

# HEALTHY *Holiday* RECIPES

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# MASHED Sweet Potatoes

## INSTRUCTIONS:

- Wash and peel the sweet potatoes, then cut them into evenly sized chunks.
- Boil - Cook until the potatoes are fork-tender (about 15-20 minutes). Alternatively, you can steam the sweet potatoes until they are soft.
- Mash to your desired consistency.
- Add Flavor - Add olive oil or coconut oil, this adds healthy fats and enhances the flavor.
- Pour in the almond milk gradually while continuing to mash until you achieve a smooth and creamy texture.
- Seasoning - Sprinkle in cinnamon, nutmeg, salt, and pepper to taste.
- Mix thoroughly.
- Serve Warm



Sweet potatoes are a great source of vitamins, fiber, and antioxidants, making them an excellent choice for a nutritious side dish. Enjoy!

## INGREDIENTS

- 4 medium-sized sweet potatoes
- 2 tablespoons olive oil or coconut oil
- 1/4 cup unsweetened almond milk  
(or any milk of your choice)
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- Salt and pepper to taste

## NUTRITION

Calories: 200 - 250

Fat: 6 - 8 g

Protein: 2 - 4 g

Carbs: 40 - 50 g

# CINNAMON & WALNUT Baked Apples

## INSTRUCTIONS:

- Preheat the Oven to 375°F
- Wash the apples thoroughly, then core, leaving the bottom intact.
- Mix the Filling - In a bowl, combine the chopped walnuts, maple syrup or honey, ground cinnamon, ground nutmeg, melted coconut oil or butter, and oats (if using). Mix until all ingredients are well combined.
- Fill the Apples - Place the cored apples in a baking dish. Spoon the walnut mixture into the center of each apple, pressing down gently to pack the filling.
- Bake the apples for 25-30 minutes or until the apples are tender.
- Serve - let them cool slightly and serve warm.
- Optional Toppings - Garnish with a sprinkle of extra cinnamon, a drizzle of honey, or a dollop of Greek yogurt or vanilla ice cream for added indulgence.

## NUTRITION

Calories: 150 - 200      Fat: 6 - 8 g  
Protein: 2 - 3 g      Carbs: 25 - 30 g



**These sweet baked apples are a delicious, guilt-free dessert!**

## INGREDIENTS

- 4 medium-sized apples (such as Honeycrisp or Granny Smith)
- 1/2 cup chopped walnuts
- 2 tablespoons maple syrup or honey
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 tablespoon melted coconut oil or unsalted butter
- 1/2 cup old-fashioned oats (optional for added crunch)
- Greek yogurt or vanilla ice cream (optional for serving)

# ROASTED GARLIC PARMESAN *Green Beans*

## INSTRUCTIONS:

- Preheat oven to 400°F
- Wash Green Beans and trim the ends
- Roast the Garlic - sauté the minced garlic in a tablespoon of olive oil over low heat until it becomes fragrant. Be careful not to burn it.
- In a large mixing bowl, toss the green beans with the remaining olive oil, roasted garlic, dried thyme, salt, and pepper. Ensure the green beans are evenly coated.
- Spread green beans in a single layer on a baking sheet.
- Roast in the oven for 15-20 minutes or until the green beans are tender yet still have a slight crunch.
- Sprinkle the grated Parmesan cheese over the green beans during the last 5 minutes of roasting. This allows the cheese to melt and become golden.
- Optional to add a little zest, drizzle lemon juice over the green beans before serving.



**This dish is not only  
delicious but also  
nutritious,**

## INGREDIENTS

- 1 pound fresh green beans, trimmed
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1 tablespoon lemon juice (optional, for added freshness)

## NUTRITION

Calories: 120 - 150

Protein: 4 - 6 g

Fat: 8 - 10 g

Carbs: 10 - 12 g

# HERB ROASTED

## Turkey Breast



### INSTRUCTIONS:

- Preheat your oven to 375°F
- Rinse the turkey breast, pat it dry with paper towels and place it in a roasting pan.
- In a small bowl, mix the olive oil, minced garlic, chopped rosemary, thyme, and sage.
- Gently lift the skin of the turkey breast and rub half of the herb mixture directly onto the meat. Rub the remaining mixture on the skin. Season generously with salt and pepper.
- Roast for about 1 hour and 15 minutes to 1 hour and 30 minutes, or until the turkey reaches an internal temperature of 165°F and the skin is golden brown and crispy.
- Let the turkey rest for about 15-20 minutes before carving.

**This herb-roasted turkey breast recipe highlights the flavors of the herbs while keeping the focus on the succulent and tender turkey.**

### INGREDIENTS

- 1 bone-in, skin-on turkey breast  
(about 4-5 pounds)
  - 2 tablespoons olive oil
  - 2 cloves garlic, minced
  - 1 tablespoon chopped fresh rosemary
  - 1 tablespoon chopped fresh thyme
  - 1 tablespoon chopped fresh sage
- Salt and pepper to taste

### NUTRITION

Calories: 180-200

Fat: 7-9 g

Protein: 30 g

Carbs: less than 1 g

# HEALTHY STUFFED *Mushrooms*

## INSTRUCTIONS:

- Preheat oven to 375°F
- Clean the mushrooms, remove stems. Set aside the mushroom caps.
- Heat olive oil in a pan over medium heat. Add minced garlic and chopped onion. Sauté until the onion becomes translucent and fragrant.
- Add the chopped spinach to the pan and cook until it wilts. Remove from heat and allow it to cool for a few minutes.
- In a bowl, combine the sautéed mixture with breadcrumbs, grated Parmesan cheese, chopped parsley, salt, and pepper. Mix thoroughly.
- Stuff the Mushrooms - fill each mushroom cap generously with the stuffing mixture.
- Bake the stuffed mushrooms on a baking sheet lined with parchment paper for 15-20 minutes or until the mushrooms are tender and the filling is golden brown.
- Garnish with a sprinkle of fresh parsley if desired.
- You can add chopped nuts (like almonds or walnuts) to the stuffing for added texture and healthy fats.



**These stuffed mushrooms are not just a delightful addition to your holiday meal but also a healthy and weight-loss-friendly option.**

## INGREDIENTS

- 12 large button mushrooms
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1 cup spinach, chopped
- 1/4 cup breadcrumbs (whole wheat or gluten-free for a healthier option)
- 1/4 cup grated Parmesan cheese (or a vegan alternative)
- 2 tablespoons chopped fresh parsley
- Salt and pepper to taste

## NUTRITION

Calories: 70 - 80

Protein: 4 - 5 g

Fat: 3 - 4 g

Carbs: 8 - 10 g

# HERB MASHED *Cauliflower*



## INSTRUCTIONS:

- Steam or boil the cauliflower until tender. Drain well.
- In a pan, heat the olive oil over medium heat. Add minced garlic and sauté for a minute until fragrant.
- Blend the cauliflower until smooth (using a food processor or hand blender).
- Add the sautéed garlic, cream cheese or Greek yogurt, Parmesan cheese (if using), and herbs. Blend again until everything is well combined.
- Taste and season with salt and pepper as needed. Adjust the consistency by adding a splash of low-sodium vegetable broth or almond milk if desired.
- Garnish with a sprinkle of fresh herbs and a drizzle of olive oil before serving.

**This dish is healthy and versatile. You can use different herbs or even add a touch of nutmeg or cayenne. A great alternative to mashed potatoes!**

## INGREDIENTS

- 1 head of cauliflower, chopped into florets
- 2 cloves garlic, minced
- 2 tablespoons low-fat cream cheese or Greek yogurt
- 1 tablespoon olive oil
- 1/4 cup grated Parmesan cheese (optional)
- Fresh herbs (such as thyme, rosemary, or parsley), chopped
- Salt and pepper to taste

## NUTRITION

Calories: 80 - 100

Fat: 4 - 5 g

Protein: 4 - 5 g

Carbs: 8 - 10 g

# FROZEN Yogurt Bark

## INSTRUCTIONS:

- Line a baking sheet with parchment paper or a silicone baking mat.
- Spread the Greek yogurt evenly on the lined baking sheet, creating a layer about 1/4 inch thick.
- Sprinkle the mixed nuts, pumpkin seeds, shredded coconut, and dark chocolate chips evenly over the yogurt. Gently press them into the yogurt using the back of a spoon or spatula.
- Drizzle honey or maple syrup over the toppings for added sweetness if desired.
- Place the baking sheet in the freezer and let the yogurt bark freeze for at least 3-4 hours or until completely firm.
- Once frozen, remove the baking sheet from the freezer, using a knife, break the frozen yogurt bark into smaller, bite-sized pieces. If it's too hard, let it sit at room temperature for a few minutes to soften slightly before cutting.
- Serve the frozen yogurt bark immediately as a healthy dessert or snack. Store any leftovers in an airtight container in the freezer.



Enjoy this delicious Frozen Yogurt Bark as a nutritious and satisfying holiday treat!

## INGREDIENTS

- 2 cups Greek yogurt (plain or vanilla)
- 1/4 cup mixed nuts (almonds, walnuts, pistachios)
- 2 tablespoons pumpkin seeds
- 2 tablespoons unsweetened shredded coconut
- 2 tablespoons dark chocolate chips (optional)
- 1 tablespoon honey or maple syrup (optional for added sweetness)

## NUTRITION

Calories: 75 - 90

Protein: 4 - 5 g

Fat: 4 - 5 g

Carbs: 4 - 5 g



# ROASTED

# Winter Vegetables



## INSTRUCTIONS:

- Preheat your oven to 400°F and line a baking sheet with parchment paper.
- In a large mixing bowl, combine the Brussels sprouts, carrots, parsnips, and sweet potato.
- Drizzle the olive oil over the vegetables. Add the minced garlic, chopped rosemary, salt, and pepper. Toss everything together until the vegetables are evenly coated.
- Spread the seasoned vegetables onto the prepared baking sheet in a single layer.
- Roast for 25–30 minutes, or until the vegetables are tender and caramelized, stirring once halfway through.
- Transfer to a serving dish. Adjust seasoning if needed and serve hot.

These roasted winter vegetables are flavorful and packed with fiber, vitamins, and antioxidants, making them a healthy addition to your holiday table!

## INGREDIENTS

- 2 cups Brussels sprouts, halved
- 2 medium carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 large sweet potato, peeled and cubed
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- Salt and pepper to taste

## NUTRITION

Calories: 180      Fat: 7 g  
Protein: 3 g      Carbs: 28 g

# DARK CHOCOLATE DIPPED

## Strawberries

### INSTRUCTIONS:

- Ensure the strawberries are completely dry. Any moisture might cause the chocolate to seize. Line a baking sheet with parchment paper.
- Chop the dark chocolate into small, uniform pieces. Using a microwave or a double boiler, melt the chocolate in 30-second intervals, stirring in between until smooth. Be cautious not to overheat the chocolate.
- Hold a strawberry by the stem and dip it into the melted chocolate, swirling to coat about two-thirds of the berry. Allow any excess chocolate to drip back into the bowl.
- If desired, sprinkle the dipped strawberries with chopped nuts, shredded coconut, or colorful sprinkles while the chocolate is still wet.
- Place the dipped strawberries on the prepared baking sheet, ensuring they don't touch each other. This prevents them from sticking together.
- Chill in refrigerator for 30 minutes for chocolate to set.



These dark chocolate-dipped strawberries are a delightful and healthier dessert option, offering antioxidants from the dark chocolate and the nutritional benefits of fresh strawberries

### INGREDIENTS

- 1 pound fresh strawberries, washed and dried
- 4 ounces dark chocolate (70% cocoa or higher)
- Optional: Chopped nuts, shredded coconut, or sprinkles for topping

### NUTRITION

Calories: 120	Fat: 7 g
Protein: 2 g	Carbs: 26 g

# KALE

## Cranberry Salad



### INSTRUCTIONS:

- Wash the kale leaves thoroughly, remove the stems, and thinly slice the leaves into bite-sized pieces. Place the sliced kale in a large mixing bowl.
- Drizzle the olive oil over the kale leaves. With clean hands, gently massage the kale for about 2-3 minutes. Massaging helps to tenderize the kale leaves and reduces bitterness.
- Toss the dried cranberries and sliced almonds into the bowl with the kale.
- In a small bowl, whisk together the apple cider vinegar, honey or maple syrup, salt, and pepper until well combined.
- Pour the dressing over the kale mixture. Toss everything together until the kale is evenly coated with the dressing.
- Allow the salad to sit for about 10-15 minutes before serving. This resting time helps the flavors meld together.

**This kale cranberry salad is not only vibrant and flavorful but also packed with nutrients, including vitamins, minerals, and antioxidants.**

### INGREDIENTS

- 1 bunch kale, stems removed and leaves thinly sliced
- 1/2 cup dried cranberries
- 1/4 cup sliced almonds
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey or maple syrup
- Salt and pepper to taste

### NUTRITION

Calories: 150      Fat: 9 g  
Protein: 3 g      Carbs: 17 g