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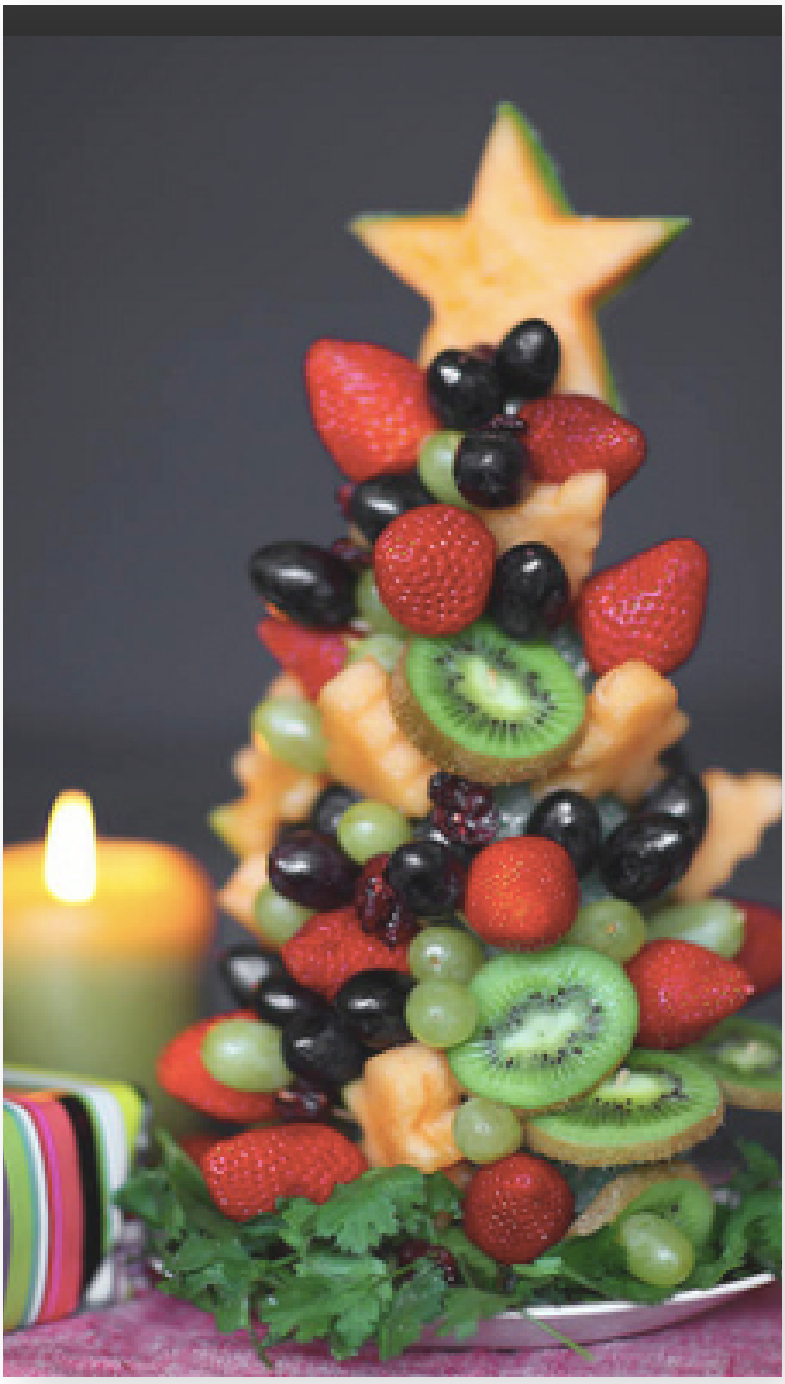
CENTRE FOR WELLNESS



HAPPY HEALTHY HOLIDAYS!

Bacon-Wrapped Dates

Recipe submission by Julie Zepp Rutledge

Serves: 4-8

Ingredients:

- 35-40 pitted dates
- 70-80 almonds
- 2 lbs thin bacon, cut in half
- 35-40 toothpicks

Instructions:

Preheat oven to 425.
Stuff each date with 1 or 2 almonds. Wrap each date with half a piece of bacon and secure with a toothpick.
Bake, 15-18 minutes, turning the dates halfway through so the bacon is evenly cooked. Serve warm or at room temperature

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You may have your favorite holiday dishes that you want to keep using, despite a new commitment to your health and clean eating. Know that you don't need a ton of new cookbooks or recipes to suit your evolving dietary needs and preferences when you can get creative with recipe substitutions. I often encounter recipes that contain foods I no longer, or rarely, eat - like dairy, sugar, sometimes eggs, and gluten and it comes in handy to know what to substitute when healthifying my cooking. Here are a few of my quick tips:

1 egg = 1 Tbsp ground flax or chia soaked in 3 Tbsp water

1 cup butter = 1 pureed avocado OR 3/4 cup coconut oil

1 cup dairy milk = 1 cup unsweetened non-dairy "mylk" (hemp, rice, coconut, almond)

1 cup sugar = 1/2 cup pitted dates soaked in 1/3 cup water and blended OR 3/4 cup coconut sugar OR 1/3 cup maple syrup

1 cup of wheat flour = 3/4 cup rice flour + 1/4 cup arrowroot or tapioca starch + 1/4 tsp xanthum gum

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Apple Almond Salad with Fig-Balsamic Vinaigrette

Recipe submission by Allison Ziegler

Ingredients:

Candied almonds

- 1 cup almonds chopped in half
- 1 1/2 tablespoons maple syrup
- 1/2 tablespoon coconut oil or extra
- virgin olive oil
- 1/2 teaspoon cinnamo
- pinch of sea salt

Salad

- 8-10 cups mixed organic baby greens
- 1 cup Candied Almonds
- 2 apples, cored and sliced thin
- 5-6 dried figs, quartered

Dressing

- 5 dried figs, stems removed
- 6 tablespoons balsamic vinegar
- 1-2 teaspoons maple syrup
- 1/2 teaspoon sea salt
- 1/2 cup extra virgin olive oil
- freshly ground black pepper, to taste

Instructions:

Preheat oven to 375 degrees F.
Place all ingredients for candied almonds into a baking dish. Stir well with spoon. Bake for 12-15 minutes, watching carefully so they don't burn.
As soon as they come out of the oven, stir them so the syrup sticks to the nuts and not the pan. Immediately transfer them to a plate to cool.
Place all ingredients for the salad into a large bowl.
To make the dressing, place the ingredients into a blender and blend on medium until combined and the figs are lightly pureed.
Pour desired amount of dressing over salad. Transfer remaining dressing to a glass jar. It will last in the refrigerator for 7-10 days.

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Pecan Yams

Recipe submission by Julie Zepp Rutledge

Ingredients:

- 4-5 large yams
- ¼ cup butter
- ½ cup plain unsweetened coconut, rice or almond milk
- ½ cup maple syrup
- ¼ tsp cinnamon
- Unrefined sea salt – to taste
- 2 Tbsp chopped pecans

Instructions:

Boil yams until soft, about 20 minutes. Drain. Place yams, butter, milk, maple syrup, cinnamon and sea salt into blender and puree. Place in serving bowl and sprinkle with pecans.

Roasted Brussel sprouts with bacon and pecans

Ingredients:

- 1/2 cup pecans
- 6 slices bacon
- 2 lbs Brussels sprouts, halved
- 3 Tbsp extra virgin olive oil
- 1 tsp unrefined salt
- 1/2 tsp black pepper
- 2 1/2 Tbsp balsamic vinegar
- 1 Tbsp maple syrup

Instructions:

Preheat oven to 350. Place pecans on baking sheet lined parchment and bake until lightly toasted, about 5 mins. Remove from sheet.

Increase oven temperature to 400°F. Lay the bacon strips out flat on the same baking sheet, . Roast for until bacon is crisp, 12 to 20 minutes, rotating half way. Remove bacon; pour rendered bacon fat into a small dish.. When bacon is cool, finely chop. Increase oven temperature to 425°F. Toss Brussels sprouts with bacon fat, olive oil, salt, and pepper. Roast, stirring midway through to promote even browning, until Brussels sprouts are tender and caramelized, about 20 minutes. Add balsamic vinegar and maple syrup and toss to coat evenly. Taste and adjust seasoning then transfer to serving dish. Right before serving, top with chopped pecans and bacon. Serve hot or room temperature.

AIP Friendly Eggnog

Recipe submission by Marika Geis

Serves: 4

Ingredients:

- ½ cup pumpkin purée
- 2½ cups coconut milk
- ½ tsp alcohol-free vanilla extract
- ¼ tsp cinnamon powder
- 1 tbsp maple syrup
- Pinch sea salt
- ¼ tsp gelatin
- Pinch mace

Instructions:

Put the first six ingredients into a medium pan and heat to just below simmering.
Remove from the heat and sprinkle in the gelatin, whisking thoroughly until melted and the liquid is frothy. Allow to cool slightly. The gelatin will not set the drink; it is there to thicken it slightly.
Pour into 4 glasses, let cool and then refrigerate until needed. Add a sprinkling of mace before serving.

Maca Hot Chocolate

Serves: 3-4

Recipe submission by Julie Zepp Rutledge

Ingredients:

- 4 cups unsweetened almond or coconut milk
- ½ cup raw cacao powder
- ¼ cup maple syrup
- 1 tbsp maca powder
- Pinch cinnamon

Instructions:

Blend all ingredients on high for about a minute. Simmer on low-medium heat in a saucepan on the stove. Do not boil, too high of heat will destroy some of the beneficial properties of maca and cacao. Pour into mugs and serve.
Maca is a great herbal adaptogen and will help your body recover from stress. Cacao is rich in antioxidants that will protect your tissues from over-indulgence this season.

Chaga Hot Chocolate

Recipe submission by Rachel Lam

Serves: 4

Ingredients:

- 1.5 cups brewed chaga tea
- 1 tbsp coconut oil
- 1 tbsp pure maple syrup
- 2 tbsp organic cocoa powder
- A pinch of sea salt or pink Himalayan salt

Instructions:

To brew chaga tea:

Let the mixture of chaga and water simmer on low to medium heat. Estimated brewing time is in the chart below. Your tea is ready when a rich dark colour, similar to coffee, develops. Freeze the chunks or nuggets for reuse. Consider brewing a batch of tea and storing it in the fridge (or freezer, if there's too much), which is more convenient than brewing the tea every time you want a cup of chaga hot chocolate.

	Grams / liter of water (32 fl oz)	Brewing time	Reuse
Chunks	14g (4-5 pieces)	3 to 4 hours	3 - 4 times
Nuggets	14g (1/4 cup)	3 to 4 hours	1 - 2 times
Powder	10g (1 full table spoon)	1 to 2 hours	None

https://chaga.ca/pages/how-to-prepare-and-consume-chaga

Put all ingredients in a blender. Blend for 30 seconds. That's it! Enjoy!

This is an immune-boosting, stress-resistance-building drink that's perfect for winter. Chaga medicinal mushrooms contain constituents called beta-D-glucans that regulate and support your immune system. These mushrooms are also adaptogens, which means that they improve your body's ability to handle stress. Not only will you be getting your sweet, warming beverage to drink by the fire, but you'll be supporting your health at the same time. It's absolutely delicious, so try it out!

Peppermint Cookies

Recipe submission by Michelle Sthamann

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 12 cookies

Ingredients:

Cookies

- 1/4 cup coconut oil, softened (grass-fed buter, ghee or avocado oil)
- 1/3 cup powdered sweetener (ex: lakanto)
- 2 tbsp MCT oil
- 1 tsp baking powder
- 1 tsp peppermint extract
- 1/4 tsp pink salt
- 1/4 cup nut milk (almond, cashew)
- 1 egg
- 2 tbsp cassava flour
- 3/4 cup almond flour
- 3/4 vanilla protein powder

Icing

- 1 tbsp Avocado Oil (can sub ghee or grass-fed butter)
- 3 tbsp Nut Milk (almond, cashew)
- 4 tbsp of a powdered sweetener of choice (ex: lakanto)
- 1/4 cup vanilla protein powder (try to focus on healthy protein powder choices such as grass-fed vanilla whey protein)
- 1/4 tsp peppermint extract

Instructions:

Preheat oven to 350 C. Line a baking tray with parchment paper and set aside.
In a mixing bowl add the oils, sweetener, baking powder, pink salt, and peppermint extract and mix together.
Add the rest of the ingredients until well combined.
Carefully scoop the batter onto the prepared baking tray. Place in the oven and bake for 10-15 minutes. Remove them when they are slightly browned but look slightly under baked. Let them cool on the baking tray for a few minutes before removing for a super soft and chewy texture. Top with the peppermint icing and optional crushed candy can pieces for a fun, festive twist.
For the icing: Add the oil, milk of choice, and peppermint extract to a small mixing bowl and mix together. Add the protein powder and sweetened until combined. Top on slightly cooled peppermint cookies and enjoy!

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Mint Matcha Nanaimo Bars

Recipe submission by Julie Zepp Rutledge
source: ***www.cupcakesandkale.ca***

Ingredients & Instructions

For the base, grind together in processor:

- ½ cup walnuts
- ½ cup almonds
- 1 cup medjool dates
- 3 Tbsp cacao powder
- ¼ cup unsweetened shredded coconut

Press into an 8x8 pan lined with parchment.

For the Middle Layer, blend together:

- 3 cups unsweetened shredded coconut
- 3 tablespoons agave nectar or maple syrup
- 2 tablespoons coconut oil
- ½ teaspoon pure mint extract
- 2 teaspoons matcha powder

Add to the base layer evenly.

- *For the Top Layer, whisk together until smooth:*
- • ½ cup melted coconut oil
- • ¼ cup agave nectar or maple syrup
- • ½ cup cacao powder
- • 2 tablespoons maca powder
- • ¼ teaspoon sea salt

Pour this over the middle layer evenly. Freeze. About 20 minutes before serving remove from freezer and cut with a warm knife.

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