



CHRISTMAS TREATS

Recipe Pack



10 HEALTHY TASTY RECIPES FOR CHRISTMAS



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GF

Gluten Free

DF

Dairy Free

LC

Low Carb (<20g per serve)

MP

Meal Prep/Freezer Friendly

HP

High Protein (>20g per serve)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts





Festive Ginger Spice Energy Balls

Serves 12

25 Minutes

1 cup (80g) rolled oats

½ cup (70g) almonds

4 tbsp. maple syrup

1½ tsp. ground ginger

1 tbsp. molasses

½ tsp. vanilla extract

¼ tsp. ground cinnamon

⅛ tsp. ground cloves

⅛ tsp. salt

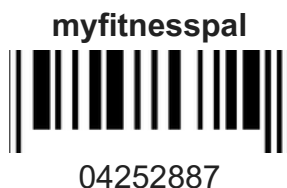
2 tbsp. sesame seeds

Place the rolled oats and almonds into a food processor and blend to a fine meal. Add the remaining ingredients, apart from the sesame seeds, and blend until well combined.

Place the mixture into the refrigerator for about 20 minutes to help stiffen the dough for rolling.

Roll into 12 balls and roll each ball in the sesame seeds.

Store in an airtight container in the refrigerator for up to 2 two weeks.



DF	LC	MP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	92kcal	12g	2g	4g



Holiday Cranberry Almond Bites

Serves 20 | 30 Minutes

- 1 cup (150g) raw almonds
- 1 cup (130g) dried cranberries
- 1 cup (80g) rolled oats
- ½ cup (85g) shredded coconut
- ½ cup (120ml) maple syrup
- 1 tsp. vanilla extract
- pinch of salt

Place all the ingredients into a food processor and blitz until to a crumb.

Place the mixture in the refrigerator for 20 minutes to let it stiffen up. Then roll the mixture into 20 balls.

Store in an airtight container in the refrigerator for up to 2 weeks.



DF	LC	MP	N	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	109kcal	14g	2g	5g



Wholesome Spelt Gingerbread Men

Serves 15

50 Minutes

9 oz. (250g) butter
½ cup (80g) coconut sugar
1 tbsp. honey
pinch of sea salt
1 tsp. vanilla extract
1 egg
3½ cups (380g) wholemeal
spelt flour
1 tsp. baking powder
1 tsp. ground cinnamon
1 tsp. ground ginger
½ cup (100g) good quality
white chocolate for
decoration

Place the butter, sugar, honey, salt and vanilla extract into a large mixing bowl, and using a hand mixer, whisk until smooth and creamy. Now add in the egg and whisk again until well combined.

In a separate bowl, mix together the spelt flour, baking powder, cinnamon and ginger.

Add dry ingredients into the creamed butter and mix for a few seconds until combined. Scrape the dough onto a piece of baking paper and flatten slightly.

Wrap up the dough with another piece of baking paper and place into the refrigerator to rest and chill for at least 2 hours.

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

Remove the dough from the refrigerator and roll out between 2 sheets of baking paper until the dough is ¼ inch (½ cm) thick.

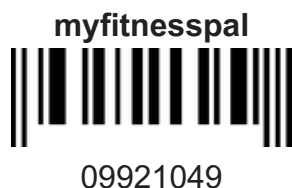
Use a cookie cutter to cut the dough into gingerbread men shapes and place on the lined baking sheet.

Place the baking sheet into the hot oven and bake for 20–30 minutes or until the cookies are just golden.

Remove the tray from the oven and set the cookie on a wire rack to cool completely.

Once the cookies have cooled, decorate with melted white chocolate.

Store the cookies in an airtight container for up to 5 days.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	140kcal	15g	2g	8g



Gingerbread Protein Shake

Serves 1

5 Minutes

1 cup (240ml) almond milk, unsweetened

Place all the ingredients into a high-speed blender and blend until smooth. Pour into a glass and serve.

1 banana, sliced, frozen

1 tbsp. cashew butter

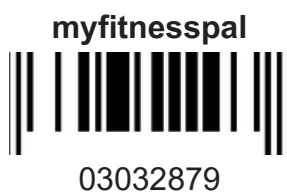
1 tbsp. molasses

½ tsp. ground cinnamon

½ tsp. ground ginger

½ tsp. vanilla extract

1 scoop (25g) vanilla protein powder



GF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	355kcal	36g	28g	11g



Snowy Coconut Bliss Balls

Serves 12

30 Minutes

4 tbsp. maple syrup

2 tbsp. coconut oil

4 tbsp. coconut milk, carton

1 cup (95g) desiccated coconut

2 tbsp. coconut flour

pinch of salt

3½ oz. (100g) white chocolate chips

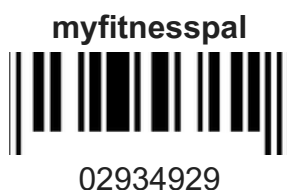
Place the maple syrup into a small pot on a low heat, bring to a gentle simmer. When it starts to bubble, whisk in coconut oil and allow it to simmer gently for about 1 minute.

Take off the heat, whisk in the coconut milk, then add in the desiccated coconut, coconut flour and salt. Mix well to combine to a smooth mixture.

Allow the mixture to cool down completely before rolling into 12 balls. Place the balls onto a tray and refrigerate.

Melt the chocolate in a microwave or a water bath. Remove the balls from the refrigerator and dip into the melted chocolate, until the balls are covered. Return to the refrigerator to set.

Store the balls in an airtight container in the refrigerator for up to 4 days.



GF	DF	LC	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	155kcal	13g	1g	11g



Holiday Fruit Cake

Serves 16

1 Hour 40 Minutes

Cake:

3 cups (500g) mixed dried fruits (e.g., raisins, cranberries, apricots, dates, prunes), chopped
1 cup (125g) almond meal
 $\frac{2}{3}$ cup (75g) coconut flour
 $\frac{1}{2}$ tsp. baking soda
 $\frac{1}{2}$ tsp. salt
1 tsp. ground cloves
1 tsp. ground ginger
 $\frac{1}{2}$ tsp. ground nutmeg
2 tsp. ground cinnamon
1 orange, zest & juice
 $\frac{3}{4}$ cup (75g) walnuts, chopped
5 eggs
4 tbsp. coconut oil, melted
1 tbsp. vanilla extract
4 tbsp. Amaretto liqueur (or use orange juice)

Glaze:

2 tbsp. honey
2 tbsp. amaretto liqueur (or use orange juice)

Place the dried fruit into a large bowl and cover with boiling water. Soak for 10-15 minutes to soften the fruit, then place the fruit into a sieve to drain and allow to cool to room temperature.

Preheat the oven to 300°F (150°C). Line a 8" (20cm) cake tin with baking paper.

In a large mixing bowl, combine the almond meal, coconut flour, baking soda, salt, and spices. Add the orange zest and walnuts.

In a separate bowl, whisk together the eggs, melted coconut oil, vanilla extract, orange juice and Amaretto liqueur.

Fold the wet ingredients into the dry stirring gently to form a very thick cake batter. Now add the drained fruit into the cake batter and stir with a spoon until well combined.

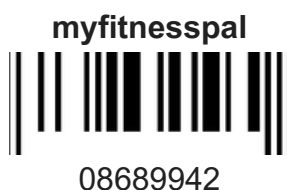
Transfer the cake batter into the earlier prepared tin and gently press down with your fingers.

Place the tin into the hot oven and bake the cake for 60-70 minutes, until the top is well browned and a skewer inserted into the center of the cake comes out clean.

To glaze the cake, heat up the honey so it's really runny, mix with the Amaretto and then brush over the top of the cake while it is still hot.

Allow the cake to cool in the tin for 30 minutes and then transfer the cake to a wire rack to cool to room temperature.

Store the cake in an airtight container in the refrigerator for up to 1 week.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	245kcal	26g	6g	13g



Apple Cinnamon Loaf

Serves 12

80 Minutes

1 lb. (500g) pink lady apples, finely chopped with the skin

3 eggs

½ cup (120ml) olive oil

½ tsp. ground cinnamon

2½ cups (280g) wholemeal spelt flour

3 tsp. baking powder

1 cup (100g) walnuts, chopped

Preheat the oven to 360°F (180°C). Line a loaf tin with baking paper.

Combine the chopped apples, eggs, olive oil and cinnamon in a large mixing bowl and mix well.

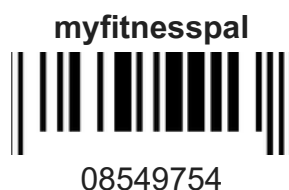
Add the flour and baking powder, then mix gently to combine. Now add the walnuts and mix again.

Pour the bread mixture into the earlier prepared tin, press it down gently with the back of a spoon.

Place the tin into the hot oven and bake for 45-60 minutes or until a skewer inserted comes out clean. Cover the bread with foil if it looks to be getting too brown on top.

Remove the tin from the oven and set aside on a wire rack to cool for 1 hour before removing from the tin.

Store in an airtight container for up to 3 days.



DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	264kcal	23g	7g	16g



Festive Sweet & Spicy Nut Mix

Serves 24

35 Minutes

1 cup (180g) coconut sugar

$\frac{3}{4}$ tsp. cayenne pepper

$\frac{3}{4}$ tsp. ground cumin

1 tbsp. ground cinnamon

1 tsp. ground ginger

1 tsp. salt

2 egg whites

1 tbsp. water

6 cups (900g) raw, unsalted nuts (e.g., walnuts, pecans, almonds, cashews)

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

In a medium bowl, combine the sugar, cayenne pepper, cumin, cinnamon, ginger and salt.

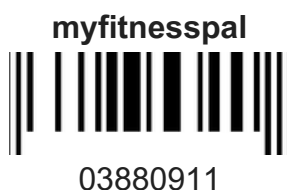
In a large bowl, whisk the egg whites and water together until very frothy.

Add the nuts to the egg wash and toss to coat. Now add the spice blend and toss until the nuts are completely covered.

Spread the nuts in a single layer on the baking sheet and bake for 10 minutes then stir and bake for a further 10 minutes until the nuts are toasted and crisp.

Remove the sheet from the oven and set aside to cool as the nuts will get crisper as they cool down.

Place into an airtight container and store for up to 1 week.



GF	DF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	199kcal	12g	4g	15g



Xmas Granola

Serves 12

60 Minutes

6 tbsp. coconut oil
5.4 oz. (160ml) maple syrup
2 tsp. ground cinnamon
2 tsp. ground ginger
1 tsp. ground nutmeg
14 oz. (400g) rolled oats
1.4 oz. (40g) pecans,
roughly chopped
1.4 oz. (40g) cashews,
roughly chopped
1.4 oz. (40g) pumpkin
seeds
3.5 oz. (100g) raisins

Preheat the oven to 275°F (140°C). Line a baking sheet with baking paper.

Add the coconut oil and maple syrup to a small pot and place over a low heat until melted. Remove the pot from the heat and stir in the ground cinnamon, ginger and nutmeg.

In a large bowl, mix together the oats, pecans, cashews and pumpkin seeds.

Pour the melted coconut oil and maple syrup mixture over the dry ingredients and stir to combine. Spread the mixture evenly onto the lined baking sheet.

Place the baking sheet into the preheated oven and bake for 45-50 minutes, stirring every 10 minutes until the granola is golden brown. Remove the sheet from the oven and allow the granola to cool completely.

Once the granola has reached room temperature, mix in the raisins. Place the granola into an airtight container and store in a cool dry place.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	323kcal	40g	7g	15g



Festive Protein-Packed Overnight Oats

Serves 2

4 Hours 5 Minutes

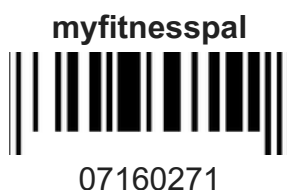
3 oz. (90g) rolled oats
2 oz. (60g) vanilla protein powder
2 tbsp. chia seeds
1 tsp. ground ginger
1 tsp. ground cinnamon
¼ tsp. ground. nutmeg
¼ tsp. ground cloves
8.5 fl oz. (250ml) almond milk, unsweetened
1 tbsp. shredded coconut

In a medium bowl, combine the rolled oats, vanilla protein powder, chia seeds, ginger, cinnamon, nutmeg and cloves. Mix until everything is evenly combined.

Add the almond milk to the dry ingredients and stir until the mixture becomes smooth.

Divide the mixture evenly between 2 jars or glasses and place it in the refrigerator to chill for at least 4 hours, or preferably overnight.

The next morning, top the oats with the shredded coconut and serve.



GF	MP	HP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	331kcal	36g	31g	7g