

# **Our Favorite Naughty and Nice Recipes For The Holidays (Enjoy Responsibly ☺)**

Maintaining your health and fitness habits during the holidays is important, but let's be honest even we as trainers like to partake in the not so healthy holiday joy. We thought you might enjoy some of our favorite recipes on both sides of the fence this holiday season.

## **10 Nice (Healthy) Holiday Recipes From Our Family to Yours**

### **Cauliflower Stuffing**

Credit: Lindsay Funston at Delish.com

Link: <https://www.delish.com/cooking/recipe-ideas/a50127/cauliflower-stuffing-recipe/>

Gluten Free, Paleo. Serves 6. Total time 40 Minutes

#### **Produce**

- 1 1 c. (8-oz.) package Baby bella mushrooms
- 2 Carrots, large
- 1 small head Cauliflower
- 2 Celery stalks
- 1 Onion
- 1/4 cup Parsley
- 2 tbsp Rosemary
- 1 tbsp Sage

#### **Canned Goods**

- 1/2 cup Vegetable or chicken broth, low-sodium

#### **Baking & Spices**

- 1 Black pepper, Freshly ground
- 1 Kosher salt

#### **Dairy**

- 4 tbsp Butter

#### **DIRECTIONS**

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.

3. Add parsley, rosemary, and sage and stir until combined. Pour over broth and cook until totally tender and liquid is absorbed, 10 minutes.

## **Shredded Kale and Brussels Sprout Salad**

Credit: Brittany Mullins

Link: <https://www.eatingbirdfood.com/shredded-kale-and-brussels-sprout-salad-healthy-thanksgiving/>

### **Ingredients**

4 cloves of garlic, minced  
1 teaspoon black pepper  
1 teaspoon sea salt  
1/4 cup olive oil  
2 Tablespoons Balsamic vinegar  
1 yellow onion, super thinly sliced  
1 large bunch of Lacinato kale, washed and de-stemmed  
1 lb brussels sprouts  
juice of 2 lemons  
2/3 cup dried cranberries  
1/4 teaspoon red pepper flakes  
pinch of nutmeg  
3/4 cup finely grated Pecorino Romano cheese (Fresh Parmesan will work too)  
1/4 cup almonds, sliced or chopped

### **Instructions**

Preheat oven to 350°F. Add almonds to a baking sheet and place in oven to toast. Stir almonds after 5 minutes. Allow to toast about 3-4 minutes longer or until the almonds are golden. Remove from oven and allow almonds to cool.

Meanwhile, toss together the ingredients for the dressing by muddling together the minced garlic with sea salt and black pepper using a mortar and pestle. Place muddled garlic and spices into a mason jar with olive oil, balsamic and thinly sliced onion. Shake to combine and let marinate.

In a food processor fitted with a slicing blade, shred the Brussels sprouts. Next, shred the kale. (If you don't have a food processor, you can chop the kale and brussels sprouts by hand. Just make sure to slice them very thin.) Place in a large bowl.

Pour the lemon juice over the kale and brussels sprout mixture, sprinkle on a little sea salt and massage with clean hands. Once the kale mixture is massaged, add cranberries, red pepper flakes and nutmeg to the bowl. Pour the dressing over the salad mixture and give it a good stir. Add cheese and stir again. Top with toasted almonds. Enjoy right away or let sit for a bit to marinate before serving.

## Raw Gingerbread Cookies & Balls

Credit: Raw Manda, Amanda Le

Link: [http://rawmanda.com/raw-gingerbread-cookies-balls/?utm\\_source=community%20board&utm\\_medium=gingerbread&utm\\_campaign=pinterest](http://rawmanda.com/raw-gingerbread-cookies-balls/?utm_source=community%20board&utm_medium=gingerbread&utm_campaign=pinterest)

### INGREDIENTS

- *View notes for ingredient substitutes.*
- 1 1/4 cup pitted dates, packed
- 1/4 cup almond meal
- 1/4 cup buckwheat groats
- 3/4 cup gluten-free rolled oats
- 1 tablespoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/4 teaspoon vanilla
- 1/4 teaspoon cloves
- Optional: 1 tablespoon coconut sugar

### INSTRUCTIONS

1. Blend all ingredients, except for dates, in a high-speed blender or food processor until you get a fine consistency like flour.
2. Add in half of the dates and process until well combined, then add the remaining dates until you have a uniform dough.
3. Scoop dough out about 1 tablespoon in size, roll into balls or flatten with a rolling pin and use a cookie cutter to make desired shapes.
4. Roll balls into coconut sugar or sprinkle on top of cookies.

### NOTES

To make nut-free, substitute almond flour with 1/4 cup + 1 tablespoon buckwheat groats.

Alternatively, you may substitute buckwheat groats with 3 tablespoons almond flour.

Store gingerbread balls or cookies in an air-tight container at room temperature for a 2-3 days or in the refrigerator for a week.

For extra chewiness, place in the dehydrator at 115 F for 2 hours.

## Apple Cranberry Turkey Meatballs

Credit: Erin/ Well Plated

Link: <https://www.wellplated.com/cranberry-turkey-meatballs/#wprm-recipe-container-34272>

## Ingredients

### FOR THE MEATBALLS:

1 pound 93% lean ground turkey  
1/2 cup plain breadcrumbs  
1 tablespoon extra virgin olive oil  
1 large egg — *lightly beaten*  
1 cup shredded tart apple — *such as Granny Smith, washed with peel on*  
1 1/2 tablespoons finely chopped Simply Roundy's Fresh Sage  
1 teaspoon garlic powder  
1 teaspoon onion powder  
3/4 teaspoon kosher salt  
1/2 teaspoon black pepper  
Chopped fresh parsley — *optional for garnish*

### FOR THE CRANBERRY SAUCE:

1 cup whole berry cranberry sauce  
1/4 cup unsweetened applesauce  
2 tablespoons Simply Roundy's Pure Maple Syrup  
Zest of 1 orange  
1 tablespoon freshly squeezed orange juice

## Instructions

1. Place a rack in the center of your oven and preheat the oven to 425 degrees F. Place an ovenproof baking rack on top of a large, rimmed baking sheet, then lightly coat with cooking spray. Set aside.
2. In a large mixing bowl, combine the turkey, breadcrumbs, olive oil, egg, apple, sage, garlic powder, onion powder, salt, and pepper. With your hands or two forks, lightly mix to combine, being careful not to compact the meat.
3. Roll the mixture into 1 1/2 to 2-inch balls, using a small scoop to help portion as desired. Arrange the meatballs on top of the prepared baking rack. Bake in the oven for 12-14 minutes, just until cooked through.
4. Meanwhile, prepare the sauce: In a saucepan large enough to hold the meatballs, combine the cranberries, applesauce, maple syrup, orange zest, and orange juice. Heat over medium to warm through. Add the cooked meatballs to the sauce, then spoon the sauce over gently to coat. Transfer to a serving platter to enjoy immediately or place in a slow cooker set to the lowest heat to keep warm. Garnish with fresh parsley as desired and serve.

## Eggnog Smoothie

Credit: Angela Simpson at My Fresh Prespective

Link: <https://myfreshperspective.com/healthy-holiday-smoothie-roundup/>

### Ingredients (1 serving)

- 1 scoop vanilla protein
- 1 cup unsweetened almond milk
- 1 frozen peeled banana
- 2 tsp natural almond butter
- 1 pitted Medjool date
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- dash of ground cloves
- 1/4 tsp each almond and vanilla extract (optional)
- 5-6 ice cubes

### Instructions

Place all ingredients except ice in a blender and blend until smooth.

Add ice as needed to thicken, and continue blending until no chunks remain.

Pour into a glass and garnish with a sprinkle of cinnamon and cinnamon stick.

# 10 Naughty Holiday Recipes From Our Family to Yours

Baileys Chocolate Mousse

Credit: Kylee at Kylee Cooks

Link: <https://www.kyleecooks.com/baileys-chocolate-mousse/>

## Ingredients

2 tsp plain gelatin  
2 Tbs cold water  
1/4 cup boiling water  
1/2 cup sugar  
4 Tbs cocoa powder  
1 1/2 cups heavy cream  
1/2 cup Bailey's Irish Cream or a similar product  
1 tsp vanilla

## Garnish

Whipped cream  
Chocolate shavings

## Directions

1. Before you begin, prep bowl and beaters by placing in the freezer for 15 minutes to chill.
2. Mix the gelatin into the cold water in small bowl and let sit about a minute, to soften/gel.
3. Add boiling water then stir until gelatin is completely dissolved. Let stand to cool (it will resemble a thick paste).
4. Combine the sugar and cocoa in small mixing bowl and add the heavy cream.
5. Beat at medium speed until stiff peaks form.
6. Add in Bailey's, vanilla, and gelatin mixture, beating continuously at high speed until well blended (soft peaks).
7. Pour into serving dishes and refrigerate for about an hour, or until you can't wait any longer. I mean YOU ARE READY TO SERVE.
8. Just before serving, add some whipped cream and chocolate shavings to the top.
9. Devour.

## Cheesy Scalloped Potatoes

Credit: Kristin at Yellow Bliss Road

Link: <https://www.yellowblissroad.com/cheesy-au-gratin-potatoes/>

## Ingredients

- 2 pounds russet potatoes
- $\frac{1}{4}$  cup butter
- $\frac{1}{4}$  cup all-purpose flour
- 1 1/2 cups nonfat milk or half & half
- Salt & pepper
- 8 ounces about 2 cups freshly shredded cheddar cheese + 1/4 cup for topping
- Paprika for garnish
- Fresh chopped chives or parsley for garnish

## Instructions

1. Preheat oven to 350 degree F and grease a 13"x9" baking pan with cooking spray.
2. Bring a large pot of water to a boil. Scrub potatoes and place them, whole, into the boiling water. Cook for about 20 minutes. Remove from the water and let sit until cool enough to handle.
3. Meanwhile, make the cheese sauce. Melt butter in a medium saucepan over medium heat. Whisk in flour and cook, whisking constantly, until flour is golden brown; about 2 minutes. Stir in milk and cook, stirring often, until thickened; about 2-3 minutes. Remove from heat and stir in shredded cheese. Season with salt and pepper.
4. Gently peel potatoes and slice into 1/8 inch rounds. Place 1/3 of the
5. potatoes overlapping in a single layer in the baking dish, seasoning with salt and pepper. Spoon about 1/3 of the cheese sauce on top of the potatoes.
6. Repeat for two more layers. Pour all of the remaining cheese sauce over the top layer of potatoes. Spread to ensure all of the potatoes are covered.
7. Sprinkle with 1/4 cup shredded cheddar (if desired) and paprika (about 1/8-1/4 teaspoon).
8. Bake in the 350 degree oven for 20-25 minutes, or until sauce is bubbly.
9. Garnish with fresh chopped chives or parsley, if desired. Serve immediately

## Cranberry Fluff Salad

Credit: Kristin at Yellow Bliss Road

Link:<https://www.yellowblissroad.com/cranberry-fluff-salad/>

## Ingredients

- 1 12- ounce package whole cranberries
- 1 cup granulated sugar
- 1/2 cup water
- 1 10- ounce container non-dairy whipped topping like Cool Whip
- 8- ounce can mandarin oranges drained
- 8- ounce can crushed pineapple
- 1 cup Jet-Puffed mini marshmallows
- Sugared Cranberries for garnish if desired

## Instructions

1. Heat a medium saute pan over medium heat. Add cranberries, granulated sugar and water. Bring to a boil, then reduce heat and simmer for about 10 minutes, or until berries begin to burst. Remove from heat and pour cranberries into a bowl. Cover with plastic wrap and cool completely. Refrigerate until ready to use.
2. In a large mixing bowl, gently fold chilled cranberry sauce and non-dairy whipped topping together (the cranberry sauce will be fairly solid; gently press with your spatula to break up). Fold in mandarin oranges, pineapple and mini marshmallows until coated.
3. Pour into a serving dish and chill until ready to serve
4. If desired, top with sugared cranberries. Simply roll some cranberries in granulated sugar and carefully place on top of the cranberry fluff salad.

## Sticky Toffee Pudding

Credit: Amy at Up Mommy Creek

Link: <http://www.upmommycreek.com/2013/12/the-most-delicious-sticky-toffee-pudding.html>

### *Sponge (cake)*

1 cup sliced, chopped dates  
1 tsp baking soda  
1 1/4 cups of boiling water  
1/3 cup unsalted butter, softened  
1 cup of sugar  
2 eggs at room temperature, beaten  
1 1/2 cups of flour  
2 1/4 tsps baking powder  
1/2 tsp salt  
1/2 tsp vanilla extract

### *Toffee Sauce*

1 1/4 cups dark brown sugar  
1/2 cup unsalted butter  
2/3 cup whipping cream  
1 vanilla bean

Place dates and baking soda into a medium saucepan and pour the boiling water over them (mixture will foam up). Set the pan over medium heat and simmer for one minute. Take off the heat and leave to cool for 15 minutes.

Preheat oven to 350F, and grease a 8" square baking dish.

Place butter and sugar into a large mixing bowl and beat until light and fluffy. Gradually add eggs, beating well after each addition. Mix flour, baking powder and salt together, and gently stir into bowl with a spoon, followed by date mixture and vanilla extract. Stir until combined. Pour into greased baking dish and bake for 35 minutes until springy to the touch.

While cake is baking, make the sauce. Place sugar, butter and cream into a medium saucepan and add a split vanilla bean. Heat gently until butter is melted, then bring to a boil and simmer for about 5 minutes until thickened and a rich toffee colour. Try not to eat the whole pan.

When cake is done, spoon a little sauce over the sponge to coat the surface and return to the oven for 5 minutes.

Remove from oven, cut into squares and pour hot sauce all over the sponge. Lick the plate.

## Grandmas's Christmas Morning Strata

Credit: Mija Moments

Link: <http://www.yummymummyclub.ca/blogs/maijs-moments-canned-soup-mom/20131216/grandmas-christmas-morning-strata>

### Ingredients:

1 1/2 to 2 loaves basic white bread, crusts cut off (I use approx. 21 pieces of Wonder Bread for a 9 x 13 pan)  
12 to 16 slices of ham (I use Black Forest)  
2 cups shredded sharp cheddar cheese  
6 eggs  
3 cups milk (I typically use 2%)  
1/2 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. dried mustard  
1/4 cup onion, minced  
1 to 2 tsp. Worcestershire sauce  
Dash of Tabasco

### *Topping*

1/2 cup butter, melted  
2 cups Special K cereal, crushed into fine crumbs

### Directions:

Butter 9 x 13 casserole dish.

Cover bottom with slices of bread cut to fit. Top with layer of ham then cheese.

Add second layer of bread cut to fit and top with remaining ham and cheese.

Top with one final layer of bread (see image above if you've lost count).

Beat together eggs, milk, salt, pepper, mustard, onion, Worcestershire sauce and Tabasco. Pour over casserole.

Cover and refrigerate overnight (note I have refrigerated this for as little as 4 hours and it was still awesome!)

In the morning, pour melted butter on top and sprinkle with crushed Special K.

Bake uncovered in pre-heated 350F oven for 1 hour (which gives you plenty of time to get the turkey prepped!)

Let sit 10 minutes before serving.

**Note:** I ALWAYS use a "deep dish" casserole pan because the bread definitely puffs up and may drip a bit in your oven.

Overnight Blueberry French Toast Casserole

Credit: Merry Kuchle at Merry About Town

Link: <https://merryabouttown.com/overnight-blueberry-french-toast/>

## **Ingredients**

- 3/4 loaf French bread
- 6 oz lite cream cheese cut into small cubes
- 1/2 cup frozen blueberries
- 4 eggs
- 3/4 cups milk
- 2 1/2 Tbsp maple syrup

### **Blueberry Syrup**

- 1 cup sugar
- 2 Tbsp cornstarch
- 1 cup water
- 1 cup blueberries
- 1 tsp butter

## **Instructions**

1. Grease a 2 quart casserole dish. Cut bread into 1 inch cubes. Place half the bread cubes in casserole dish. Sprinkle with cream cheese and blueberries. Top with remaining bread cubes.

### **French Toast Bake**

1. In a large bowl, beat eggs, milk and syrup. Pour over the bread mixture in the casserole dish. Press down on bread to make sure that the egg mixture is distributed throughout the bread. Cover with plastic wrap and refrigerate for at least 8 hours.
2. Take out of refrigerator 30 minutes before baking. Preheat oven to 350 degrees. Remove plastic wrap from casserole and cover with aluminum foil. Bake for 30 minutes. Uncover and bake for an additional 25-30 minutes or until golden brown and center is set. Let sit for 5 - 10 minutes prior to serving.

### **Blueberry Syrup**

1. In a heavy saucepan, combine sugar and cornstarch. Add water. Bring to a boil over medium heat. Boil 3 minutes while stirring constantly. Add blueberries and reduce heat to simmer. Simmer for 8-10 minutes or until blueberries burst. Stir in butter until melted. Serve with french toast above.

## Turkey Gravy

Credit: Amy Johnson at She Wears Many Hats

Link: [https://shewearsmanyhats.com/turkey-gravy/#\\_a5y\\_p=1067511](https://shewearsmanyhats.com/turkey-gravy/#_a5y_p=1067511)

## INGREDIENTS

drippings from 12-14 pound Roasted Turkey  
1/4 cup flour  
1/4 cup chicken broth or water  
salt and pepper to taste  
optional: other herbs, seasonings to taste

## INSTRUCTIONS

Skim off most of the fat. Simmer for about 10-15 minutes stovetop, stirring occasionally. Use a slotted spoon to remove celery, onion, and any large pieces of drippings. Continue to simmer.

Combine flour and broth or water in a small mason jar with a lid; shake it up to combine. Gradually whisk in the flour/liquid mixture into the drippings until smooth. Lower temperature.

Add salt and pepper, and any other seasonings to taste. Whisk well before transferring to serving dish.

## Cranberry Brie Biscuit Dip

Credit: Leah Abraham at Delish.com

Link: <https://www.delish.com/cooking/recipe-ideas/a24228326/cranberry-brie-biscuit-dip-recipe/>

### INGREDIENTS

1 (12.3-oz) round brie cheese, at room temperature

1/4 c. cranberry sauce

1/4 c. shredded white cheddar

1 sprig rosemary

Freshly cracked black pepper

Drizzle of honey for garnish

### FOR THE BISCUITS

1 (16.3-oz.) can refrigerated biscuits

2 tbsp. butter, melted

1 tbsp. freshly chopped parsley

Kosher salt

Freshly ground black pepper

### DIRECTIONS

- Preheat oven to 375°. Cut biscuits in half and roll into balls. In a small bowl, stir together melted butter and fresh parsley. Place biscuits in a ring around the edge of a medium skillet and brush with butter. Season with salt and pepper.
- Place brie in the center of the biscuits and use a paring knife to remove the top rind. Bake until brie is melty, 8 to 10 minutes.
- Add cranberry sauce and cheddar to melted brie and gently fold to combine. Smooth the cheese mixture into an even layer and top with rosemary. Return to oven to melt cheddar, 5 to 7 minutes more.
- Drizzle with honey and serve hot.

## Pull Apart Christmas Tree

Credit: Lauren Miyashiro at Delish.com

Link: <https://www.delish.com/cooking/recipe-ideas/recipes/a50528/pull-apart-christmas-tree-recipe/>

## INGREDIENTS

1 lb. refrigerated pizza dough

Egg wash (1 egg whisked with 1 tbsp water)

7 mozzarella sticks

1/4 c. melted butter

1/2 c. finely grated Parmesan

1 tbsp. Thinly sliced basil

1 tbsp. chopped parsley

1 tbsp. chopped rosemary

Marinara, warmed (for serving)

## DIRECTIONS

- Preheat oven to 450°. Line a large baking sheet with parchment paper. Cut mozzarella sticks into 1" pieces and set aside.
- On a floured surface, divide pizza dough into two pieces. Stretch and roll each piece of dough into a long rectangle, then cut dough into 2" squares (you'll need 33 total).
- Wrap a dough square around each piece of mozzarella, forming a tightly sealed ball. Place balls seam-side down on the baking sheet in the shape of a Christmas tree (they should be touching). Brush egg wash on dough balls and bake until golden, 15 to 20 minutes.
- Meanwhile, whisk together melted butter, Parmesan and herbs. Brush on baked pizza balls. Serve warm with marinara for dipping.

## Sweet Potato Bites

Credit: Lauren Miyashiro at Delish.com

Link: <https://www.delish.com/cooking/recipe-ideas/a50000/sweet-potato-bites-recipe/>

### INGREDIENTS

3 to 4 medium sweet potatoes, peeled and sliced into 1/4-inch-thick rounds

2 tbsp. melted butter

1 tsp. maple syrup

Kosher salt

1 (10-oz.) bag marshmallows

1/2 c. pecan halves

### DIRECTIONS

- Preheat oven to 400°. On a large baking sheet, toss sweet potatoes with melted butter and maple syrup and arrange in an even layer. Season with salt.
- Bake until tender, flipping halfway through, about 20 minutes. Remove baking sheet from oven and switch oven to broil.
- Top each sweet potato round with a marshmallow and broil until puffed and golden. Immediately top each marshmallow with a pecan half and serve.