



Happy holidays

Healthy holiday recipes

**May this festive season bring light
to your heart and home**



Mashed cauliflower

- Preparation: 10 minutes
- Cooking: 10 minutes
- Servings: 3 to 4 people

Ingredients

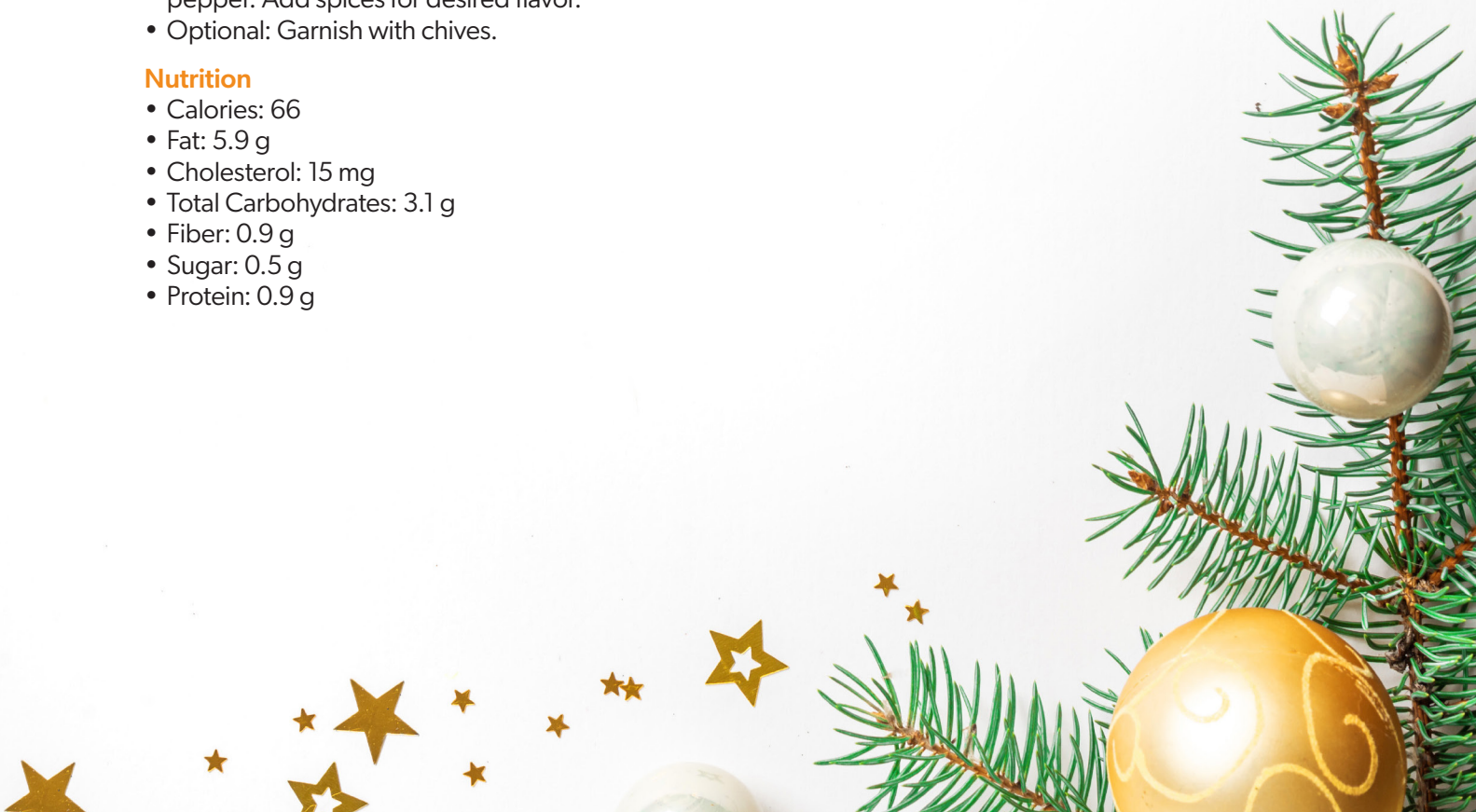
- 1 medium head cauliflower, 2 lbs. chopped
- 2 Tbsp melted butter
- 7 roasted garlic cloves
- ¼ tsp dijon mustard
- ½ tsp sea salt
- Freshly ground black pepper
- Optional: chives, for garnish

Instructions

- Boil a large pot of salted water.
- Chop the cauliflower and boil, until tender. Approximately 10 minutes.
- Drain water and put cauliflower into a food processor.
- Mash cauliflower with butter, garlic, mustard, salt and pepper. Add spices for desired flavor.
- Optional: Garnish with chives.

Nutrition

- Calories: 66
- Fat: 5.9 g
- Cholesterol: 15 mg
- Total Carbohydrates: 3.1 g
- Fiber: 0.9 g
- Sugar: 0.5 g
- Protein: 0.9 g



Roasted brussel sprouts

- Preparation: 5 minutes
- Cooking: 30 minutes
- Servings: 3 to 4 people

Ingredients

- 1 pound of brussel sprouts, trimmed
- Extra-Virgin olive oil, for drizzling
- Sea salt and pepper for taste

Lemon parmesan seasoning, optional

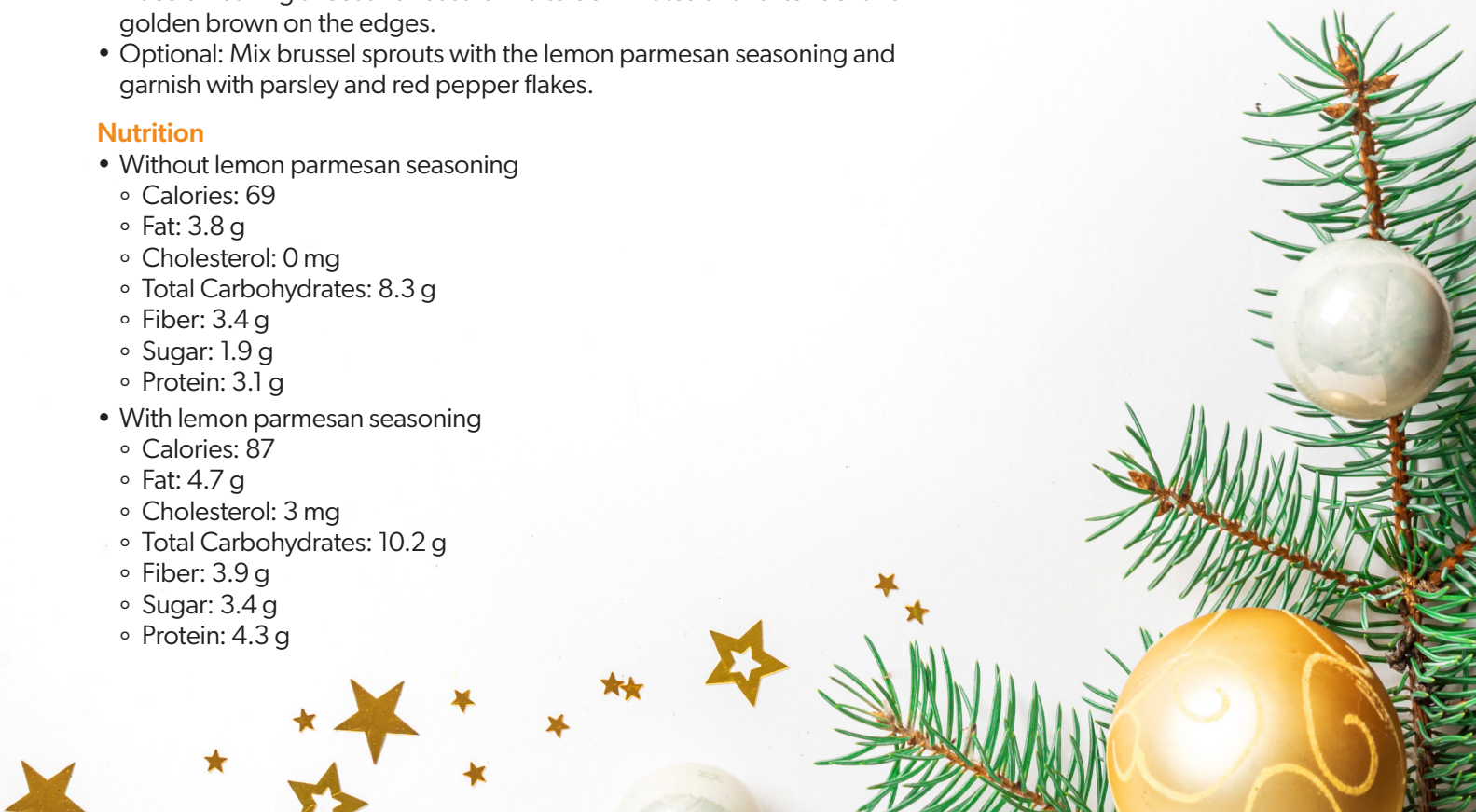
- 1 Tbsp fresh lemon juice, plus 2 tsp zest
- 1 Tbsp grated parmesan cheese or ¼ cup shaved
- 1 Tbsp fresh thyme leaves
- Fresh parsley leaves, for garnish
- Pinch of red pepper flakes, for garnish

Instructions

- Line a baking sheet with parchment paper and preheat oven to 425°F.
- Cut the brussel sprouts in half.
- Mix with olive oil and salt and pepper.
- Place on baking sheet and roast for 20 to 30 minutes or until tender and golden brown on the edges.
- Optional: Mix brussel sprouts with the lemon parmesan seasoning and garnish with parsley and red pepper flakes.

Nutrition

- Without lemon parmesan seasoning
 - Calories: 69
 - Fat: 3.8 g
 - Cholesterol: 0 mg
 - Total Carbohydrates: 8.3 g
 - Fiber: 3.4 g
 - Sugar: 1.9 g
 - Protein: 3.1 g
- With lemon parmesan seasoning
 - Calories: 87
 - Fat: 4.7 g
 - Cholesterol: 3 mg
 - Total Carbohydrates: 10.2 g
 - Fiber: 3.9 g
 - Sugar: 3.4 g
 - Protein: 4.3 g



Cranberry sauce

- Preparation: 2 minutes
- Cooking: 8 minutes
- Servings: 2 cups

Ingredients

- 12 oz. (1 bag) fresh cranberries
- ½ cup honey or maple syrup
- ½ cup water
- Zest of 1 medium orange (about 1 tsp)
- Optional: ½ tsp ground cinnamon and/or ¼ cup fresh orange juice

Instructions

- Rinse cranberries and drain excess water. Discard any overripe cranberries.
- Add cranberries, honey and water in a medium saucepan.
- Boil over medium-high heat, before reducing heat to medium-low and cook, stir occasionally, until cranberries have popped and the mixture thickens, which takes about 5 to 10 minutes.
- Remove pot from stove and stir in orange zest.
- If desired, you can add the optional ingredients in. Taste the sauce, and if it is too tart, add some orange juice, honey or maple syrup.
- Sauce will thicken as it cools.
- Sauce will be good in the refrigerator for up to two weeks.

Nutrition

- Calories: 57
- Fat: 0 g
- Cholesterol: 0 mg
- Total Carbohydrates: 14.6 g
- Fiber: 1.8 g
- Sugar: 10.7 g
- Protein: 0.2 g



Crustless pumpkin pie

Preparation: 15 minutes

Cooking: 35 minutes

Servings: 8 slices

Ingredients

- 15 oz. canned pumpkin puree (not the same as pie filling)
- $\frac{3}{4}$ cup packed light brown sugar
- 1 Tbsp corn starch
- $\frac{1}{2}$ tsp salt
- 2 tsp pumpkin pie spice
- 3 large eggs
- 12 oz evaporated milk

Instructions

- Preheat oven to 350°F.
- Put 9" pie pan on baking sheet
- Combine pumpkin, brown sugar, cornstarch, salt, pumpkin pie spice and eggs in a large bowl. Whisk until smooth.
- Stir in evaporated milk.
- Pour mixture into pie plate.
- Bake for 45 to 55 minutes.
- Remove from the oven and allow it to cool to room temperature.
- Place in the refrigerator for at least 2 hours prior to serving.

Nutrition

- Calories: 196
- Fat: 5.5 g
- Cholesterol: 83 mg
- Total Carbohydrates: 31.6 g
- Fiber: 2.2 g
- Sugar: 27.1 g
- Protein: 6.2 g



Orange cranberry mimosa mocktail

Time

Preparation: 15 minutes

Mixing: 35 minutes

Servings: 8 drinks

Ingredients

- Orange slice and sugar for the rim
- 1 oz freshly squeezed orange juice
- 2 oz cold sweetened cranberry juice
- 2 oz cold sparkling apple cider
- Pinch of ground cinnamon
- Optional: fresh cranberries, cinnamon stick and rosemary sprig for garnish

Instructions

- Wet the rim of a champagne glass with an orange slice and then dip the glass rim in sugar.
- Add orange juice, cranberry juice and sparkling cider to your glass.
- Optional: Finish with a pinch of cinnamon and all the garnishes.

Nutrition

- Calories: 69
- Fat: 1 g
- Total Carbohydrates: 17 g
- Fiber: 1 g
- Sugar: 15 g
- Protein: 1g

