

Holiday Recipe

COOKBOOK



CELEBRATING THE HOLIDAY
SEASON WITH COMMON
THREADS



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RECIPES FOR THE
SEASON

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Hannukah

RECIPES FOR THE
SEASON

December 10th-18th, 2020

- Latkes



Latkes

SERVINGS: 5
TIME: 30 MIN

INGREDIENTS:

- 3 Lbs Russet potato , peeled and cut in half
- 1 medium onion , cut in to wedges
- 1/2 cup whole wheat flour
- 2 eggs
- 2 T dill
- 1 t salt
- 1/4 t baking powder
- 2 T Canola Oil , for frying

DIRECTIONS:

1. Set a large strainer over a bowl. In a food processor fitted with the shredding disk, shred the potatoes and onion in batches. If no food processor, use a cheese grater to shred the potatoes and onions. Add each batch to the strainer and let stand for 5 minutes, then squeeze dry. Pour off all of the liquid in the bowl and add the shredded potatoes. Stir in the flour, eggs, dill, salt and baking powder. Scrape the mixture back into the strainer and set it over a bowl; let stand for 5 minutes.
2. In a very large skillet, heat 1/4 inch of canola oil until shimmering. Spoon 2 tablespoons of the potato mixture into the canola oil for each latke, pressing slightly to flatten. Fry over moderate heat, turning once, until the latkes are golden and crisp on both sides, about 7 minutes. Drain the latkes on a paper towel-lined baking sheet. Serve the latkes hot with applesauce and plain greek yogurt or sour cream.

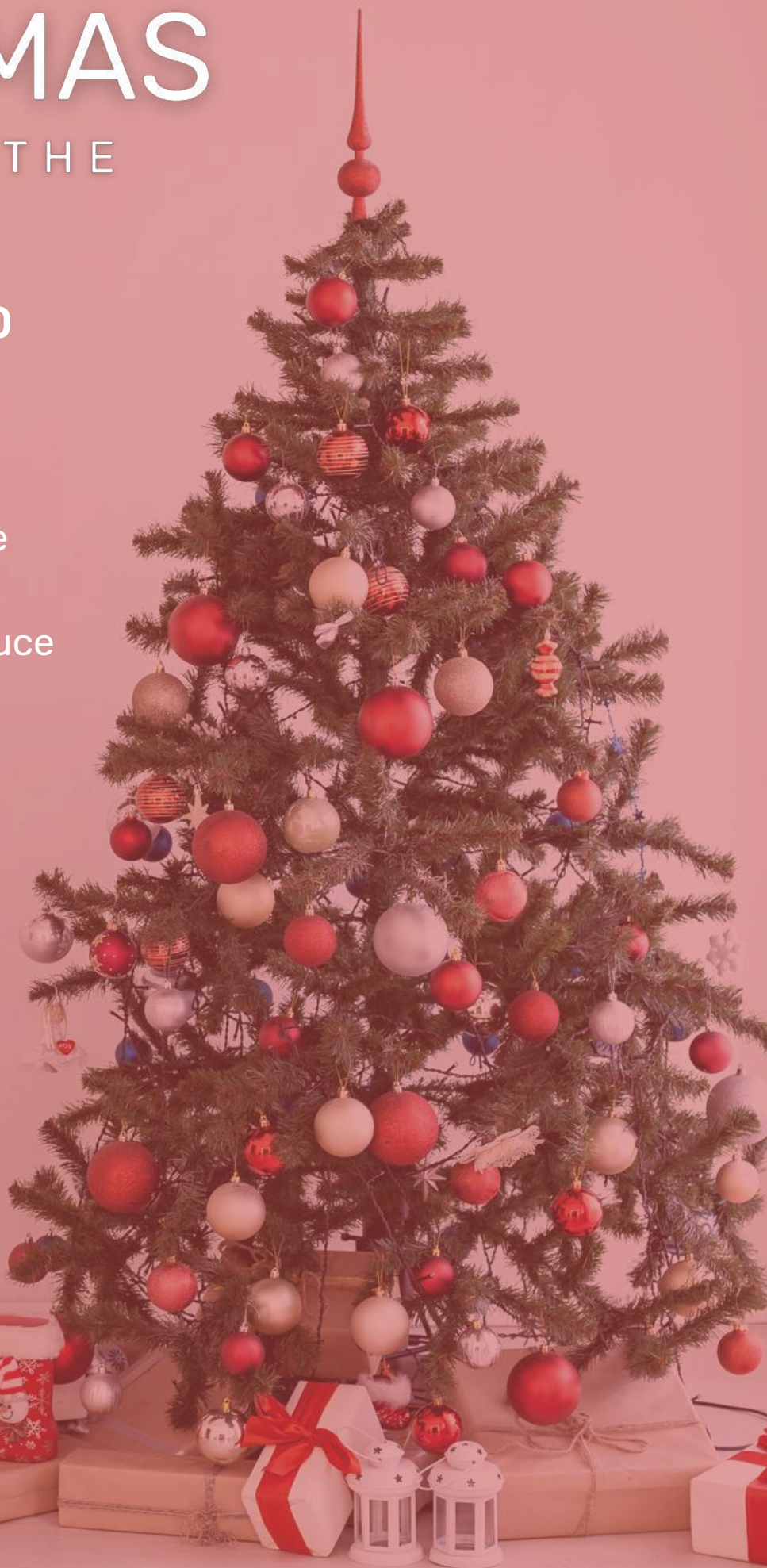
Adapted from Gail Simmons Mom's Potato Pancakes (Hanukkah Latkes)

CHRISTMAS

RECIPES FOR THE
SEASON

December 25th, 2020

- Herb Roasted Turkey
- Mashed Sweet Potato
- String Beans
- Vegetarian Red Pozole
- Arroz con Pollo
- Linguini with Clam Sauce
- Stuffed Artichokes
- Antipasto





Herb Roasted Turkey

SERVINGS: 6
TIME: 1.5 HOURS

INGREDIENTS:

- 3 T Canola Oil
- 1 t pepper , adjust to taste
- 1 t salt , adjust to taste
- 2 t paprika
- 1 t dried thyme
- 1 t rosemary , dried
- 1 t sage , dried
- 3 carrots , peeled and diced
- 1 onion , peeled and diced
- 3 lbs Turkey Breast , with skin and bones

DIRECTIONS:

1. Preheat oven to 350°F. Place turkey breast in roasting pan along with onion and carrot.
2. Mix spices, salt and pepper with oil and rub mixture on turkey, both on top of the skin and under.
3. Cover the turkey and roast turkey for 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F.
4. Uncover the turkey and Increase oven temperature to 450°F roast the turkey for an additional 10 minutes until the skin is crisp and golden.
5. Remove to carving board and let rest for 10 minutes.



Mashed Sweet Potato

SERVINGS: 6
TIME: 30 MIN

INGREDIENTS:

- 2 T honey
- 1/4 t cinnamon
- salt , to taste
- 1/4 C nonfat plain yogurt
- 2 medium sweet potato , cooked

DIRECTIONS:

1. Place unpeeled potatoes in a pot with enough cold water to cover them.
2. Place on high heat and bring to a boil, reduce heat and simmer potatoes until tender, about 30 minutes.
3. Allow the potatoes to cool. Cut in half and scoop out the insides using a large soup spoon into a large bowl. Discard the skins. Using a potato masher, mash the sweet potatoes.
4. Add the yogurt, honey and cinnamon to the potatoes and mix until well combined.



String Beans

SERVINGS: 6
TIME: 30 MIN

INGREDIENTS:

- 1/4 C almonds , toasted ,
- pepper , to taste
- salt , to taste
- 1 T lemon peel , zested
- 2 Shallot , thinly sliced
- 2 T olive oil
- 2 lbs. green beans , ends trimmed , fresh

DIRECTIONS:

1. Blanch green beans in a large stock pot of well salted boiling water and cook until bright green in color and tender crisp, roughly 2-3 minutes.
2. Drain and shock in a bowl of ice water to stop cooking.
3. Heat a saute pan over medium heat. Add the olive oil. Add the shallots and saute for 2-3 minutes minute.
4. Add green beans and continue to saute until coated in oil and heated through, about 5 minutes.
5. Add lemon zest and season with salt and pepper, top with sliced toasted almonds. (optional).



Vegetarian Red Pozole

SERVINGS: 4
TIME: 30 MIN

INGREDIENTS:

- 1 clove garlic
- 1/2 cup onion , peeled, chopped
- 2 quarts low sodium vegetable broth
- 1/2 t cumin
- 1/2 t oregano
- 5 sprigs cilantro
- 2- 15 oz cans hominy
- 1- 3.7 oz can chipotle peppers
- 1 lime
- 1 jalapeño , sliced
- 1 carrot , peeled and diced

DIRECTIONS:

1. Saute garlic and 1/4 cup onions and until translucent.
2. In a blender, blend cooked garlic and onion with canned chipotle peppers and 1 cup vegetable broth.
3. Add mixture into pot with remaining vegetable broth, hominy, carrots, cumin, oregano and let simmer 15-20 minutes, then remove from heat.
4. Portion into bowls, garnish with fresh cilantro, remaining chopped onions and jalapenos, and lime. Enjoy!



Arroz con Pollo

SERVINGS: 6
TIME: 55 MIN

INGREDIENTS:

- 1/2 onion , diced
- 2 cloves garlic , minced
- 2 T olive oil
- 2 1/2 C water
- 1 1/4 C canned tomato sauce
- 1 T salt
- 1 1/2 C brown rice , uncooked
- 1 t oregano , dried
- 2 t cumin , dried
- 1 cup Butternut Squash , diced
- 1 lb. boneless skinless chicken breast , diced

DIRECTIONS:

1. Dice the onion. Peel and mince the garlic. Saute onion and garlic with the oil in a medium pot.
2. Add water and tomato sauce to the pot and cook on high until water comes to a boil.
3. Add in the rice and reduce heat to medium high, until rice is simmering for about 20 seconds.
4. Add in the salt and stir rice once around.
5. Turn heat down to low, cover and simmer for about 35-40 minutes, or until cooked through. The water should be fully absorbed and the rice should still have a little bite and not be mushy. Turn off the heat and let rice steam with the cover on for 10 minutes.
6. Add the tomato sauce into the pan.
7. In a separate pan, saute the remaining vegetables and diced chicken using the olive oil. Once caramelized, combine with the sauce and rice mixture.
8. Serve warm and enjoy!



Linguine w/ Clam Sauce

DIRECTIONS:

SERVINGS: 4
TIME: 30 MIN

INGREDIENTS:

- 1 lb. Linguini , whole wheat
- 1 T olive oil
- 4 garlic , finely chopped
- 4-6.5 oz. cans Clams , in clam juice
- 1/4 C parsley , finely chopped
- to taste salt to taste pepper
- 1/2 lemon , zested
- 2 t lemon juice

1. Get a big pot of generously salted water going on the stove to cook your pasta. When the water boils, cook the spaghetti until al dente.
2. While the pasta is cooking, heat the olive oil in a large skillet over medium heat. Drop the heat to medium-low and add the garlic. Saute the garlic until it softens and releases its aroma, about 2 minutes. Do your best to avoid browning the garlic, since that will make it bitter.
3. While your garlic is cooking, open the cans of clams and drain off all but 1/2 cup of the clam juice. Set aside.
4. Once the garlic is tender and aromatic, add the clams to the pan and sauté until they soak up the flavors, about 2 minutes.
5. When the pasta is cooked and drained, add it to the skillet along with the 1/2 cup clam juice, parsley, lemon zest, lemon, salt, and a light shower of black pepper.
6. Cook it for a final 2 minutes or so, coating the pasta with the sauce.



Stuffed Artichokes

SERVINGS: 6
TIME: 1.5 HOURS

INGREDIENTS:

- 6 Artichoke , whole
- 1/4 C parsley , minced
- 4 cloves garlic , minced
- 2 lemons lemon juice
- 3 T olive oil
- 2 C whole wheat bread crumbs , Italian flavored
- 1/2 C parmesan cheese , grated
- to taste pepper
- to taste salt

DIRECTIONS:

To prepare the artichokes:

1. Fill a bowl with approximately one quart of cold water, and add the juice of one lemon, plus the squeezed-out lemon halves.
2. Peel and trim the stem of the first artichoke. Pull off any tough outer leaves and discard.
3. Using a paring knife, trim away any tough parts around the base and stem of the artichoke.
4. With a serrated knife, cut off the top third of the artichoke and discard. Once you have cut off the top third with a serrated knife, push the leaves out to expose the fuzzy purple choke.
5. With a small spoon, scrape out the choke to expose the heart at the bottom of the artichoke.
6. Put the prepared artichoke in the bowl of water and lemon juice to keep it fresh.

For the stuffing:

1. In a large bowl, mix together the bread crumbs, grated cheese, parsley, garlic, salt, and pepper. Fill each leaf with the stuffing until artichokes are well packed.
2. Drizzle with olive oil then squeeze more lemon juice over the artichokes. Sprinkle with a little salt over the top and sides.
3. Put artichokes standing up into a wide pot large enough to hold the artichokes. Add enough water to cover just to the top of the bottom row of leaves of the artichokes.
4. Add 1 tablespoon of salt in the pot. Cover and let the water come to a boil.
5. Lower the heat and let the artichokes simmer for 45 minutes or until leaves are tender. Serve warm.



Antipasto

SERVINGS: 6
TIME: 10 MIN

INGREDIENTS:

- 1 lb. mozzarella cheese , bocconcini , drained and sliced
- 1 C kalamata olives , pitted
- 7 oz. jar red bell pepper , roasted , drained and sliced
- 1 T olive oil to taste pepper
- 5 oz. Salami , thinly sliced
- 5 oz. Prosciutto , thinly sliced
- 7 oz. Artichoke Hearts , drained and halved

DIRECTIONS:

1. Arrange mozzarella, salami, prosciutto, olives, artichoke hearts and roasted peppers attractively on a small serving platter or tray.
2. Drizzle olive oil over mozzarella slices.
3. Sprinkle everything with salt and pepper.

KWANZAA

RECIPES FOR THE
SEASON

December 26th, 2020- January 1st, 2021

- Shrimp & Okra Sauté
- Egusi Soup
- Collard greens
- Sweet Plantains Chips
- Sweet Potato Bars



Shrimp & Okra Saute

SERVINGS: 6
TIME: 45 MIN

INGREDIENTS:

- 2 cups Brown Rice Base
- 2 T parsley , chopped
- 3 cloves garlic , minced
- 1/4 t crushed red pepper flakes
- 1 lb shrimp , fresh or frozen and thawed , peeled, tails removed
- 10 oz grape tomato , sliced in half
- 2 T olive oil
- 1/4 t paprika
- 8 oz okra , sliced , If using fresh, sliced off ends
- 1/4 t cayenne pepper
- 1/2 onion onion , chopped
- to taste pepper
- to taste salt

DIRECTIONS:

1. Cook rice according the Brown Rice Base recipe instructions on Common Bytes
2. Sauté okra and garlic in 1 T olive oil until tender, about 5-8 minutes stirring frequently.
3. Add the chopped onions and sliced tomatoes to the pan and cook until lightly caramelized then transfer to bowl.
4. Clean out the sauté pan. Heat again over medium heat and add 1 T olive oil add the fresh or thawed shrimp and spices. Cook until shrimp turns opaque.
5. Stir in okra, tomatoes and onion mixture into the saute pan. Remove from heat.
6. Serve over prepared brown rice. Add parsley right before serving.



Egusi Soup

SERVINGS: 6
TIME: 1 HOUR

INGREDIENTS:

- 2 large tomato , diced
- 1/2 small onion , diced
- 1 1/2 T olive oil
- 1T Worcestershire sauce
- 1/4 t pepper
- 1/4 lb. spinach , chopped
- 1/4 C pumpkin seeds (raw)
- 1/2 lb. boneless sirloin beef , cubed
- 1/4 jalapeño , seeded & minced
- 1/2 t salt

DIRECTIONS:

1. Dice the beef into bite-size cubes. Season with salt and pepper.
2. Plank, slice and dice the tomatoes and onion. Mince the jalapeño.
3. In a large pot, heat the oil over medium-high heat and add the beef. Sauté for 3 to 5 minutes or until browned on all sides.
4. Stir in the tomatoes, tomato sauce, onions and jalapeño. Turn the heat down to low and cover the pot. Simmer for 30 minutes.
5. Add the spinach and Worcestershire sauce. Continue simmering for another 10 minutes or until the beef is tender.
6. Check your seasonings and add more salt or pepper if needed.
7. Dish out into individual soup bowls and garnish with the seeds.



Collard Greens

SERVINGS: 6
TIME: 1 HOUR

INGREDIENTS:

- 1/2 onion , diced
- 3 C low sodium vegetable broth
- 1 C lentils
- 6 C Collard greens
- to taste pepper
- to taste salt
- to taste crushed red pepper flakes

DIRECTIONS:

1. Use one medium size pot, add water and cook the lentils for 25-30 minutes.
2. Wash and cut the collard green and onions, then add to the pot.
3. Add in remaining ingredients and cook for an additional 30-35 minutes.
4. Serve warm and enjoy!



Sweet Plantain Chips

SERVINGS: 6
TIME: 30 MIN

INGREDIENTS:

- 2 T sugar
- 2 t cinnamon
- 2 T olive oil
- 1 large green plantain , or
- 2 green bananas

DIRECTIONS:

1. Preheat oven to 400°F.
2. Peel the plantains and slice into ¼-inch chips. Make sure the slices are very even so they don't burn. Place in a large bowl and pour the oil over them. Toss to coat.
3. In a separate bowl, mix the sugar and cinnamon. Add the slices to this mixture and mix to evenly coat.
4. Scoop the chips onto a cookie sheet lined with foil. Make sure they're in a single layer.
5. Bake for 10 minutes or until the chips are crispy.



Sweet Potato Pie Bars

SERVINGS: 10
TIME: 2 HOUR

INGREDIENTS:

Ingredients for topping:

- 1 T Maple Syrup
- 1 C pecans , chopped , toasted

Ingredients for crust:

- 2 Egg Whites
- 1/2 C Canola Oil
- 1/2 t cinnamon
- 1/4 C sugar
- 1 C oats
- 1 C whole wheat flour

Ingredients for filling:

- 5 eggs , yolks only
- 1/4 t ground nutmeg
- 1/2 t cinnamon
- 3/4 C brown sugar
- 1 1/4 C nonfat plain yogurt
- 3 lbs. sweet potato , boiled

DIRECTIONS:

1. Boil the unpeeled sweet potatoes until they are fork tender. Allow them to cool and then scoop out the orange flesh and mash!
2. Preheat the oven to 350 degrees F.
3. Put dry crust ingredients in food processor and pulse until oatmeal is ground.
4. Combine dry crust ingredients in a medium bowl with egg whites and oil.
5. Press crust mixture into greased 13x9 pan. Chef's Tip: Line it with foil and then grease it for easy cleanup.
6. Bake crust for 10 minutes.
7. Place sweet potatoes in the bowl of a stand mixer and beat with the paddle attachment. Add yogurt, brown sugar, cinnamon, nutmeg, yolks, and salt. Beat until well combined. Pour this batter into the baked crust. Sprinkle pecans on top and drizzle with maple syrup. You can also mix by hand.
8. Bake for 50 to 55 minutes or until the custard reaches 165 to 180 degrees. Remove from oven and cool. Keep refrigerated after cooling.

NEW YEARS

RECIPES FOR THE
SEASON

January 1, 2021

- Sweet Pepper Glazed Pork Chops
- Rice and Lentils (Kushari)
- Haitian Jou Mou
- Lebanese Fattoush Salad
- Cauliflower Stir fry
- Vegetable Dumplings



Sweet Pepper Glazed Pork Chops

SERVINGS: 2
TIME: 20 MIN

INGREDIENTS:

- 2 Bone In Pork Chop
- 1/4 C chicken broth , low sodium
- 1 t salt
- 1 t pepper
- 3 t olive oil
- 4-6 cloves garlic , mined
- 3 T Maple Syrup
- 2 Shallot , minced
- 3 T Pimiento , mined

DIRECTIONS:

1. Heat a large skillet over medium high heat. Add 2 Tbsp of olive oil to the pan and heat until smoking.
2. Place the salted and peppered pork chops in the skillet, and sear until browned, about 1-2 minutes per side.
3. Remove the pork chops from the skillet and place on a plate.
4. Add 1 Tbsp of olive oil to the pan and add the shallots, diced pimientos and minced garlic. Cook until the shallots turn translucent. Continue cooking over medium heat, add chicken stock and maple syrup to the skillet. Cook until sauce reduces by half.
5. Once the sauce has reduced, add the pork chops in sauce and continue you to cook for another 5-7 min or until internal temperature reaches 145 degrees.
6. Enjoy!



Rice & Lentils

SERVINGS: 4
TIME: 55 MIN

INGREDIENTS:

- 1/2 t crushed red pepper flakes
, for added spice , (optional)
- to taste pepper
- to taste salt
- 1/2 t cinnamon
- 2 C water
- 1/2 C brown rice
- 1 onion , finely chopped
- 2 T olive oil 1/2 C lentils

DIRECTIONS:

1. Heat oil in a saucepan.
2. Add onion and sauté over medium heat until lightly browned.
3. Stir in rice and lentils.
4. Add water, salt, pepper and cinnamon.
5. Stir and bring to a simmer. Cover and cook for 35 minutes. Remove from heat and let stand, covered, for 10 minutes.
6. Fluff with a fork and serve.



Haitian Jou Mou Soup

SERVINGS: 6
TIME: 1.5 HOURS

INGREDIENTS:

- 2 T Haitian Epis
- 1 Lb Beef Stew Meat , Lean cut
- 2 T olive oil
- 8 cups vegetable stock - low sodium
- 2 carrots , sliced
- 2 stalks celery , sliced
- 1 small Leek , trimmed and diced
- 1 small onion , yellow, diced
- 1 Russet potato , peeled and cubed 1/2 small Green Cabbage , cored and shredded
- 1 small Kabocha squash , Cut into 1" pieces

DIRECTIONS:

1. Mix beef with 2 T of Haitian seasoning in a bowl, cover with plastic wrap, and refrigerate at least 1-4 hours or overnight.
2. Heat olive oil in an saucepan over medium-high heat. Add marinated beef; cook, turning as needed, until browned, about 8 minutes. Add vegetable stock and bring to a boil; reduce heat to medium-low, and cook, stirring occasionally, until beef is tender, about 1 hour.
3. Add carrots, celery, leeks, onion, potatoes, and cabbage; cook, slightly covered and stirring occasionally, about 5-10 minutes.
4. Meanwhile, bring squash and 2 cups of water to a boil in a saucepan over high heat; reduce heat to medium-low and cook, covered, until squash is tender, about 10 minutes. Drain, reserving 1/2 cup liquid and transfer squash and liquid to a blender; puree until smooth and set aside.
5. Add squash puree back to pot with vegetable and beef; cook, stirring occasionally, until soup is slightly thick, 20 minutes more on medium low heat; season with salt and pepper.



Fattoush Salad

SERVINGS: 6
TIME: 20 MIN

INGREDIENTS:

Ingredients for Toasted Bread:

1/2 t sumac
3 t olive oil
1 loaf whole wheat pita bread

Ingredients for Dressing:

2 T pomegranate molasses
1 t sumac
1 lime , juiced
to taste pepper
to taste salt
1/3 C olive oil

Ingredients for Salad:

1 romaine heart , chopped
5 tomato , diced
5 scallion , diced
5 radish , thinly sliced
2 C parsley , chopped
1 C mint , chopped
1 English cucumber , chopped

DIRECTIONS:

1. Cut the pita bread into small pieces. Mix with 3 tsp olive oil and ½ tsp sumac. Place into the oven until the pieces are toasted and browned.
2. In a large mixing bowl, combine the chopped lettuce, cucumber, tomatoes, scallions with the sliced radish and parsley. Mix in the toasted bread.
3. Make the dressing by mixing the olive oil, sumac, lime, pomegranate molasses and salt and pepper to taste.
4. Drizzle the dressing over the salad and enjoy!



Cauliflower Stirfry

SERVINGS: 4
TIME: 40 MIN

INGREDIENTS:

- 2 t Garlic Chili Paste
- 1 C edamame (plain) , thawed
- 1 C peas , thawed
- 2 eggs , scrambled
- 2 t honey
- 1 T soy sauce , low sodium
- 1 2-inch piece ginger , grated
- 2 green onions , thinly sliced
- 1 red bell pepper , cut into 1 inch pieces
- 2 T olive oil
- 1 cauliflower , head , grated

DIRECTIONS:

- Cut cauliflower into florets, discard the tough inner core and leaves. Work in batches, transfer cauliflower to food processor or blender. Pulse until the cauliflower resembles rice, roughly 15 seconds. Do not over process into mush. (note - you can also substitute ready made, bagged fresh cauliflower rice)
- Heat 1 T olive oil in a large skillet over medium-high heat. Add red bell pepper, green onions, and ginger. Cook and stir for 2 minutes.
- Add cauliflower rice, toss to combine and cook, covered, for 5 minutes. Stir halfway between once.
- Whisk together soy sauce, chili garlic paste, and honey in a small bowl to make a sauce.
- Beat the eggs in a separate bowl. Push the cauliflower to one side of the skillet. Heat remaining olive oil onto empty side.
- Add the eggs and scramble until cooked, roughly 2 minutes. Remove skillet from heat and fold in eggs, sauce, peas and edamame.



Vegetable Dumplings

SERVINGS: 8
TIME: 40 MIN

INGREDIENTS:

- 16 dumpling wrappers , 3" around
- 2 T olive oil
- 1 C water
- 2 cloves garlic , peeled and minced
- 1/2 onion , minced
- 1/2 red bell pepper , minced
- 1 carrots , peeled and grated
- 2 T ginger , peeled and grated

DIRECTIONS:

1. Preheat oven to 375°F. Peel the carrot.
2. Mince the garlic, onion, carrot and red pepper. The pieces should be very small.
3. In a medium bowl, mix all the vegetables, garlic, and basil.
4. Working on a flat surface, lay out your wrappers and place 2 teaspoons of the filling in the center of each wrapper.
5. Using your fingertips, wet the edges of the wrapper with cold water.
6. Fold the wrappers over the filling to form a half moon.
7. Pinch the edges together with your fingers. The traditional shape is to pleat the edges as you close the potstickers.
8. Brush or spray the oil onto a foil lined cookie sheet.
9. Bake until the potstickers are golden brown, about 5 to 7 minutes.

Holiday Desserts & Beverages

RECIPES FOR THE SEASON

- Strawberries A La "Lamington"
- Holiday Crisp Crumble
- Peaches & Cream Parfait
- Reindeer Snacks
- Infused Water
- Mexican Hot Chocolate
- Agua Fresca De Piña y Fresa



Strawberries a La "Lamington"

SERVINGS: 15
TIME: 25 MIN

INGREDIENTS:

- 5 ounces dark chocolate , melted
- 4 ounces unsweetened shredded coconut
- 12 strawberries , with stems , washed

DIRECTIONS:

1. Chop the chocolate if not using chocolate chips
2. Put the chocolate in a heatproof medium bowl.
3. Fill a small pot with a couple inches of water and bring to a simmer over medium heat. Turn off the heat and place the bowl of chocolate over the pot. Stir the chocolate until melted and smooth.
4. Fill a separate bowl with shredded coconut.
5. Line a cookie sheet with parchment paper or waxed paper.
6. Holding the strawberry by the stem, dip into the melted chocolate. Lift and twist slightly letting the excess chocolate fall back into the bowl.
7. Dip into the bowl holding the coconut and coat.
8. Set the strawberry on the parchment paper and repeat the process with the remaining strawberries.
9. Set aside in a cool place until the chocolate sets, about 30 minutes.



Holiday Crisp Crumble

SERVINGS: 6
TIME: 45 MIN

INGREDIENTS:

2 C apples , peeled , diced

Ingredients for Filling:

- 1 T cornstarch
- 1 t lime , zest
- 1/4 C brown sugar
- 1 t cinnamon
- pinch salt

Ingredients for Topping:

- 1/4 C whole wheat flour
- 2 1/2 T olive oil
- 3/4 C oats
- 1/4 C brown sugar
- 1/2 C pecans , chopped
(substitute with any desired
nut)

DIRECTIONS:

1. Preheat oven to 350°F.
2. Peel and dice the fruit of your choice (pear, apple, or mango) into a ½ -inch dice.
3. Combine the filling ingredients together in a large mixing bowl.
4. Scoop the filling into a large casserole dish or individual baking dishes.
5. In a separate bowl, mix together the topping ingredients until well combined.
6. Sprinkle on top of the fruit mixture.
7. Bake in the oven until bubbly, about 30 minutes.
8. Serve warm or at room temperature.



Peaches & Cream Parfait

SERVINGS: 4
TIME: 5 MIN

INGREDIENTS:

- 1 C peaches , diced
- 1/2 C nonfat plain yogurt
- 1/2 C cinnamon oatmeal cereal

DIRECTIONS:

1. Crush cereal into crumbled pieces.
2. Serve peaches and top with cereal crumbs and yogurt
3. Enjoy!



Reindeer Snacks

SERVINGS: 4
TIME: 10 MIN

INGREDIENTS:

- 1 oz package whole wheat crackers
- 2 T raisins
- 1 T Nut Butter , or seed butter
- cinnamon
- 1 oz package Pretzels

DIRECTIONS:

1. Place three crackers flat on a plate. Spread the seed butter or nut butter on one side of each cracker.
2. Place a pretzel on top corners of each cracker.
3. Add two raisins under pretzels "as the animal's eyes" and one underneath that for the nose.
4. Sprinkle with cinnamon



Infused Water

SERVINGS: 8
TIME: 5 MIN

INGREDIENTS:

- 4 C water
- 2 apples , peeled, cored, sliced
- 1/2 C pomegranate , seeds only
- 2 sticks cinnamon

DIRECTIONS:

1. Fill a pitcher with 4 cups of cold water.
2. Peel and core the apples. Next, thinly cut the apples into slices.
3. Add the apples, pomegranate seeds, and cinnamon sticks to the water.
4. Let it sit for up to 2 hours or serve immediately. Divide among four glasses.



Mexican Hot Chocolate

SERVINGS: 8
TIME: 5 MIN

INGREDIENTS:

- 1/8 t ground nutmeg
- 1/8 t cayenne pepper
- 1 t Maple Syrup
- 1 T Cocoa Powder
- 1/2 C dark chocolate , chips
- 1 t vanilla
- 2 sticks cinnamon , whole
- 4 C Almond Milk , or fat free milk

DIRECTIONS:

1. Place the milk, cinnamon sticks and vanilla extract into a sauce pan and heat for 2-3 minutes over medium heat.
2. Whisk the milk constantly and add the remaining ingredients, chocolate chips, cocoa powder, maple syrup, cayenne pepper and nutmeg.
3. Reduce heat to a low and keep whisking until all the chocolate morsels have melted. Once all ingredients are completely combined, reduce heat and simmer for 3-5 minutes.
4. Pour into a mug and add the desired toppings.

Optional Toppings:

- Fat Free Whip Cream
- Ground Cinnamon
- Ground Cayenne Pepper
- Shaved Cocoa Nibs
- White Marshmallows



Agua Fresca De Piña y Fresa

SERVINGS: 4
TIME: 15 MIN

INGREDIENTS:

- 1 C ice cubes
- 4 sprigs mint , (optional)
- 1 T honey
- 1 1/2 C sparkling water
- 1 lime
- 1/4 pineapple , diced
- 1 C fresh strawberries , diced

DIRECTIONS:

1. Cut pineapple and strawberries into a dice. Juice the limes.
2. Combine fruit, lime juice, and honey in a blender.
3. Pour blended ingredients into a pitcher and combine with sparkling water.
4. Serve over ice! (Garnish with mint sprigs)