

HOLIDAY CLASSICS WITH A TWIST

All things festive and fun! Everything in this guide was created with your health in mind, but I promise flavour was never sacrificed

Samantha Stojkovich



MORNING TREATS

When I think about breakfast, I tend to think about which foods will keep me feeling fuller for longer, which ones are high in protein and which ones will help balance out energy and blood sugar levels. This is the goal behind the 2 recipes below.

So enjoy, eat slowly and I'll see you for dinner.



APPLE SPICE PANCAKES



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Ingredients

¾ cup unsweetened apple sauce
2 eggs (sub flax egg)
1 teaspoon vanilla extract
¼ cup almond milk
2 tablespoons maple syrup
1 ½ cup old fashioned rolled oats
1 heaping teaspoon cinnamon
¼ teaspoon nutmeg
2 teaspoon baking powder
¼ teaspoon salt
1 apple, cored and chopped

you can either add the diced apples directly into the batter or you can add them to the pan and cook them down with cinnamon and water as a yummy garnish

Method

1. Add everything listed above (except cored apple) to a high speed blender and blend on high until completely incorporated and smooth. About 30 seconds to 1 minute.
2. If the batter is too thick, add a few tablespoons of milk to soften.
3. Lightly coat a non stick pan with oil spray and turn to medium heat.
4. Once pan is hot, add about 1/3 cup of batter for each pancake and cook for about 2 minutes on each side. Flip once the edges start to fluff up.
5. You may need to reduce the heat half way through as the pan will only get hotter and hotter.



EASY CHEESY EGG TOASTIES



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Ingredients

2 slices sourdough bread
1 egg
1/3 cup egg whites
2 tablespoons cheddar, grated
Handful spinach, roughly chopped
Salt
Pepper

you can add anything you want into these. Cheese, ham, tomatoes, peas, kale, whatever you want. Have fun with this one!

Method

1. In a small bowl, whisk together egg, egg whites, cheese, spinach, salt and pepper. Set aside.
2. Using a cookie cutter cut out the centre of the bread.
3. Using a non-stick pan, turn stovetop to medium-high heat. Once warmed, spray with olive oil and place both pieces of bread in the centre. Quickly warm for 45 seconds.
3. Once slightly toasted, pour half of the egg batter in the centre of 1 sourdough and pour the remaining into the other. Cover with a lid and cook for 1 minute. If the egg spills out, don't worry!
4. Remove lid, flip and cook another 1-2 minutes or until cooked through and golden brown.
5. Serve hot.





MAINS

If you are anything like me and this is your favourite time of year, then chances are you're looking forward to Santa's arrival, the music, the lights and most of all, get-togethers with your friends and family.

Traditionally when we think of the holiday season we think of sugar and spice (we'll get to those in minute) but we also tend to crave warm, cozy dinners served in a bowl. So I promise you this, these 3 dinners will be a hit for anyone, anytime!



BUTTERNUT SQUASH PASTA



BUTTERNUT SQUASH PASTA

Ingredients

1x 500g bag pasta of choice (I used orecchiette)
1 large butternut squash, peeled and cut into cubes
1 package prosciutto (6 slices)
2 cups curly kale
1 clove garlic, chopped
1 shallot, chopped
2 sage leaves, chopped
2 tablespoons olive oil
1/2 cup parmesan cheese
Salt
Pepper

Method

1. Pre heat oven to 400F. Line a sheet pan with parchment paper & add cubed butternut squash. Spray with olive oil and toss with salt. Bake for 25 minutes.
2. Cook pasta according to instructions. Remember to salt water heavily and save minimum 1/2 cup of the pasta water. We will use this later.
3. While the pasta cooks, heat a large non-stick pan over medium heat and pan fry prosciutto for 30 seconds on each side. Remove and roughly chop.
3. Using the same pan, sauté garlic, onions and sage in 1 tablespoon oil for 2 minutes. Add cooked butternut squash, chopped prosciutto, kale and toss together.
4. Once the pasta is cooked, toss it overtop the butternut squash mixture along with 1/4 cup pasta water and 1/4 cup parmesan cheese. Toss to combine.
5. Sprinkle remaining parmesan and enjoy!



TOFU PEANUT SATAY



TOFU PEANUT SATAY

Ingredients

1/3 cup smooth peanut butter
4 tablespoons coconut aminos
1 tablespoon soy sauce
1 teaspoon sesame oil
2 tablespoons fresh ginger, grated
1 cup vegetable stock (or water)
1/2 tablespoon corn starch (or arrowroot)
1 package tofu, pressed for 20 minutes
2 carrots, peeled and cut lengthwise
1 bell pepper, cut lengthwise
3 sprigs green onions, chopped
Cooked white rice

*** for a non vegan option, switch out the tofu for diced chicken***

Method

1. In a small bowl, assemble your sauce by whisking together the first 7 ingredients.
2. Pour 1/4 of the sauce over the tofu and let it marinate for 30 minutes and set aside.
3. Heat a large frying pan on medium/high heat (spray with olive oil) and sauté the tofu for 10 minutes. Toss in green onions, carrots, peppers and cook for another 3 minutes. Pour remaining sauce and stir until combined.
4. Best served over hot steamy rice but vermicelli noodles would be good too!



SKILLET SPINACH LASAGNA



Skillet Spinach Lasagna

Ingredients

1 lb ground chicken breast
8 sheets lasagna, torn into chunks
1 small onion, chopped
1 clove garlic, crushed
1 bell pepper, chopped into cubes
1 zucchini, chopped into cubes
1x 547ml can of tomato & basil sauce
1/4 cup tomato paste
1 cup chicken stock
1 handful spinach, chopped
1/3 cup feta cheese
1/4 cup fresh basil, chopped
1/4 cup parmesan cheese, shredded
Salt
Pepper

Method

1. Cook minced chicken, onions and garlic in a skillet over medium – high heat stirring and breaking it into smaller pieces. Season with salt and pepper.
2. Once cooked, add cracked lasagne sheets and stir.
3. Next, add in tomato sauce, tomato paste, chicken stock, zucchini, peppers and bring to a light boil. Reduce heat and simmer, covered, stirring occasionally until noodles are cooked and sauce has thickened. About 20–25 minutes.
4. Once cooked, crumbled in feta, parmesan cheese and stir in your chopped spinach.
5. Let stand for 5 minutes and enjoy!



ALL THINGS SWEET

I don't know what it is about this time of year but it has me in the kitchen baking up a storm! Whether it's for friends or family, I love nothing more than delivering them something sweet. That's why the majority of this book is catered towards my favourite holiday treats. But as always, I do my best to bake with minimally processed sugars because your health is my #1 priority.



SUAGR PLUMS



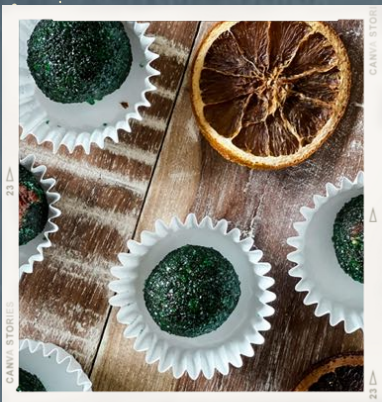
SUGAR PLUMS

Ingredients

14 dried figs, stems removed
1/4 cup dried cherries
1 cup walnuts, chopped
1/2 cup semi-sweet chocolate
1 teaspoon cinnamon
1 teaspoon vanilla extract
1 tablespoon maple syrup
1/2 cup unsweetened coconut

Method

1. Using a good quality food processor (or high speed blender) add all the ingredients and blend until a paste forms.
2. Using your hands, roll the dough into 15 balls.
3. Finish them by rolling each ball into red and green sprinkles.
3. Store in fridge or freezer



ULTIMATE RUM BALLS



ULTIMATE RUM BALLS

Ingredients

1 ¼ cup old fashioned rolled oats
1/3 cup walnuts
¼ cup cocoa powder
5 dates, pitted
2 tablespoon almond flour
½ tsp cinnamon
¼ teaspoon salt
1/3 cup raisins
1/3 cup dark rum
3 tablespoons maple syrup
1 teaspoon vanilla extract

hands down my absolute favourite Christmas treat of all time - if you like things boozy, then you'll love this one

Method

1. Using a food processor, add all the dry ingredients and blend until a crumbly mixture forms.
2. Slowly add in the wet ingredients and pulse to combine. You don't want to over-mix but if you do and the dough becomes too sticky just add a little more flour.
3. Using your hands, roll into 15 balls.
4. Finish them off by dusting them with some icing sugar or rolling them into coconut flakes.



CINNAMON PECAN PEAR CRUMBLE



CINNAMON PECAN PEAR CRUMBLE

Ingredients

For Filling

5 pears, cut into ¼ inch slices
2 tablespoons maple syrup
1 teaspoon cinnamon
½ teaspoon nutmeg
1 teaspoon vanilla extract
½ tablespoon arrowroot powder or
tapioca starch

For Topping:

1 cup oat flour (or all purpose)
¼ cup rolled oats
¼ cup coconut sugar
1 teaspoon vanilla bean paste
½ cup pecans, chopped
2 teaspoons cinnamon
1/3 cup butter, melted

Method

1. Preheat oven to 350 degrees F and grease an 8x8 baking pan or 9 inch skillet with nonstick cooking spray and set aside.
2. To make the topping: Combine the flour, oats, sugar, cinnamon, pecan and butter in a large bowl. Mix with hands until well combined. Set aside.
3. To make the filling: place pears, maple syrup, cinnamon, nutmeg, vanilla and arrowroot starch in a large bowl and toss to combine. Take 1/4 cup of the topping mixture and toss with the pear mixture. Place the pear mixture in a prepared pan and sprinkle evenly with the remaining topping.
4. Bake the crisp for 45 minutes. Remove from the oven and cool for 10 minutes on a wire rack. Serve warm with your favourite vanilla ice cream or whip!



GINGER MOLASSES COOKIES



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Ingredients

1 egg
¼ cup coconut oil, melted
¼ cup molasses
1 teaspoon vanilla extract
½ cup brown sugar
1¼ cup oat flour
1 cup all-purpose flour
1 teaspoon ground ginger
1 teaspoon cinnamon
¼ teaspoon all spice
1 teaspoon baking soda
¼ teaspoon salt
Sugar for rolling

trust me when I say these are probably the best cookies you will ever bake, I was told I should sell them, that's how big of a hit they were!



Method

1. Preheat oven to 350 degrees F & line a baking sheet with parchment paper.
2. Using an electric mixer (or a large bowl) mix together melted coconut oil, brown sugar, molasses, egg and vanilla extract.
3. Next add in both flours, baking soda, ground ginger, cinnamon, all spice and salt. Mix well to combine/until a dough forms. Let the dough rest for just a few minutes.
4. Using the palm of your hands, portion and roll out 15 balls.
5. Now roll each ball in some sugar, place on your baking sheet and gently flatten the dough with your hand or the back of a glass.
6. Bake for 8–11 minutes.



PEPPERMINT MOCHA



PEPPERMINT MOCHA

Ingredients

- 1 cup milk of choice
- 2 espresso shots
- 1/2 tablespoon cacao powder
- 1/2 tablespoon maple syrup
- 1/4 teaspoon peppermint extract

You can use cocoa powder if you don't have cacao. Both come from the same plant, only difference is sometimes cocoa powder comes with extra sugars whereas raw cacao powder has more nutritional benefits

Method

1. In saucepan, warm the milk over medium low heat.
2. Whisk in the cacao powder, maple syrup, and peppermint.
3. While that warms, pull your 2 shots of espresso.
4. Combine the two and enjoy this festive drink with a little coconut whip and sprinkles.



CARDAMON HOT CHOCOLATE



CARDAMON HOT CHOCOLATE

Ingredients

- 1 cup milk of choice
- 1 tablespoon cacao powder
- 1 tablespoon maple syrup
- 1/8 teaspoon ground cardamon

Method

1. In saucepan, warm the milk over medium low heat.
2. Whisk in the cacao powder, maple syrup, and cardamom.
3. Pour into your favourite mug and drink up!

totally optional but I added 1 shot of espresso and LET ME TELL YOU! Such a treat

