

Holiday Recipe Guide

GLUTEN-FREE,
NO ADDED SUGAR



**Creating
Legacy
Wellness**



GLUTEN-FREE, NO ADDED SUGAR HOLIDAY RECIPE GUIDE

Hello! I am so excited to bring this recipe guide to you!

The aroma of fresh-baked cookies, the warmth of gathering around holiday meals, and the joy of sharing traditional family holiday favorites – it's the most wonderful time of the year!

But for those of us committed to clean eating, traditional holiday recipes can feel more stressful than festive. This Holiday recipe collection transforms all your seasonal favorites into healthy, delicious alternatives that won't leave you feeling deprived or derailed from your wellness goals.

From dinner to dessert that tastes just like Grandma's, these recipes maintain all the festive flavors while skipping the ingredients that don't serve your body. Whether you're hosting a holiday dinner, contributing to the family potluck, or simply wanting to enjoy seasonal treats without the sugar crash, these recipes prove that eating clean during the holidays can be both delicious and joyful.

Get ready to create new traditions that honor both your health and the holiday spirit!

Happy Holidays!

In Health & Wellness,

Kim Goeltom, MA

Integrative Health & Wellness Coach

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Note: All recipes are gluten-free and contain no added refined sugar. Honey and maple syrup are used as natural sweeteners where needed. Adjust seasonings to taste.



Pomegranate Spritzer

Serves 4

Ingredients:

- Ice cubes
- 2 cups pure pomegranate juice (no added sugar)
- 2 cups sparkling water
- 1 orange, sliced
- Fresh mint leaves

Instructions:

1. Fill glasses with ice
2. Mix equal parts pomegranate juice and sparkling water
3. Garnish with orange slices and mint leaves
4. Add stevia if desired for extra sweetness



Festive Kale and Apple Salad

Serves 6

Ingredients:

- 2 bunches fresh kale, stems removed and chopped
- 1/4 cup olive oil, divided
- Sea salt and pepper to taste
- 2 tablespoons apple cider vinegar
- 1 teaspoon dijon mustard
- 2 honey crisp apples, thinly sliced
- 1/2 cup pomegranate seeds
- 1/2 cup toasted pecans

Instructions:

1. Massage chopped kale with 1 tablespoon olive oil and pinch of salt and pepper until tender
2. Whisk remaining olive oil, vinegar, and mustard
3. Toss kale with dressing, apples, and pomegranate seeds
4. Top with toasted pecans



Honey-Glazed Rainbow Carrots

Serves 6

Ingredients:

- 2 pounds rainbow carrots, peeled and halved lengthwise
- 3 tablespoons olive oil
- Sea salt and pepper to taste
- 3 tablespoons honey
- 2 sprigs fresh thyme

Instructions:

1. Preheat oven to 400°F
2. Toss carrots with olive oil, salt, and pepper
3. Roast for 20 minutes or until tender-crisp, depending on thickness
4. Drizzle with honey, add thyme, then toss to coat
5. Roast additional 10 minutes until caramelized



Garlic Green Beans with Toasted Almonds

Serves 8

Ingredients:

- 1/2 cup sliced almonds
- 2 pounds fresh green beans, trimmed
- 3 tablespoons olive oil
- 4 cloves garlic, thinly sliced
- 1 tablespoon lemon zest
- Sea salt and black pepper to taste
- 2 tablespoons fresh parsley, chopped (optional)

Instructions:

1. Toast almonds in a dry skillet over medium heat until golden (3-4 minutes), stirring frequently. Set aside
2. Bring a large pot of salted water to boil
3. Blanch green beans for 4-5 minutes until tender-crisp
4. Shock in ice water, drain well
5. Heat olive oil in a large skillet over medium heat
6. Add sliced garlic, cook until fragrant (30 seconds)
7. Add green beans, toss to coat and heat through (2-3 minutes)
8. Season with salt and pepper
9. Top with toasted almonds, lemon zest, and parsley
10. Serve immediately



Crispy Potato Latkes

Makes 12 Latkes

Ingredients:

- 4 large potatoes, peeled
- 1 medium onion
- 2 eggs
- 1/4 cup potato starch
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Avocado oil for frying
- Unsweetened applesauce for serving

Instructions:

1. Grate potatoes and onion, drain excess liquid
2. Mix with eggs, potato starch, salt, and pepper
3. Heat oil in large skillet
4. Drop spoonfuls of mixture, flatten slightly
5. Fry 3-4 minutes per side until golden
6. Drain on paper towels
7. Serve with unsweetened applesauce



Holiday Spiral Ham with Citrus-Spice Glaze

Serves 12-15

Ingredients:

For the Ham:

- 8-10 pound spiral-cut nitrate-free ham
- 1 cup water (for roasting pan)

For the Glaze:

- 1 cup orange juice
- 1/4 cup honey
- 2 tablespoons dijon mustard
- 2 tablespoons butter
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- Zest of 1 orange

Instructions:

1. Remove ham from refrigerator 1 hour before cooking
2. Preheat oven to 325°F
3. Place ham cut-side down in a roasting pan
4. Add 1 cup water to bottom of pan
5. Cover tightly with foil
6. Bake for 1.5 hours

Note: Internal temperature should reach 140°F when done. Tent with foil while resting if needed to keep warm.



Classic Holiday Brisket

Serves 8-10

Ingredients:

- 4-5 pound beef brisket, lightly trimmed
- Salt and pepper to taste
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 2 large onions, sliced
- 6 carrots, chunked
- 4 celery stalks, chunked
- 6 garlic cloves, smashed
- 2 cups beef broth (gluten-free)
- 1 cup pure pomegranate juice (no added sugar)
- 2 tablespoons apple cider vinegar
- 2 bay leaves
- Fresh parsley for garnish

Instructions:

- Preheat oven to 325°F
- Season brisket generously with salt, pepper, paprika, onion powder, and garlic powder
- Heat olive oil in large Dutch oven over medium-high heat
- Sear brisket on both sides until browned (4-5 minutes per side)
- Remove brisket, set aside
- In same pot, sauté onions, carrots, celery, and garlic until softened
- Add broth, pomegranate juice, vinegar, and bay leaves
- Return brisket to pot, fat side up
- Cover tightly and transfer to oven
- Cook for 3-3.5 hours until fork-tender
- Let rest 20 minutes before slicing against the grain
- Serve with vegetables and reduced cooking liquid
- Garnish with fresh parsley



Maple-Glazed Tempeh

Vegetarian Main Course Option

Serves 6

Ingredients:

- 2 (8 oz) packages organic tempeh
- 1/4 cup pure maple syrup
- 3 tablespoons gluten-free tamari
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon paprika
- Fresh rosemary for garnish

Instructions:

1. Cut tempeh into triangles
2. Whisk maple syrup, tamari, olive oil, garlic, and spices
3. Marinate tempeh for 30 minutes
4. Preheat oven to 375°F
5. Place tempeh on lined baking sheet
6. Bake 15 minutes, flip, brush with remaining marinade
7. Bake additional 15 minutes until caramelized
8. Garnish with fresh rosemary



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Discovery Session today!

Kudos to taking this step in your wellness journey!

In Health & Wellness,

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