

# Christy Cater WELLNESS

## Holiday Recipe Ideas

Created by Christy Cater Wellness



# Holiday Recipe Ideas

66 items

## Fruits

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- 2 Apple
- 2 Banana
- 1 1/4 cups Grapes
- 1 tbsp Lemon Juice
- 1/2 Lime
- 2 Pear
- 1/4 cup Pomegranate Seeds

## Breakfast

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- 1/3 cup All Natural Peanut Butter
- 1/2 cup Maple Syrup

## Seeds, Nuts & Spices

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- 1/3 tsp Black Pepper
- 2 cups Cashews
- 2 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1 tsp Cinnamon
- 1 tbsp Italian Seasoning
- 1/4 tsp Nutmeg
- 1/4 cup Pecans
- 1/2 tsp Red Pepper Flakes
- 1 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 1 1/2 cups Walnuts

## Frozen

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- 1/2 cup Frozen Spinach

## Vegetables

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- 4 cups Broccoli
- 2 Carrot
- 2 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 12 Cremini Mushrooms
- 2 Garlic
- 10 cups Kale Leaves
- 6 cups Mini Potatoes
- 2 tbsps Parsley
- 1 tbsp Rosemary
- 2 Sweet Potato
- 1 1/8 tbsps Thyme
- 16 White Button Mushrooms
- 1 1/2 Yellow Onion
- 1 Zucchini

## Boxed & Canned

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- 3/4 cup Brown Rice
- 1/2 cup Cranberry Sauce

## Baking

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- 3 1/4 cups Almond Flour
- 1 tsp Baking Powder
- 1/4 tsp Baking Soda
- 1/4 cup Cocoa Powder
- 3 tbsps Coconut Sugar
- 3 1/2 ozs Dark Organic Chocolate
- 1/3 cup Dried Unsweetened Cranberries
- 2 tbsps Fancy Molasses
- 1 tbsp Nutritional Yeast
- 2 cups Oats
- 3 cups Pitted Dates
- 1 tsp Pumpkin Pie Spice
- 1 2/3 tbsps Raw Honey
- 1/4 cup Tapioca Flour

## Bread, Fish, Meat & Cheese

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- 10 ozs Brie Cheese
- 8 ozs Chicken Thighs With Skin
- 1 1/3 cups Goat Cheese
- 12 ozs Pork Sausage
- 2 2/3 ozs Prosciutto
- 8 ozs Top Sirloin Steak

## Condiments & Oils

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- 1 tsp Avocado Oil
- 1/2 cup Extra Virgin Olive Oil

## Cold

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- 4 Egg
- 2 cups Unsweetened Almond Milk

## Other

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- 1/2 cup Vanilla Protein Powder
- 8 cups Water

# Baked Brie with Cranberry Sauce

2 ingredients · 20 minutes · 6 servings



## Directions

1. Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper. Place brie on the baking sheet and bake for 15 minutes, or until soft.
2. Remove the brie from the oven and top with cranberry sauce. Return to the oven and bake for 5 more minutes. Let cool a bit before serving. Enjoy!

## Notes

### No Cranberry Sauce

Use any jam, fruit spread or chutney instead.

### Serve it With

Crackers or crusty bread.

### Extra Toppings

Crushed nuts, toasted pumpkin seeds or sunflower seeds.

### Vegan & Dairy-Free

Use a cashew cheese instead of brie.

## Ingredients

**10 ozs** Brie Cheese (whole, round)

**1/2 cup** Cranberry Sauce (homemade or canned)

## Nutrition

Amount per serving

|                 |       |            |       |
|-----------------|-------|------------|-------|
| <b>Calories</b> | 195   | Vitamin A  | 288IU |
| <b>Fat</b>      | 13g   | Vitamin C  | 0mg   |
| <b>Carbs</b>    | 10g   | Calcium    | 87mg  |
| Fiber           | 0g    | Iron       | 0mg   |
| Sugar           | 8g    | Vitamin D  | 10IU  |
| <b>Protein</b>  | 10g   | Vitamin E  | 0mg   |
| Cholesterol     | 47mg  | Vitamin B6 | 0.1mg |
| Sodium          | 298mg | Magnesium  | 11mg  |

# Vegan Stuffed Mushrooms

10 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

## Notes

### Serving Size

One serving is equal to three stuffed mushrooms.

### No Cremini Mushrooms

Use portobello mushrooms or white button mushrooms instead.

### No Thyme

Use another herb like sage or rosemary.

### Prep Ahead

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 **cup** Walnuts (raw, chopped)
- 2 **tsps** Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1/3 **cup** Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 **tbsp** Nutritional Yeast
- 2 **tbsps** Parsley (chopped)

## Nutrition

Amount per serving

|                 |       |            |       |
|-----------------|-------|------------|-------|
| <b>Calories</b> | 276   | Vitamin A  | 183IU |
| <b>Fat</b>      | 23g   | Vitamin C  | 6mg   |
| <b>Carbs</b>    | 15g   | Calcium    | 42mg  |
| Fiber           | 4g    | Iron       | 2mg   |
| Sugar           | 10g   | Vitamin D  | 3IU   |
| <b>Protein</b>  | 7g    | Vitamin E  | 1mg   |
| Cholesterol     | 0mg   | Vitamin B6 | 0.9mg |
| Sodium          | 155mg | Magnesium  | 54mg  |

# Prosciutto Wrapped Dates with Goat Cheese

6 ingredients · 40 minutes · 8 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking tray with parchment paper.
2. Slice each date lengthwise on one side to create an opening then set them aside.
3. In a small mixing bowl combine the goat cheese, maple syrup, salt, and pepper.
4. Stuff each date with a scant teaspoon of the goat cheese mixture then wrap in a strip of prosciutto. Place each wrapped date on the baking sheet.
5. Bake in the oven for 20 minutes, turning dates over about halfway through, or until prosciutto is just crisp and cheese is warm. Serve immediately and enjoy!

## Notes

### Serving Size

One serving is equal to approximately three wrapped dates.

### No Maple Syrup

Use honey instead.

### No Goat Cheese

Use feta or cashew cheese instead.

### No Prosciutto

Use bacon instead. Baking times may increase depending on the thickness of the bacon.

## Ingredients

**2 cups** Pitted Dates (whole, about 12 dates per cup)

**1/3 cup** Goat Cheese (crumbled, room temperature)

**1 tsp** Maple Syrup

**1/8 tsp** Sea Salt

**1/8 tsp** Black Pepper

**2 2/3 ozs** Prosciutto (thinly sliced into strips)

## Nutrition

Amount per serving

|                 |       |            |       |
|-----------------|-------|------------|-------|
| <b>Calories</b> | 137   | Vitamin A  | 4IU   |
| <b>Fat</b>      | 2g    | Vitamin C  | 0mg   |
| <b>Carbs</b>    | 28g   | Calcium    | 19mg  |
| Fiber           | 3g    | Iron       | 0mg   |
| Sugar           | 24g   | Vitamin D  | 0IU   |
| <b>Protein</b>  | 4g    | Vitamin E  | 0mg   |
| Cholesterol     | 8mg   | Vitamin B6 | 0.1mg |
| Sodium          | 230mg | Magnesium  | 16mg  |

# Spinach & Goat Cheese Stuffed Mushrooms

7 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Wipe the mushrooms with a damp paper towel to remove any dirt and snap the stems off. Set mushroom caps aside.
3. To the bowl of a food processor add the mushroom stems, goat cheese, oil, garlic, salt and pepper. Blend until smooth.
4. Squeeze any excess moisture from the thawed spinach and add it to the food processor. Blend again until combined.
5. Spoon about one tablespoon of the filling into each mushroom cap and arrange on prepared baking sheet. Bake for 25 to 28 minutes or until mushrooms are very tender. Serve immediately with a sprinkle of fresh ground pepper on top. Enjoy!

## Notes

### Serving Size

One serving is equal to four stuffed mushrooms.

### No Goat Cheese

Use parmesan or cashew cheese instead.

### No White Button Mushrooms

Use portobello mushrooms instead.

### Tipsy Mushrooms

Cut a small slice off the bottom of each mushroom to create a flat surface so they don't fall over.

## Ingredients

- 16 White Button Mushrooms (whole)
- 1/2 cup Goat Cheese (crumbled)
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/2 cup Frozen Spinach (thawed)

## Nutrition

Amount per serving

|             |       |            |        |
|-------------|-------|------------|--------|
| Calories    | 88    | Vitamin A  | 2287IU |
| Fat         | 7g    | Vitamin C  | 3mg    |
| Carbs       | 4g    | Calcium    | 41mg   |
| Fiber       | 1g    | Iron       | 1mg    |
| Sugar       | 2g    | Vitamin D  | 4IU    |
| Protein     | 5g    | Vitamin E  | 1mg    |
| Cholesterol | 5mg   | Vitamin B6 | 0.1mg  |
| Sodium      | 231mg | Magnesium  | 23mg   |

# Sweet Potato Crostini with Pomegranate & Goat Cheese

8 ingredients · 35 minutes · 8 servings



## Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
3. Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

## Notes

### Serving Size

There are approximately two sweet potato crostini per serving.

### Dairy-Free

Use a cashew cheese instead of goat cheese.

### Nut-Free

Use toasted pumpkin seeds instead of walnuts.

### No Pomegranate Seeds

Use dried cranberries instead.

### No Thyme

Use rosemary, or another herb of your choice instead.

### Prep Ahead

Bake the sweet potatoes ahead of time and then reheat before topping and serving them.

## Ingredients

- 2 Sweet Potato (medium, sliced into even rounds)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/8 **tsp** Sea Salt
- 1/2 **cup** Goat Cheese (crumbled)
- 1/2 **cup** Walnuts (toasted and chopped)
- 1/4 **cup** Pomegranate Seeds
- 1 1/2 **tsps** Thyme (fresh, removed from the stem)
- 1 **tbsp** Raw Honey

## Nutrition

Amount per serving

|                 |      |            |        |
|-----------------|------|------------|--------|
| <b>Calories</b> | 112  | Vitamin A  | 4619IU |
| <b>Fat</b>      | 7g   | Vitamin C  | 2mg    |
| <b>Carbs</b>    | 11g  | Calcium    | 23mg   |
| Fiber           | 2g   | Iron       | 0mg    |
| Sugar           | 4g   | Vitamin D  | 0IU    |
| <b>Protein</b>  | 3g   | Vitamin E  | 0mg    |
| Cholesterol     | 3mg  | Vitamin B6 | 0.1mg  |
| Sodium          | 88mg | Magnesium  | 20mg   |

# One Pan Crispy Chicken with Potatoes & Greens

5 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 425°F (218°C).
2. Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
3. After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
4. Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, potatoes and kale onto plates and enjoy!

## Notes

### No Rosemary

Use thyme or another herb instead.

### No Kale

Use another green such as Swiss chard or spinach.

### Leftovers

Store in an airtight container in the fridge up to 3 days.

## Ingredients

- 8 ozs Chicken Thighs with Skin
- 2 cups Mini Potatoes (halved)
- 1/8 tsp Sea Salt
- 1 tbsp Rosemary (chopped)
- 2 cups Kale Leaves (chopped)

## Nutrition

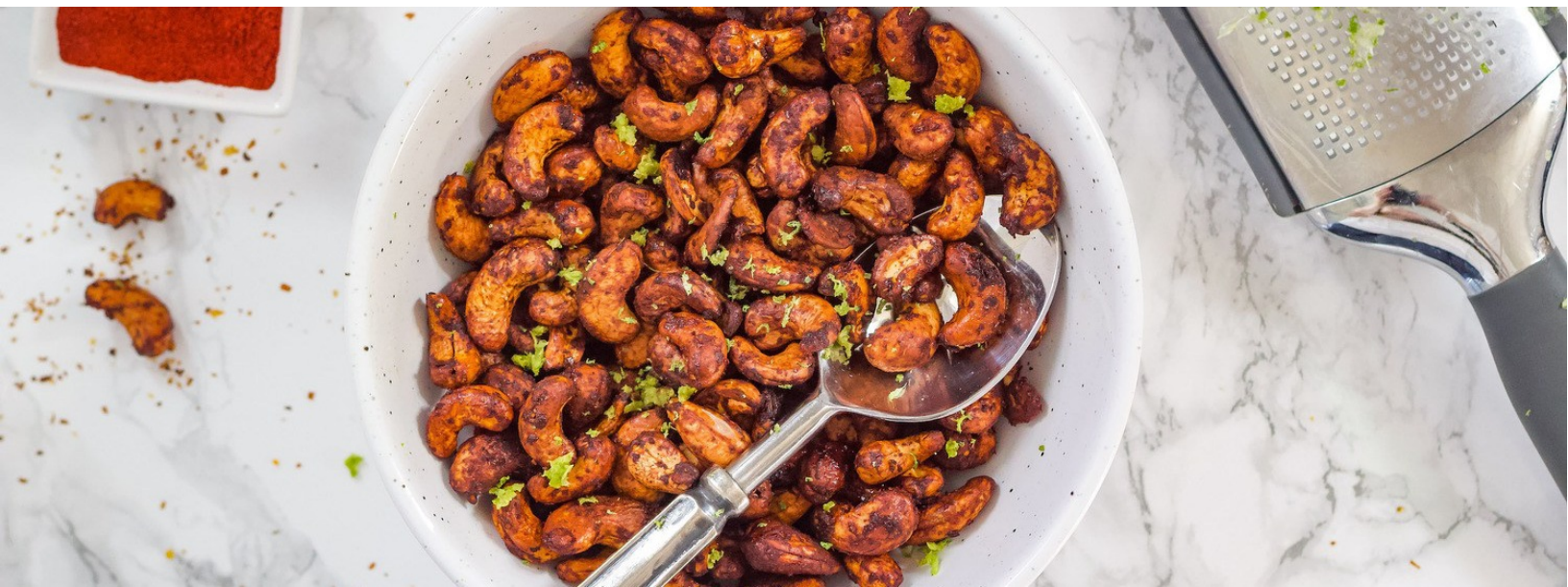
Amount per serving

|             |       |            |        |
|-------------|-------|------------|--------|
| Calories    | 375   | Vitamin A  | 1128IU |
| Fat         | 19g   | Vitamin C  | 49mg   |
| Carbs       | 28g   | Calcium    | 81mg   |
| Fiber       | 4g    | Iron       | 2mg    |
| Sugar       | 1g    | Vitamin D  | 3IU    |
| Protein     | 22g   | Vitamin E  | 0mg    |
| Cholesterol | 111mg | Vitamin B6 | 0.9mg  |
| Sodium      | 258mg | Magnesium  | 62mg   |



# Spicy Cashews

8 ingredients · 25 minutes · 8 servings



## Directions

1. Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper.
2. 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.
3. Place on the baking sheet, making sure to have them spread out evenly. Bake for 10 minutes, then remove from the oven and toss. Put them back in the oven for an additional 10 to 12 minutes, or until slightly crispy.
4. 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.

### No Honey

Use maple syrup instead.

### No Cashews

Use almonds, walnuts or pecans instead.

## 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

## Nutrition

Amount per serving

|             |       |            |       |
|-------------|-------|------------|-------|
| Calories    | 209   | Vitamin A  | 289IU |
| Fat         | 17g   | Vitamin C  | 1mg   |
| Carbs       | 13g   | Calcium    | 18mg  |
| Fiber       | 1g    | Iron       | 2mg   |
| Sugar       | 3g    | Vitamin D  | 0IU   |
| Protein     | 5g    | Vitamin E  | 1mg   |
| Cholesterol | 0mg   | Vitamin B6 | 0.1mg |
| Sodium      | 163mg | Magnesium  | 90mg  |

# Dark Chocolate Turtles

3 ingredients · 30 minutes · 12 servings



## Directions

1. Finely chop the dates or blend in a food processor until sticky.
2. With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
3. Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
4. Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
5. Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

## Notes

### No Pecans

Use hazelnuts, almonds, cashews or pumpkin seeds instead.

### No Dates

Use a combination of prunes, dried apricots or raisins instead.

### Storage

Refrigerate or freeze in an airtight container until ready to serve.

### No Microwave

Melt the chocolate in a double boiler instead.

### Serving Size

One serving is equal to one dark chocolate turtle.

## Ingredients

**1 cup** Pitted Dates (soaked for 10 minutes then drained)

**1/4 cup** Pecans (whole or halves)

**3 1/2 ozs** Dark Organic Chocolate

## Nutrition

Amount per serving

|                 |     |            |     |
|-----------------|-----|------------|-----|
| <b>Calories</b> | 98  | Vitamin A  | 3IU |
| <b>Fat</b>      | 5g  | Vitamin C  | 0mg |
| <b>Carbs</b>    | 13g | Calcium    | 6mg |
| Fiber           | 2g  | Iron       | 1mg |
| Sugar           | 10g | Vitamin D  | 0IU |
| <b>Protein</b>  | 1g  | Vitamin E  | 0mg |
| Cholesterol     | 0mg | Vitamin B6 | 0mg |
| Sodium          | 4mg | Magnesium  | 8mg |

# Peanut Butter Banana Oatmeal Bake

6 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 375°F (191°C). Line a square or loaf pan with parchment paper, or grease it with your choice of oil.
2. Cut half of your bananas into slices, and mash the remaining half with the back of a fork.
3. In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and 2/3 of the peanut butter.
4. Transfer the mixture to your pan. Top with banana slices and drizzle the remaining peanut butter over top. Bake for 35 minutes and let cool slightly before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

### No Peanut Butter

Use sunflower seed, almond, cashew or hazelnut butter instead.

### No Maple Syrup

Use honey, dates, stevia or extra banana instead.

### No Almond Milk

Use cashew milk or regular milk.

### More Fibre

Add ground flax seed.

## Ingredients

- 2 Banana (divided)
- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Chia Seeds
- 1/3 cup All Natural Peanut Butter (divided)

## Nutrition

Amount per serving

|             |      |            |       |
|-------------|------|------------|-------|
| Calories    | 421  | Vitamin A  | 288IU |
| Fat         | 19g  | Vitamin C  | 5mg   |
| Carbs       | 56g  | Calcium    | 305mg |
| Fiber       | 9g   | Iron       | 3mg   |
| Sugar       | 16g  | Vitamin D  | 51IU  |
| Protein     | 13g  | Vitamin E  | 2mg   |
| Cholesterol | 0mg  | Vitamin B6 | 0.4mg |
| Sodium      | 89mg | Magnesium  | 141mg |

# Pumpkin Spice Fruit Salad

6 ingredients · 15 minutes · 4 servings



## Directions

1. Combine the apples, pears and grapes in a bowl and toss well.
2. Combine the lemon juice, maple syrup and pumpkin pie spice in a small jar. Stir well to mix, then pour it over the fruit. Toss the fruit salad until everything is coated.
3. Serve immediately or keep covered in the fridge.

## Notes

### Leftovers

Store covered in the fridge up to two days.

## Ingredients

- 2 Apple (peeled and chopped into cubes)
- 2 Pear (peeled and chopped into cubes)
- 1 1/4 cups Grapes (seedless, halved)
- 1 tbsp Lemon Juice
- 2 tbsps Maple Syrup
- 1 tsp Pumpkin Pie Spice

## Nutrition

Amount per serving

|                 |     |            |       |
|-----------------|-----|------------|-------|
| <b>Calories</b> | 146 | Vitamin A  | 101IU |
| <b>Fat</b>      | 0g  | Vitamin C  | 11mg  |
| <b>Carbs</b>    | 38g | Calcium    | 31mg  |
| Fiber           | 5g  | Iron       | 0mg   |
| Sugar           | 29g | Vitamin D  | 0IU   |
| <b>Protein</b>  | 1g  | Vitamin E  | 0mg   |
| Cholesterol     | 0mg | Vitamin B6 | 0.1mg |
| Sodium          | 4mg | Magnesium  | 15mg  |

# Chocolate Zucchini Muffins

8 ingredients · 30 minutes · 12 servings



## Directions

1. Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
2. In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
3. In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
4. Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
5. Let cool completely before eating, to prevent the muffins from sticking to the liners.

## Notes

### Serving Size

One serving is equal to one muffin.

### Zucchini

One medium zucchini is equal to about 2 cups of grated zucchini.

### Storage

Store in the fridge for 5 days or in the freezer for a few months.

## Ingredients

- 2 cups Almond Flour
- 1/4 cup Cocoa Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Baking Soda
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 3 Egg
- 1 Zucchini (medium, grated)

## Nutrition

Amount per serving

|             |      |            |       |
|-------------|------|------------|-------|
| Calories    | 189  | Vitamin A  | 100IU |
| Fat         | 15g  | Vitamin C  | 3mg   |
| Carbs       | 10g  | Calcium    | 59mg  |
| Fiber       | 3g   | Iron       | 1mg   |
| Sugar       | 5g   | Vitamin D  | 10IU  |
| Protein     | 6g   | Vitamin E  | 1mg   |
| Cholesterol | 47mg | Vitamin B6 | 0mg   |
| Sodium      | 96mg | Magnesium  | 68mg  |

# Slow Cooker Sausage & Kale Soup

8 ingredients · 4 hours · 8 servings



## Directions

1. Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
2. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 3 days, or freeze if longer.

### No Brown Rice

Use quinoa instead.

## Ingredients

- 12 ozs** Pork Sausage (cut into chunks)
- 1** Yellow Onion (medium, diced)
- 2** Carrot (medium, diced)
- 2 stalks** Celery (diced)
- 8 cups** Kale Leaves (chopped)
- 8 cups** Water (or broth)
- 2 tsps** Sea Salt
- 3/4 cup** Brown Rice (dry, uncooked)

## Nutrition

Amount per serving

|                 |        |            |        |
|-----------------|--------|------------|--------|
| <b>Calories</b> | 220    | Vitamin A  | 3635IU |
| <b>Fat</b>      | 13g    | Vitamin C  | 22mg   |
| <b>Carbs</b>    | 18g    | Calcium    | 98mg   |
| Fiber           | 2g     | Iron       | 1mg    |
| Sugar           | 2g     | Vitamin D  | 19IU   |
| <b>Protein</b>  | 7g     | Vitamin E  | 0mg    |
| Cholesterol     | 25mg   | Vitamin B6 | 0.2mg  |
| Sodium          | 1013mg | Magnesium  | 40mg   |

# One Pan Steak, Potatoes and Broccoli

7 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat oven to 375°F (191°C).
2. Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
3. After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
4. Remove the pan from the oven, divide onto plates and enjoy!

## Notes

### Leftovers

Keeps well in the fridge for 2 to 3 days.

## Ingredients

- 4 cups Mini Potatoes
- 1 1/2 cups Cherry Tomatoes
- 4 cups Broccoli (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 8 ozs Top Sirloin Steak
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

|                 |       |            |        |
|-----------------|-------|------------|--------|
| <b>Calories</b> | 677   | Vitamin A  | 2073IU |
| <b>Fat</b>      | 31g   | Vitamin C  | 237mg  |
| <b>Carbs</b>    | 69g   | Calcium    | 162mg  |
| Fiber           | 13g   | Iron       | 6mg    |
| Sugar           | 8g    | Vitamin D  | 0IU    |
| <b>Protein</b>  | 35g   | Vitamin E  | 4mg    |
| Cholesterol     | 89mg  | Vitamin B6 | 1.9mg  |
| Sodium          | 139mg | Magnesium  | 141mg  |

# Gingerbread Protein Cookies

10 ingredients · 20 minutes · 12 servings



## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

## Notes

### No Cookie Cutter

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

### Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

## Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsps Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)

## Nutrition

Amount per serving

|             |      |            |       |
|-------------|------|------------|-------|
| Calories    | 118  | Vitamin A  | 23IU  |
| Fat         | 6g   | Vitamin C  | 0mg   |
| Carbs       | 11g  | Calcium    | 80mg  |
| Fiber       | 2g   | Iron       | 1mg   |
| Sugar       | 6g   | Vitamin D  | 3IU   |
| Protein     | 6g   | Vitamin E  | 0mg   |
| Cholesterol | 16mg | Vitamin B6 | 0.1mg |
| Sodium      | 54mg | Magnesium  | 51mg  |