



Holiday Treats

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FULLY ALIVE NUTRITION

Hello!

Thank you for downloading my Holiday Treats Recipe Book. Inside you'll find recipes for both savory and sweet Holiday Treats to enjoy! All recipes are packed with both nutrition and flavor ;)

For those on special

diets, all recipes are gluten and dairy free, with most recipes offering vegan and nut-free options as well.

Enjoy!

Kristin

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Key: GF (gluten-free), DF (dairy-free), V (vegan)

Sparkling Pomegranate Limeade (GF, DF, V, nut-free)

8 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Water
2 1/2 cups Sparkling Water
1/2 cup Lime Juice
3/4 cup Monk Fruit Sweetener
1/2 cup Pomegranate Seeds
1/2 oz Thyme Sprigs (for garnish, optional)

DIRECTIONS

- 01 Combine the water, sparkling water, lime juice, monk fruit sweetener and pomegranate seeds in a jug.
- 02 Serve into glasses and garnish with a sprig of thyme. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated for up to four days. For best results, add sparkling water just before serving.

NO MONK FRUIT SWEETENER

Use maple syrup, honey, or other sweetener of choice and adjust for desired amount of sweetness.

Pumpkin Spice Granola (GF, DF, V, nut-free option)

12 SERVINGS 40 MINUTES



INGREDIENTS

3 cups Oats (rolled)
1 cup Walnuts (chopped)
1/2 cup Pumpkin Seeds
1/4 cup Ground Flax Seed
1/4 tsp Sea Salt
3/4 tsp Pumpkin Pie Spice
1/2 tsp Cinnamon
1/4 cup Coconut Oil
1/3 cup Maple Syrup
1/3 cup Pureed Pumpkin

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 03 In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 04 Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 05 Divide into bowls or store sealed in a jar until ready to use. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container up to a week. Freezes well for longer.

NO WALNUTS

Use pecans or slivered almonds instead.

NUT-FREE

Skip the nuts and add extra pumpkin seeds.

SERVE IT WITH

Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

OPTIONAL ADD-INS

Raisins, dried cranberries, berries or coconut flakes.

Spicy Cashews (GF, DF, V)

8 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Cashews (raw)
1 tsp Smoked Paprika
1/2 tsp Red Pepper Flakes
1 tsp Chili Powder
1/2 Lime (juiced and zested)
2 tsps Raw Honey
1 tsp Avocado Oil
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 02 Add the cashews, smoked paprika, red pepper flakes, chili powder, lime juice, honey, avocado oil and sea salt to a large bowl and mix until all the cashews are fully coated.
- 03 Place on the baking sheet, making sure to have them spread out evenly. Bake for 6-8 minutes, then remove from the oven and toss. Put them back in the oven for an additional 6-8 minutes, or until slightly crispy. Watch closely toward the end of baking time so they don't burn!
- 04 Remove the cashews from the oven and let them cool on the pan for 5 to 10 minutes. Garnish with lime zest if desired and serve. Enjoy!

NOTES

LEFTOVERS

Store in a sealed container for up to one week. Freeze for longer.

OTHER OPTIONS

Maple syrup can be used in place of honey. Any nut can be used in place of cashews - almonds, walnuts, or pecans work great! You can also use a combination of nuts, so experiment and have fun :)

Chocolate Almond Butter Pudding (GF, DF, V, nut-free option)

3 SERVINGS 5 MINUTES



INGREDIENTS

2 Avocado (peeled and pits removed)
1/4 cup Maple Syrup
1/2 cup Unsweetened Almond Milk
2 2/3 tbsps Cocoa Powder
1/4 cup Almond Butter

DIRECTIONS

- 01 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 02 Divide into small bowls, add your choice of toppings or enjoy as is!

NOTES

LEFTOVERS

This recipe is best when eaten fresh, but leftovers can be stored in the fridge for 1-2 days.

NUT BUTTER OPTIONS

Any type of nut butter can be used in this recipe - experiment to find your favorite! To make this nut-free, use sunflower seed butter and rice or oat milk. If your nut butter is thick, add a little more almond milk (or milk of choice) until you reach your desired consistency.

OPTIONAL TOPPINGS

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

INCREASE FIBER AND OMEGA-3 FAT CONTENT

Add ground flax seeds or whole chia seeds before blending.

Carrot Cake Bars (GF, DF)

10 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 cups Almond Flour
1 tsp Cinnamon
1/2 tsp Nutmeg
1/4 tsp Sea Salt
1/2 tsp Baking Soda
3 Egg
1/4 cup Maple Syrup
2 tbsps Coconut Oil (melted)
1 tsp Vanilla Extract
1 1/2 cups Grated Carrot
1/2 cup Walnuts (chopped)
1/4 Navel Orange (zested)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a square baking pan with parchment paper.
- 02 In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
- 03 In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
- 04 Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
- 05 Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

NOTES

OPTIONAL ICING DRIZZLE

Melt 3 tablespoons of coconut butter with 1 teaspoon of coconut oil over low heat. Then drizzle on top of the squares once they have completely cooled.

LEFTOVERS

Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

Pecan Pie Squares (GF, DF, V)

16 SERVINGS 35 MINUTES



INGREDIENTS

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
- 03 Line a square baking dish with parchment paper or grease well with coconut oil. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
- 04 Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
- 05 Place in the oven and bake for 20 minutes.
- 06 Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to four days. Freeze for up to three months. These taste great straight out of the freezer!

OPTIONS

Try adding a dash of cinnamon or vanilla for a little more flavor/variety.

Decadent Chocolate Peppermint Truffles (GF, DF, V, nut-free)

10 SERVINGS 20 MINUTES



INGREDIENTS

- 1 cup Pitted Dates (packed)
- 3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 1/2 tsp Peppermint Extract
- 3 tbsps Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1/4 tsp Sea Salt (large flakes, for topping)

DIRECTIONS

- 01 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 02 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 03 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 04 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine. Alternatively, create a double boiler on the stove to gently melt the chocolate chips.
- 05 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

ADDITIONAL TOPPINGS

Top with crushed peppermint candy or shredded coconut.

OPTIONS

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

Chewy Gingerbread Cookies (GF, DF, V and nut-free options)

12 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Almond Flour
1/4 cup Coconut Flour
1 1/2 tps Baking Powder
2 tps Ground Ginger
1 tsp Cinnamon
3 tbsps Coconut Oil (melted)
1 Egg (room temp)
1 tsp Vanilla Extract
1/4 cup Molasses
1/4 cup Maple Syrup

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
- 03 Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days. Freeze for up to six months.

MAKE IT VEGAN

Replace egg with a flax egg: 1 T ground flax + 2 1/2 T water. Mix well and let sit for about 5 min to thicken, then add to recipe in place of egg.

MAKE IT NUT-FREE

Substitute oat flour for almond flour. If dough seems really liquid, add a bit more coconut flour.