



Healthy for the Holidays

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Pumpkin Spice Smoothie

2 servings

10 minutes

Ingredients

- 1 1/2 cups Soy Milk
- 1 cup Pureed Pumpkin
- 1/4 cup Hemp Seeds
- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon (plus more for garnish)
- 1/8 tsp Sea Salt

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cup.

Nut Free: Use pumpkin seed butter.

More Protein: Add collagen or protein powder.

More Fiber: Add frozen cauliflower, ground flax, and/or chia seeds.

Soy-Free: Use any other milk alternative.



Pumpkin Spice Buckwheat Bowl

1 serving
20 minutes

Ingredients

1/2 cup Buckwheat Groats
2/3 cup Pureed Pumpkin
1 cup Unsweetened Almond Milk
1 tsp Pumpkin Pie Spice
2 tbsps Pitted Dates (chopped)
1 tbsp Unsweetened Shredded Coconut

Directions

- 1 In a pot, bring the buckwheat, pumpkin, and almond milk to a boil. Cover and reduce the heat to a simmer. Cook for 15 minutes or until the buckwheat is tender.
- 2 Add the pumpkin spice, dates, and shredded coconut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately one cup.

More Flavor: Add chopped walnuts or pecans.

Additional Toppings: Hemp hearts or sliced banana.



Cranberry Pecan Oatmeal

1 serving

5 minutes

Ingredients

- 1 cup Water
- 1/2 cup Oats
- 2 tbsps Maple Syrup
- 1/2 tsp Cinnamon
- 1/4 cup Cranberry Sauce
- 2 tbsps Pecans (chopped)

Directions

- 1 Bring the water to a boil in a small saucepan. Add the oats. Reduce to a simmer and cook for three to five minutes, until the oats are soft.
- 2 Stir in the maple syrup, cinnamon, and cranberry sauce until warmed through.
- 3 Top with the chopped pecans. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. To reheat, add the oatmeal to a pan with some water and heat on medium heat to warm through.

Serving Size: One serving is equal to approximately one cup of oatmeal.



Apple Pie Pancakes

6 servings

30 minutes

Ingredients

3 Egg
3/4 cup Unsweetened Almond Milk
3 tbsps Maple Syrup (divided)
3/4 Lemon (juiced and divided)
1 tsp Vanilla Extract
1/2 cup Coconut Flour
1/2 cup Arrowroot Powder
1 1/2 tsps Baking Powder
1/4 tsp Baking Soda
1/4 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil
1 tbsp Coconut Oil
1 Apple (cored and diced)
1/2 tsp Cinnamon
2 tbsps Almond Flour

Directions

- 1 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 2 In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 3 Mix in baking powder, baking soda, and salt.
- 4 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 5 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 6 Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 7 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
- 8 Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour: Use tapioca flour or cornstarch.

Leftovers: Store pancakes in the fridge and reheat them in the toaster.



Pistachio Pomegranate Bark

4 servings

30 minutes

Ingredients

- 200 grams Dark Chocolate (at least 70% cacao)
- 1 cup Pomegranate Seeds
- 1/2 cup Pistachios (shelled and chopped)
- 1/4 cup Unsweetened Coconut Flakes

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage: Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Cranberry Protein Cookies

8 servings

20 minutes

Ingredients

1 Banana (mashed)
1/4 cup Vanilla Protein Powder
1 cup Oats
1 cup Almond Butter
1/2 tsp Cinnamon
1/4 cup Dried Unsweetened
Cranberries

Directions

- 1 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 2 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Notes

Serving Size: One serving is equal to one cookie.

Leftovers: Store in the fridge for up to four days or in the freezer for up to three months.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Shredded Brussels Sprouts & Pomegranate Salad

4 servings

30 minutes

Ingredients

- 1/3 cup Hazelnuts (raw)
- 4 cups Brussels Sprouts (trimmed and shredded)
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Dijon Mustard
- 1 1/2 tbsps White Wine Vinegar
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Parmigiano Reggiano (finely grated)
- 1/2 cup Pomegranate Seeds

Directions

- 1 Preheat the oven to 350°F (180°C). Add the hazelnuts to a baking tray and bake for ten to 15 minutes, until toasted and fragrant. Remove from the oven and place in a clean kitchen towel. Rub to remove the skins. Let cool and then roughly chop and set aside.
- 2 Add the Brussels sprouts to a large salad bowl.
- 3 In a small jar or bowl, combine the oil, mustard, vinegar, salt, and pepper and shake or whisk until well combined.
- 4 Add the dressing to the Brussels sprouts and toss well to combine. Top with the hazelnuts and garnish with the parmesan cheese and pomegranate seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Add chopped bacon and/or chopped apple.

Short on Time: Use a food processor to quickly shred the Brussels sprouts. Use roasted hazelnuts instead.



Roasted Delicata Squash with Cranberries & Goat Cheese

4 servings

45 minutes

Ingredients

- 2 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)
- 1 cup Frozen Cranberries (defrosted)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Maple Syrup
- 2 tsps Cinnamon
- 1/2 tsp Sea Salt
- 1/2 cup Goat Cheese
- 1/4 cup Pumpkin Seeds

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the squash to a bowl along with the cranberries, oil, maple syrup, cinnamon, and sea salt.
- 3 Add the squash to the baking sheet and spread out into an even layer. Bake for 25 to 30 minutes or until the squash is fork tender. Remove from the oven and transfer to a serving bowl.
- 4 Top with goat cheese and pumpkin seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

Make it Vegan: Omit the cheese entirely or use a dairy-free alternative.

Additional Toppings: Fresh herbs like parsley, rosemary, or sage.

No Frozen Cranberries: Use fresh instead.



Turkey & Spinach Roasted Acorn Squash Bowls

4 servings

50 minutes

Ingredients

- 2 Acorn Squash
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Coconut Oil
- 454 grams Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 cup Water
- 4 cups Baby Spinach (chopped and packed)

Directions

- 1 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 2 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from the oven and stuff each half with the turkey/spinach mix. Enjoy!

Notes

Vegan & Vegetarian: Use lentils or black beans instead of ground meat.

Save Time: Roast acorn squash ahead of time and warm it at the time of meal.

Leftovers: Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

Extra Protein and Healthy Fat: Top with a fried or poached egg.

Waste Not, Want Not: Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.



Butternut Squash Chili

3 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 4 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1/2 cup Red Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 tsp Cumin
- 1 1/2 tps Chili Powder
- 3/4 tsp Sea Salt
- 2 cups Black Beans (drained, rinsed)
- 3/4 cup Vegetable Broth
- 1 1/2 cups Diced Tomatoes

Directions

- 1 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 2 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 3 Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days, or freeze for up to two months.

Serving Size: One serving is equal to about 1 1/2 cups of chili.

More Flavor: Add more spice such as cayenne.