

Happy and Healthy

Holiday Guide

a gift to you from

SUMMERFIELD CUSTOM WELLNESS

Creating a Healthy Holiday

The holidays can be a tricky time to eat healthfully and mindfully. While the holidays may present a challenge, the season of turkey dinners and decorated pine trees doesn't have to control our decisions. Make a plan before the festivities begin and revisit your goals throughout the holiday season.

Some dietitians may recommend reducing all of the fat, carbs, and calories in your meals this holiday season - but that's not our style! Check out our recipes and tips to enjoy a delicious and nutritious holiday. Additionally, our blog has ideas for adapting recipes to accommodate dietary restrictions.

IN THIS GUIDE YOU'LL LEARN HOW TO…

- Construct a balanced meal using the Plate Method
- Prep ingredients for the best recipe success
- Make empowered decisions around holiday parties and meals

… as well as create some favorite seasonal recipes!



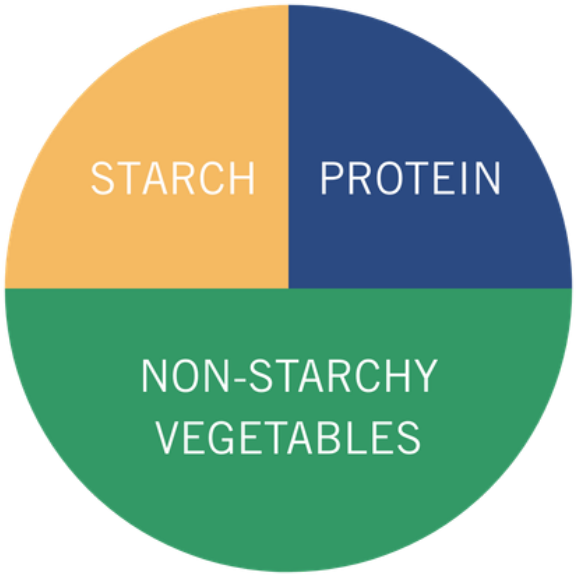
Plating Your Way Through the Holidays

Use the Plate Method to balance your plate while enjoying your favorite holiday dishes.

STARCHES

Smoky Sun-Dried Tomato Hummus
Peanut Butter Dark Chocolate Dates
Baked Brie with Cranberry Relish
Cinnamon Roasted Sweet Potatoes
Garlicky Cauliflower-Potato Mash
Pecan Brittle Shortbread Bars
Snickerdoodles
Cozy Spiced Cocoa
Peppermint Mocha
Spiced Cider Spritzer
Holiday Mule Mocktail

Other Holiday Favorites: Stuffing, Mac & Cheese, Corn, Pasta, Potato Latkes, Dinner Rolls, Cakes, Pies, Desserts, Holiday Beverages



PROTEINS

Classic Deviled Eggs
Beef Tenderloin
Slow Cooker Turkey Breast

Other Holiday Favorites: Ham, Kielbasa, Pork, Brisket, Fish, Chicken, Beef

NON-STARCHY VEGETABLES

Honey Dill Carrots and Parsnips
Warmed Ribbon Root Vegetable Salad
Cauliflower Stuffing
Caramelized Brussels Sprouts with Cranberries
Garlicky Green Bean Salad

Other Holiday Favorites: Asparagus, Broccoli Casserole, Cabbage, Coleslaw, Collards, Mixed Green Salad, Roasted Vegetables, Sauerkraut

Know Your Cuts

Recipes call for different cuts for a reason. Here's how to tell them apart.

SLICE



A SLICE is a cross-section. Slicing is a single cut, either horizontally or vertically. Slice ingredients to the same size and thickness for even cooking.

DICE



A DICE is a square or cube shape. Start by cutting a slice. Then cut each slice again horizontally and vertically, forming cubes. Adjust the size of the dice depending on the ingredient and the recipe.

CHOP



CHOP means cutting without any specific shape or pattern. Sometimes dice and chop are used interchangeably, but technically, dice is used for smaller pieces and chop is used for larger pieces.

Tips for a Healthy Holiday

Keep your routine. Eating regular meals throughout the day helps ensure you are comfortably hungry so you can mindfully enjoy your favorite holiday foods.

Snack smart. A satisfying, protein-rich snack 2–3 hours before a gathering can help keep your energy steady and hunger in check.

Bring a colorful dish. A vegetable-based side or salad adds freshness to the table and offers a nutrient-rich pairing.

Savor seasonal favorites. Choose the homemade and seasonal favorites you look forward to most, and skip the options you can pick up at the grocery store 365 days of the year.

Freeze the extras. If you have extra cookies, cakes, or pies, freezing individual portions is an easy way to enjoy them throughout the season, and beyond, instead of feeling rushed to finish them.

Sip water, too. Have a glass of water between alcoholic beverages to help you stay hydrated and feel your best during the celebration and the next day.

Your overall eating pattern matters far more than any single holiday celebration. Don't let one meal or treat overshadow the healthy habits you've built. Enjoy the occasion and return to your usual routine afterward.



Classic Deviled Eggs

INGREDIENTS

- 12 large eggs
- 1/4 C mayonnaise (or plain Greek yogurt for a tangier filling)
- 1 1/2 Tbsp brown mustard
- 1 tsp apple cider vinegar
- Pinch of salt and pepper
- 1/2 tsp garlic powder (optional)
- Smoked paprika and finely chopped chives for garnish (optional)

DIRECTIONS

Hard-boil the eggs:

1. Place 12 large eggs in a large saucepan and cover with cold water.
2. Place the saucepan on the stovetop over high heat. Bring the water to a boil, then let the eggs boil for 1 minute.
3. After 1 minute, turn off the heat, cover the pan, and remove it from the burner.
4. Set a timer for 15 minutes and allow the eggs to continue cooking in the pot with the lid on.
5. When the timer goes off, carefully drain the eggs and transfer them to a bowl of ice water. Let the eggs cool completely before peeling.

Prepare the deviled eggs:

1. Peel each egg, removing the outer shell and thin membrane around the white.
2. Cut each peeled egg in half, lengthwise.
3. Carefully remove the yolks and add them to a medium-sized bowl. Set egg white halves aside.
4. Once all yolks are added, mash them with a fork until crumbly and no large chunks remain.
5. Add the mayonnaise, brown mustard, apple cider vinegar, salt, pepper, and garlic powder (if using) to the mashed yolks. Mix well until the ingredients are fully combined. Taste the mixture and adjust seasonings as needed.
6. Using a spoon or piping bag, fill each egg half with an even amount of the yolk mixture.
7. Top with smoked paprika and chives if desired, and enjoy!





Smoky Sun-Dried Tomato Hummus

INGREDIENTS

- 14 oz can chickpeas/garbanzo beans, drained and rinsed
- 1 clove garlic, peeled and crushed
- 4 oz sun-dried tomatoes in olive oil, drained (2/3 C julienned cut)
- 1/4 C tahini (sesame seed paste)
- 3 Tbsp lemon juice (juice of 1-2 lemons)
- 1 Tbsp tomato paste
- 1/2 tsp sea salt
- 3/4 tsp smoked paprika
- 1/4 C olive oil
- 2-3 Tbsp ice-cold water, for added creaminess
- Preferred veggies, pita bread, or crackers, for serving

DIRECTIONS

1. Add the chickpeas, garlic, sun-dried tomatoes, tahini, lemon juice, tomato paste, salt, and smoked paprika to the bowl of a food processor or high-speed blender (such as a Vitamix). Process/blend until well combined and smooth.
2. Drizzle in the olive oil while continuing to blend, then add the water. If needed, pause and remove the lid to scrape down the sides with a spatula. Process until creamy and smooth.
3. Serve with a drizzle of olive oil and a dash of smoked paprika.
4. Enjoy alongside veggies of your choice, pita bread, or crackers.



Peanut Butter Dark Chocolate Dates

INGREDIENTS

- 12 whole Medjool dates
- 1/4 C peanut butter (12 tsp, 1 tsp per date)
- 1 C dark chocolate melting wafers (such as Ghirardelli)
- 1/4 C lightly salted peanuts, roughly chopped
- Sea salt, optional

DIRECTIONS

1. Line a medium-sized plate with parchment paper.
2. For each date, carefully make a slit down the center, lengthwise. Remove the pit from the center of each date and discard, along with any dry stem pieces.
3. Spread 1 tsp of peanut butter into the middle of each date, and gently press the date halves together. Place on the plate and repeat with the remaining dates.
4. Melt the dark chocolate melting wafers according to the directions on the bag.
5. When the chocolate is melted and smooth, dip one date in the chocolate and place it onto the prepared plate. While still very warm, sprinkle the date with crushed peanuts, working one at a time. Sprinkle with sea salt, if desired.
6. Repeat all parts of step 5 with the remaining dates.
7. Refrigerate the dates until the chocolate has hardened, about 20 minutes.
8. Enjoy or keep refrigerated (or frozen) in an airtight container until ready to consume.

Tip: For best results, make these a day ahead and refrigerate overnight to fully set.



Baked Brie with Cranberry Relish

INGREDIENTS

Cranberry Orange Relish (yields 3 1/2-4 C)

- 12 oz package fresh cranberries (or thawed frozen)
- 2 medium oranges
  - Zest of 1 orange
- 1/3 C sugar

Baked Brie

- 8-12 oz wheel of brie cheese
- 1 sheet puff pastry (if frozen, thaw in advance)
- 1 egg, beaten
- Sugar, for sprinkling (if desired)
- Shelled pistachios, chopped, for garnish
- Baguette or crackers, for serving

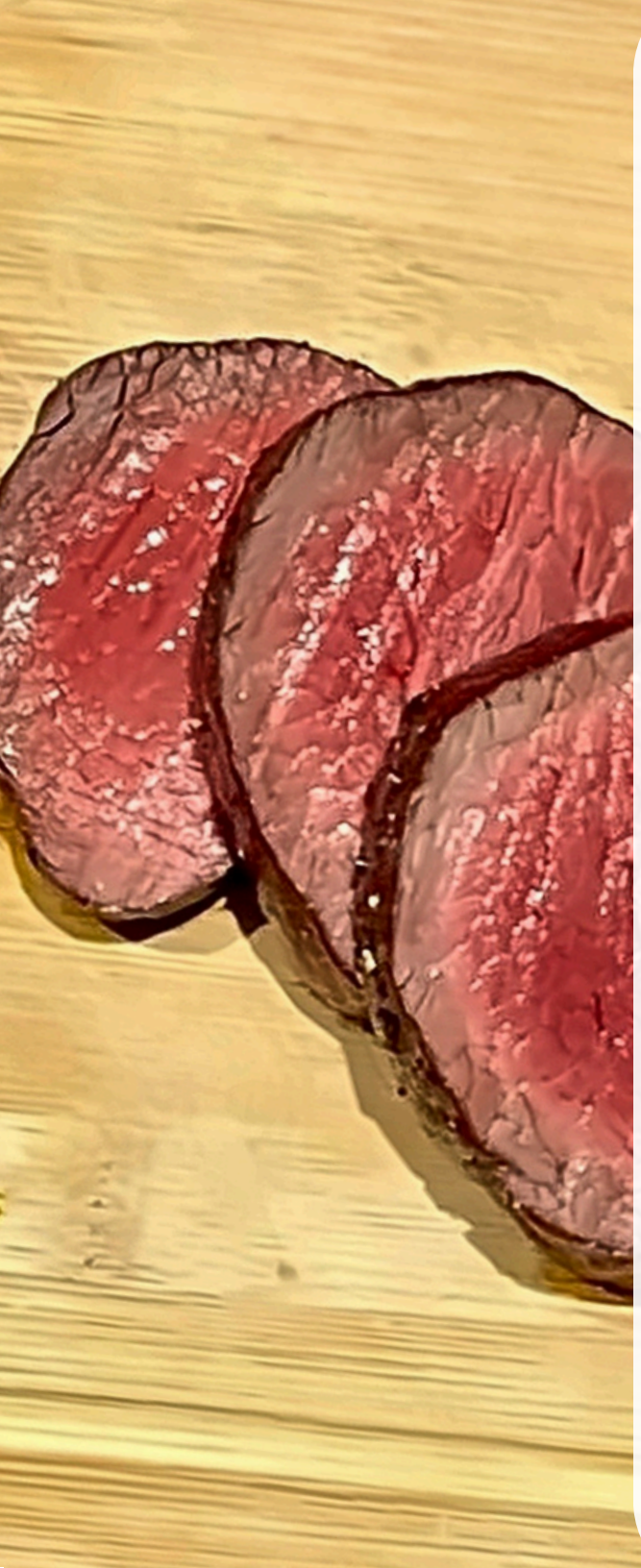
DIRECTIONS

For the cranberry orange relish:

1. Rinse the cranberries and add them to a food processor or food chopper. Pulse until broken into small pieces.
2. Add the zest of one orange to the cranberries. Remove the remaining peel from this orange and peel the other orange. Separate both oranges into segments and add to the food processor/chopper, followed by 1/3 C sugar.
3. Secure the lid and pulse to combine the mixture. Use a spatula to scrape down the sides, then pulse again until well mixed.
4. Taste a small portion of the relish to check whether you've reached the desired sweet-to-tart ratio. If not, add another 2 Tbsp of sugar and pulse again.
5. Transfer the relish to a serving bowl or storage container. Store remaining relish in a sealed container in the fridge for up to 5 days. The mixture will release more juice the longer it's stored because the sugar will pull water from the fruit. Strain away the juice if you prefer a chunky relish, or stir well before serving for a juicier relish.

For the baked brie:

1. Preheat the oven to 425°F. Carefully cut off the top rind on the wheel of brie and discard. Lay the puff pastry flat on a parchment-lined baking sheet.
2. Place the brie in the center of the pastry. If the brie wheel is 8 oz, the pastry piece may be slightly too large. Trim to fit, removing extra (to use separately or discard).
3. Spread about 2/3 C of relish onto the top of the brie and fold the corners of the pastry over the brie, sealing gently.
4. Brush the pastry with beaten egg and sprinkle lightly with sugar (if desired).
5. Bake for 18-22 minutes (22-25 for a larger wheel), or until deep golden brown.
6. Remove and allow to rest for 5-10 minutes, then serve with your favorite baguette slices or crackers. Top with more cranberry relish and chopped pistachios, if desired.



Beef Tenderloin

INGREDIENTS

- 2-2 1/2 lb center-cut beef tenderloin, peeled and trimmed
- Sea salt
- Freshly ground black pepper
- 1/2 Tbsp high-heat cooking oil (such as avocado)
- For serving: finely minced chives, flaky sea salt

DIRECTIONS

1. Adjust oven racks so that one is in the center position. Preheat the oven to 250°F. Remove the beef tenderloin from its package/wrapping and pat the surface dry with a few paper towels. Generously season each side with sea salt and freshly ground black pepper.
2. Place the tenderloin on a wire rack atop a rimmed baking sheet. Place the baking sheet with the rack and tenderloin in the oven and roast for 65-80 minutes, or until the internal temperature reaches 115-120°F for medium-rare. (Rare: 110-115°F. Medium: 125-130°F.)
    - If available, an internal thermometer offers the most ease for monitoring to ensure you can remove it at this temperature range to allow it to rest and come to the desired final target temperature.
    - Without an internal thermometer, start checking the roast with an instant-read thermometer around 55 minutes, as once the roast crosses the 90°F threshold, the temperature will begin to increase rapidly.
3. Once the desired temperature has been reached, remove the beef tenderloin from the oven and set the baking sheet on a cooling rack so it can rest for 10-15 minutes.
4. If preparing a sauce for serving, do so at this time.
5. Heat a skillet over high heat until it is very hot. Add 1/2 Tbsp oil to the pan, and as it starts to smoke, add the meat. Cook for 90 seconds per side, rotating to cook all 4 sides. You will need to hold the meat in place on the rounded/outer sides to keep it from falling over.
6. Once searing is complete, transfer to a clean cutting board. Since the meat has already rested, you can slice and serve!

Tip: If using a cast-iron skillet (which works great), set the heat to medium-high, as the heat will be retained and continue to increase the longer the pan is on the burner.

Slow Cooker Turkey Breast

INGREDIENTS

- 3 Tbsp olive oil, divided
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp salt
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp smoked paprika
- 1 tsp black pepper
- 38 oz turkey breast roast
- 1/2 yellow onion
- 1/2 bulb garlic

DIRECTIONS

1. Grease the slow cooker by adding 1 Tbsp olive oil. Using a paper towel, spread the oil evenly over the bottom and sides.
2. Combine all dry spices in a small bowl. Add 2 Tbsp olive oil and mix with a fork until it forms a paste.
3. Remove the turkey from the packaging and set the gravy packet aside. Remove the netting and trim any excess skin, if desired. Pat the turkey dry with paper towels.
4. Using a pastry brush, coat the entire outside of the turkey roast with the spice paste. Place the seasoned turkey in the slow cooker.
5. Roughly chop the onion into 3/4" to 1" pieces. Arrange the onion around the turkey roast.
6. Separate the garlic cloves from the bulb, peel them, and add them to the slow cooker around the turkey.
7. Cover and cook on low for 4 hours, or until the thickest part of the turkey reaches an internal temperature of 165°F.
8. Prepare the reserved gravy packet according to the package directions and serve with the turkey, if desired.

Tip: Use a slow cooker that is at least 6 quarts.





Cinnamon Roasted Sweet Potatoes

INGREDIENTS

- 5 large sweet potatoes, skin on and scrubbed well, cut into 1/2" cubes
- 3 Tbsp coconut oil, melted
- 2 Tbsp maple syrup
- 1 Tbsp cinnamon
- 1 tsp salt, divided
- 1 C dried cranberries
- 2 Tbsp pecan pieces

DIRECTIONS

1. Preheat the oven to 400°F. Line a large baking sheet with foil.
2. In a large bowl, combine the sweet potatoes, coconut oil, maple syrup, cinnamon, and 1/2 tsp salt. Toss to coat.
3. Spread the mixture into a single layer on a baking sheet. Roast for 35 minutes, or until a fork easily pierces the sweet potatoes.
4. Remove from the oven. Add the cranberries, then roast for 5 additional minutes.
5. Remove from the oven and sprinkle with the remaining 1/2 tsp of salt and pecan pieces. Serve warm.



Honey Dill Carrots and Parsnips

INGREDIENTS

- Cooking spray
- 1 lb large carrots, peeled
- 2 medium/large parsnips, washed and scrubbed
- 1/4 C orange juice
- 1 1/2 Tbsp honey
- 2 Tbsp fresh dill, chopped (or 2 tsp dried dill weed)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 375°F. Spray a baking sheet with cooking spray or line it with foil.
2. Cut carrots and parsnips at an angle to form small discs. Transfer to a baking sheet.
3. Add orange juice and honey to a small bowl. Microwave for 20 seconds to easily mix. Pour liquid over veggies. Mix to coat evenly.
4. Bake for 20 minutes on the top rack, stirring halfway through. Remove from oven; sprinkle dill over vegetables. Add salt and pepper to taste. Serve immediately.



Garlicky Cauliflower-Potato Mash

INGREDIENTS

- 1 head of cauliflower
- 2 large Russet potatoes
- 4 Tbsp unsalted butter
- 1/2 C unsalted chicken broth
- 1 tsp salt
- 1 tsp garlic powder

DIRECTIONS

1. Coarsely chop the cauliflower. Peel and cube the potatoes.
2. Add the cauliflower and potatoes to a large pot, cover with water, and bring to a boil over high heat.
3. Reduce the heat to low. Simmer for 20 minutes or until tender.
4. Drain the cauliflower and potatoes well. Transfer them to a food processor or high-speed blender. Add the butter, broth, salt, and garlic powder. Blend on high for 30 seconds to 1 minute, or until smooth.
5. Transfer the mixture into a large serving bowl and enjoy warm.

Tip: No food processor or blender? No problem! Add cooked ingredients to a large mixing bowl and blend with a hand mixer or consider using a potato masher.

Cauliflower Stuffing

INGREDIENTS

- 2 large carrots*
- 1 large onion*
- 2 celery stalks*
- 1 small head of cauliflower
- 1 C mushrooms
- 1/4 C fresh parsley
- 2 Tbsp fresh rosemary
- 2 Tbsp fresh sage
- 4 Tbsp butter
- Salt and pepper, to taste
- 1/2 C low-sodium vegetable broth

DIRECTIONS

1. Peel carrots. Chop carrots, onion, celery, cauliflower, and mushrooms into similar sizes. Chop parsley, rosemary, and sage.
2. Melt butter in a large skillet on the stove over medium heat. Add onion, carrot, and celery. Sauté until soft, 7-8 minutes.
3. Add cauliflower and mushrooms. Season with salt and pepper, to taste. Sauté until tender, 8-10 minutes.
4. Add parsley, rosemary, and sage. Stir to combine. Add broth. Cover. Cook until vegetables are fork-tender and liquid is completely absorbed, about 15 minutes. Serve warm.

Tip: Hate chopping? Replace starred (*) ingredients with a 14.5 oz container of mirepoix from the refrigerated section of Trader Joe's or 1 1/2 bags of frozen mirepoix (10 oz each) from Whole Foods.





Warmed Ribbon Root Vegetable Salad

INGREDIENTS

Salad

- 2 large carrots, peeled
- 1 medium/large parsnip, peeled
- 1 medium sweet potato, peeled
- 2 Tbsp unsalted butter
- 2 handfuls of kale, chopped
- 1 Tbsp goat cheese, crumbled
- 2 Tbsp dried cranberries

Dressing

- 2 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 2 Tbsp ginger paste (or 1/2 tsp ground ginger)
- 1 tsp spicy brown mustard
- 1/4 tsp poultry seasoning
- 1 tsp maple syrup
- 2 cloves garlic, minced (or 3-4 tsp minced garlic from a jar)
- Dash of salt, to taste

DIRECTIONS

1. Use a vegetable peeler to make large “ribbons” with carrots, parsnips, and sweet potatoes.
2. In a large pan, melt butter over medium heat. Add ribboned vegetables and sauté 8-10 minutes, until softened.
3. Add kale and cook 1-2 minutes, until slightly tender.
4. In a medium bowl, whisk together all dressing ingredients. Pour the dressing over the veggies and cook for 1 minute.
5. Remove from heat and top with goat cheese crumbles and cranberries.

Caramelized Brussels Sprouts with Cranberries

INGREDIENTS

- 1 lb Brussels sprouts, ends trimmed
- 1/4 C olive oil
- 1/4 C balsamic vinegar
- 1 Tbsp stone-ground Dijon mustard
- 2 Tbsp honey
- 3 green onions, finely sliced
- 3 cloves garlic, minced (or 4-6 tsp minced garlic from a jar)
- Salt and pepper, to taste
- A pinch of red pepper flakes (optional)
- 1/4 C dried cranberries

DIRECTIONS

1. Preheat the oven to 425°F. Prepare a large, foil-lined baking sheet.
2. Cut the Brussels sprouts in half, lengthwise. Add to a large bowl.
3. In a smaller bowl, combine the olive oil, balsamic vinegar, Dijon mustard, honey, green onions, garlic, salt, pepper, and optional red pepper flakes.
4. Pour the balsamic mixture over the Brussels sprouts. Stir gently to coat well.
5. Spread the Brussels sprouts evenly on a baking sheet. Top with dried cranberries. Place in the oven. Bake for 25 minutes, or until lightly crisped and browned.
6. Serve warm.

Tip: This serves as a great side dish for chicken, beef, pork, and salmon.





Garlicky Green Bean Salad

INGREDIENTS

- 12 oz bag of green beans
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 1/2 Tbsp Dijon mustard
- 1 clove garlic, finely chopped
- 1/2 tsp dried oregano
- Pinch of salt and pepper
- 2 green onions, thinly sliced
- 1/2 pint cherry tomatoes, sliced in half
- 2 oz goat cheese (about 1/2 small log), crumbled
- 1/4 C walnuts, chopped

DIRECTIONS

1. Bring a large pot of water to a boil over high heat. While the water boils, fill a large bowl with ice water and place it near the sink. Use plenty of ice so the water stays very cold.
2. Add the green beans to the pot of boiling water and cook for 3-5 minutes, until the beans have brightened and are crisp-tender.
3. Drain the beans and immediately transfer them to the ice water for 3 minutes to stop the cooking process.
4. While the green beans cool, make the dressing by combining the olive oil, red wine vinegar, Dijon mustard, garlic, oregano, and salt and pepper in a small bowl. Whisk until well combined.
5. Drain the green beans and transfer to a serving bowl. Add the green onions, cherry tomatoes, goat cheese, and walnuts. Top with the garlicky dressing and toss until well coated.
6. Taste and add extra salt and pepper if desired. Serve and enjoy!

Pecan Brittle Shortbread Bars

INGREDIENTS

- 1 1/2 C almond flour
- 1/4 C coconut flour
- 1/2 C maple syrup, divided
- 1/3 C coconut oil, melted
- 2 tsp vanilla extract, divided
- 1/4 tsp + 1/8 tsp salt, divided
- 1/2 C vegan butter
- 2/3 C brown sugar
- 1 Tbsp milk of choice
- 2 C chopped pecans

DIRECTIONS

1. Preheat the oven to 350°F and prepare an 8"×8" pan by lining it with parchment paper.
2. In a medium bowl, mix together almond flour, coconut flour, 1/4 C maple syrup, coconut oil, 1 tsp vanilla, and 1/4 tsp salt until well combined. Press into the bottom of the pan.
3. Bake for 15-17 minutes or until slightly golden brown. Remove the crust from the oven; set it aside to cool while you prepare the topping.
4. In a saucepan, heat vegan butter, brown sugar, and 1/4 C maple syrup over medium heat until boiling (about 3-4 minutes), stirring frequently.
5. Once boiling, stir constantly and let bubble for 2 minutes, then turn off the heat (don't cook longer, as this will burn the sugar). The sugar should be starting to thicken.
6. Stir in 1 tsp vanilla extract and milk. This will help achieve a thick, uniform consistency. Add pecans and stir to coat thoroughly with sugar mixture.
7. Pour mixture over cooled crust and sprinkle with 1/8 tsp salt.
8. Bake for 20-22 minutes.
9. Let cool on the counter for 15 minutes, then refrigerate for at least 2 hours before serving or cutting.





Snickerdoodles

INGREDIENTS

- 1/4 C melted and cooled coconut oil
- 1/3 C sugar
- 1 Tbsp pure maple syrup (or honey)
- 1 egg, at room temperature
- 1 tsp vanilla extract
- 1 1/2 C packed fine blanched almond flour
- 1 Tbsp coconut flour
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/2 tsp cream of tartar
- 1/4 tsp salt

For rolling:

- 3 Tbsp sugar
- 1 tsp cinnamon

DIRECTIONS

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper and set aside.
2. In a medium bowl, combine melted coconut oil, sugar, maple syrup, egg, and vanilla. Mix until smooth and creamy.
3. Next, add in almond flour, coconut flour, cinnamon, baking soda, cream of tartar, and salt. Mix until a dough forms. Let the dough sit for 5 minutes to thicken while you make the cinnamon sugar mixture.
4. While dough is resting, mix together sugar and cinnamon (for rolling) in a small bowl and set aside.
5. Use your hands to shape the dough into 10 golf ball-sized balls, then roll each dough ball in the cinnamon-sugar mixture until fully coated. If your hands get sticky while shaping and rolling, spray them with a little non-stick baking spray, or keep them moist with water.
6. Place each dough ball 1" apart on a prepared baking sheet, then flatten each with the palm of your hand so that they are about 1/4" thick.
7. Bake for 8-10 minutes. Remove from the oven and allow the cookies to cool completely to set.



Cozy Spiced Cocoa

INGREDIENTS

- 2 C almond milk
- 13.5 oz can full-fat coconut milk
- 1 tsp vanilla extract
- 2 Tbsp pure maple syrup
- 2-3 Tbsp unsweetened 100% cacao powder
- 1 pinch sea salt
- 1 tsp ground cinnamon (preferably Ceylon)
- 1/4 tsp cayenne

DIRECTIONS

1. Place almond milk and coconut milk in a saucepan over medium-low heat.
2. Stir occasionally to warm, 2-3 minutes.
3. Add all remaining ingredients. Whisk until completely combined, 1-2 minutes. Avoid letting the mixture get too hot, or it will separate. Serve warm.

Tip: Consider adding a scoop of collagen or unflavored protein powder to step #3 for blood sugar support, or 1/2 tsp turmeric and 1/2 tsp ginger for extra anti-inflammatory benefits! Top your cocoa with cinnamon sticks, marshmallows, cocoa powder, cacao nibs, or whipped cream.



Peppermint Mocha

INGREDIENTS

- 2/3 C strong brewed hot coffee
- 2 Tbsp unsweetened cocoa powder
- 1/8 tsp peppermint extract
- 1/4 tsp vanilla extract
- 1 Tbsp maple syrup, or more to taste
- 1 C oat milk

DIRECTIONS

1. In a large mug, add the coffee, cocoa powder, peppermint and vanilla extracts, and maple syrup. Mix until all ingredients are well combined.
2. In a separate cup, add the oat milk. Depending on the kitchen utensils available, either warm up the oat milk for 60 seconds in the microwave at full power, or use a milk frother to froth the milk.
3. Carefully pour the milk into the mug with the coffee mixture and enjoy.

Tip: This recipe is purposely made very lightly sweet. Feel free to add more maple syrup, or sweetener of choice, to fit taste preferences.



Spiced Cider Spritzer

INGREDIENTS

- 1 medium orange, unpeeled
- 20 whole cloves
- 2 C apple cider
- 1 cinnamon stick, plus more for garnish
- 2 one-inch pieces of fresh ginger
- 2 C club soda
- Orange slices

DIRECTIONS

1. Slice the orange into quarters. Place 5 whole cloves in the peel of each quarter, spacing evenly.
2. In a large saucepan on the stove over high heat, add cider, 1 cinnamon stick, ginger, and clove-studded orange quarters. Bring to a boil. Reduce to low heat. Cover and simmer for 30 minutes.
3. Remove from heat. Strain out solids.
4. Transfer to a glass jar or pitcher. Refrigerate overnight.
5. Add 1/2 C spiced cider and 1/2 C club soda to a short glass. Garnish with an orange slice and a cinnamon stick.



Holiday Mule Mocktail

INGREDIENTS

- 4-5 fresh or frozen (thawed) cranberries, plus more for garnish
- 4-5 fresh mint leaves, plus more for garnish
- 1/4 tsp maple syrup
- 2 oz 100% cranberry juice, unsweetened
- 1/2 oz fresh lime juice
- 4-6 oz ginger-flavored seltzer water
- Ice

Garnish (optional)

- Lime wheel

DIRECTIONS

1. In a mule mug or glass, gently muddle the cranberries, mint leaves, and maple syrup, just until the cranberries burst and the mint becomes fragrant. Avoid over-muddling the mint, which can make it taste bitter.
2. Fill the glass with ice.
3. Pour in the cranberry juice and fresh lime juice.
4. Top with the ginger seltzer water to fill the rest of the mug/glass and gently stir to combine.
5. Garnish with a lime wheel, cranberries, and a sprig of mint.

Repurposing Holiday Leftovers

Click the recipes below for creative ways to enjoy your holiday leftovers.













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Thank you for allowing us to be part of your health journey this year. We hope these recipes inspire delicious meals, meaningful traditions, and joyful moments around the table. Always remember, food is meant to nourish both your body and your connections with family and friends.

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