54mg
Protein	2g	Iron	1mg

Chocolate Dipped Pear with Pistachios

3 ingredients · 30 minutes · 4 servings



Directions

1. Line a baking sheet with parchment paper and pat dry the pear slices with a paper towel.
2. Place the chocolate in a bowl and melt in the microwave in 30-second intervals or over a double boiler.
3. Dip each pear slice into the chocolate and place on the baking sheet. Sprinkle with pistachios, if using.
4. Transfer the chocolate dipped pears to the fridge for 20 minutes or until the chocolate is completely set. Remove from parchment paper and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one whole chocolate-dipped pear (approximately eight pieces).

No Pistachios

Omit or use flaky salt or coconut flakes instead.

Save on Time

Serve the sliced pear, chocolate, and pistachios together cold.

Ingredients

4 Pear (sliced)

3 1/2 ozs Dark Chocolate (at least 70% cacao)

1 1/3 tbsps Pistachios (chopped, optional)

Nutrition

Amount per serving

Calories	264	Cholesterol	1mg
Fat	12g	Sodium	7mg
Carbs	39g	Vitamin A	67IU
Fiber	8g	Vitamin C	8mg
Sugar	24g	Calcium	37mg
Protein	3g	Iron	3mg

Chewy Gingerbread Cookies

10 ingredients · 20 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
3. Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to six months.

Serving Size

One serving is equal to one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tps Baking Powder
- 2 tps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Coconut Oil (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

Nutrition

Amount per serving

Calories	140	Cholesterol	16mg
Fat	9g	Sodium	75mg
Carbs	14g	Vitamin A	23IU
Fiber	2g	Vitamin C	0mg
Sugar	10g	Calcium	80mg
Protein	3g	Iron	1mg

Pressure Cooker Pear & Apple Sauce

6 ingredients · 20 minutes · 6 servings



Directions

1. Add all of the ingredients to the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and let the applesauce cool slightly.
3. Transfer everything to a blender and blend until smooth, allowing space for the heat to escape. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup of applesauce.

Fruit

Gala apples and Bosc pears were used for this recipe. Fruit can be peeled if desired.

More Flavor

Add other warming spices like nutmeg or pumpkin pie spice.

Ingredients

3 Apple (seeds removed, roughly chopped)

3 Pear (seeds removed, roughly chopped)

1/2 cup Water

2 tbsps Lemon Juice

1/4 tsp Vanilla Extract

1/4 tsp Cinnamon

Nutrition

Amount per serving

Calories	100	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	27g	Vitamin A	72IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	17mg
Protein	1g	Iron	0mg

Vegan Egg Nog

7 ingredients · 5 minutes · 10 servings



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.

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

Nutrition

Amount per serving

Calories	146	Cholesterol	0mg
Fat	10g	Sodium	43mg
Carbs	12g	Vitamin A	2IU
Fiber	1g	Vitamin C	0mg
Sugar	8g	Calcium	121mg
Protein	2g	Iron	0mg

Chocolate Cherry Cookies

10 ingredients · 40 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the almond flour, coconut flour, baking soda, and sea salt.
3. In a large bowl, mix together the coconut oil, coconut sugar, almond butter, and the egg(s). Add the almond flour mixture and stir to combine. Fold in the cherries and chocolate chips. Chill for 20 minutes.
4. Portion the dough into balls roughly two tablespoons in size and place onto the baking sheet. Press down gently on the balls, leaving roughly three inches between each one. Bake for 12 to 14 minutes, until golden. Cool completely and enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for up to two days. You can also store it in the fridge for up to four days, but the cookies will get soft and need to be re-baked for three to four minutes.

Serving Size

One serving is equal to approximately one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1 1/2 cups Almond Flour
- 1/3 cup Coconut Flour
- 1 1/2 tps Baking Soda
- 1/3 tsp Sea Salt
- 1/2 cup Coconut Oil (melted)
- 1 1/8 cups Coconut Sugar
- 1/2 cup Almond Butter
- 1 1/2 Egg
- 3/4 cup Cherries (pitted, chopped)
- 3/4 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	408	Cholesterol	23mg
Fat	30g	Sodium	248mg
Carbs	30g	Vitamin A	40IU
Fiber	4g	Vitamin C	1mg
Sugar	23g	Calcium	75mg
Protein	8g	Iron	2mg

Hazelnut & Pomegranate White Chocolate Bark

3 ingredients · 40 minutes · 12 servings



Directions

1. Line a baking sheet with parchment paper and set it aside.
2. Fill a pot with water and place a heat safe bowl on top. Bring to a boil then reduce to a simmer. Make sure no water is able to get into the bowl.
3. Add the chocolate to the bowl. Use a spatula and stir continuously until chocolate has melted.
4. Pour the melted chocolate onto the baking sheet. Smooth the chocolate with a spatula into an even layer, about 1/4-inch (6 mm) thick.
5. Sprinkle the pomegranate and hazelnuts on top. Transfer to freezer for 30 minutes or until firm.
6. Break the chocolate before serving and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months. Line with parchment paper between the pieces if needed.

Serving Size

One serving equals approximately one square 2 1/2-inch (6 cm) piece.

More Flavor

Add shredded coconut.

No Hazelnuts

Use walnuts or pecans instead.

Ingredients

2 cups White Chocolate Chips

1/2 cup Pomegranate Seeds

1/4 cup Hazelnuts (chopped)

Nutrition

Amount per serving

Calories	236	Cholesterol	0mg
Fat	14g	Sodium	0mg
Carbs	28g	Vitamin A	1IU
Fiber	1g	Vitamin C	1mg
Sugar	25g	Calcium	4mg
Protein	1g	Iron	0mg

Apple Cinnamon Galette

11 ingredients · 1 hour · 8 servings



Directions

1. In a large bowl whisk the flour, 1/4 of the coconut sugar and salt. Add the cubed butter and use two forks (or a pastry cutter) to cut the butter into the flour until pea-sized crumbs form.
2. Add the water and stir until the flour is moistened and starts to hold together. Add more water, one teaspoon at a time, if the dough seems too dry.
3. Lightly flour a work surface area and transfer the dough to it. Use your hands to work the dough into a ball and then flatten it into a thick circle and wrap in plastic wrap. Transfer to the fridge while you make the filling.
4. In a large bowl, stir together the sliced apples with the remaining sugar, arrowroot, lemon juice, cinnamon, and nutmeg.
5. Preheat the oven to 400°F (205°C).
6. Unwrap the dough and place in the center of a piece of parchment paper. Use a rolling pin and roll into a large circle, about 12 inches (30 cm) in diameter. Place the parchment paper and dough on a baking sheet.
7. Add the apples to the center of the dough and fold the edges towards the center, fixing any cracks as needed. Brush the sides and edges with the egg.
8. Place the galette in the oven and bake for about 33 to 36 minutes, until bubbling and the crust is golden brown. Let cool on the baking sheet for 10 minutes before slicing. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is one slice.

Ingredients

1 1/2 cups All Purpose Gluten-Free Flour (plus more for dusting)

1/4 cup Coconut Sugar (divided)

1/4 tsp Sea Salt

1/2 cup Butter (cubed, very cold)

1/4 cup Water (ice cold)

3 Apple (cored, thinly sliced)

2 tsps Arrowroot Powder

2 tsps Lemon Juice

1 tsp Cinnamon

1/4 tsp Nutmeg

1 Egg (whisked)

Nutrition

Amount per serving

Calories	270	Cholesterol	54mg
Fat	12g	Sodium	85mg
Carbs	39g	Vitamin A	427IU
Fiber	6g	Vitamin C	4mg
Sugar	12g	Calcium	15mg
Protein	3g	Iron	0mg

More Flavor

After brushing the egg wash on the sides, sprinkle with more coconut sugar or a coarse brown sugar.

Additional Toppings

Top with a scoop of ice cream.

How to Measure Flour

Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your baked goods dry and crumbly.

Raspberry Thumbprint Cookies

5 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, add the almond flour, coconut oil, maple syrup, and salt and stir until well combined. Roll the dough into balls roughly one tablespoon in size and place on the baking sheet. Use a 1/2 teaspoon to press down the center of the cookies. Fill the center with jam.
3. Bake for 10 to 12 minutes, until golden. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to one cookie.

More Flavor

Use homemade chia jam.

Ingredients

1 1/4 cups Almond Flour

1/4 cup Coconut Oil

3 tbsps Maple Syrup

1/4 tsp Sea Salt

3 tbsps Raspberry Jam

Nutrition

Amount per serving

Calories	128	Cholesterol	0mg
Fat	10g	Sodium	50mg
Carbs	8g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	5g	Calcium	30mg
Protein	3g	Iron	0mg

Cinnamon Toast Crunch Pumpkin Seeds

5 ingredients · 50 minutes · 8 servings



Directions

1. Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
2. Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
3. Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

Notes

Best Results

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

No Fresh Seeds

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

Storage

Once completely cooled, store in an air-tight container at room temperature.

Ingredients

2 cups Pumpkin Seeds, In Shell (rinsed and dried)

2 tbsps Extra Virgin Olive Oil

1/4 cup Maple Syrup

1 tsp Sea Salt

1 tsp Cinnamon

Nutrition

Amount per serving

Calories	128	Cholesterol	0mg
Fat	6g	Sodium	299mg
Carbs	16g	Vitamin A	11IU
Fiber	3g	Vitamin C	0mg
Sugar	6g	Calcium	22mg
Protein	3g	Iron	1mg

No Bake Peanut Butter Haystack Cookies

10 ingredients · 45 minutes · 12 servings



Directions

1. Combine all of the ingredients in a large bowl and mix until well combined.
2. Scoop the mixture into cookies and line onto a parchment-lined baking sheet, making each cookie two to three inches wide.
3. Transfer the cookies to the freezer to set for at least 30 minutes. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is equal to one cookie.

More Flavor

Add cacao powder.

Additional Toppings

Cacao nibs and dried cranberries.

Ingredients

- 3/4 cup** Oats (rolled)
- 1 cup** Unsweetened Shredded Coconut
- 1/4 cup** Hemp Seeds
- 1 1/2 tbsps** Chia Seeds
- 3 tbsps** Ground Flax Seed
- 1 1/2 tsps** Cinnamon
- 3/4 tsp** Sea Salt
- 3/4 cup** All Natural Peanut Butter
- 3 tbsps** Coconut Oil (melted)
- 1/3 cup** Raw Honey

Nutrition

Amount per serving

Calories	258	Cholesterol	0mg
Fat	19g	Sodium	153mg
Carbs	19g	Vitamin A	1IU
Fiber	3g	Vitamin C	0mg
Sugar	10g	Calcium	29mg
Protein	7g	Iron	1mg