



HEALTHIER
Holiday Desserts



TABLE OF CONTENTS

GINGERBREAD MEN COOKIES	3
LEMON BAR	5
PECAN PIE	7
MINI PUMPKIN PIE TARTS	9
ORANGE CRANBERRY BREAD	11
FLOURLESS MEXICAN CHOCOLATE COOKIES	12
PEPPERMINT SUGAR COOKIE BALLS	14
GREEK YOGURT CHEESECAKE	15
DARK CHOCOLATE TRUFFLES	17
APPLE PIE CRISP	18

Gingerbread Men Cookies / grain + gluten + dairy free

Ingredients

285 grams (~2 3/4 cups, but please weigh it!) almond flour or almond meal	3/4 tsp ginger
1/4 cup (33 grams) coconut flour	1/2 tsp cloves
1/2 tsp salt	1/4 tsp nutmeg
1/2 tsp baking soda	1/4 cup + 2 tbsp (120 grams) honey
3/4 tsp cinnamon	1/4 cup (88 grams) molasses
	1/4 cup (56 grams) coconut oil, melted

Directions

1. In a medium bowl, combine all the dry ingredients and set this bowl aside.
2. In another medium bowl, combine the wet ingredients. Add the dry ingredients to the wet ingredients and stir just until combined.
3. Divide the dough into four balls, place the balls in plastic wrap and chill in the freezer for at least 30 minutes or until the dough is quite firm.
4. Preheat your oven to 350°F (176°C). Get out two pieces of parchment paper or two Silpats and flour both of them with almond flour or whatever kind of flour you like. I normally don't flour my Silpats but here it's absolutely necessary.



Gingerbread Men Cookies / grain + gluten + dairy free

Directions

5. Take out one ball of dough at a time, roll it out to about 1/8-inch, and, working quickly, use your cookie cutters of choice to cut out the desired shapes. I prefer to cut the shapes, leaving about 3/4-inch between each one, and then remove the dough surrounding the shape. That way I don't have to worry about damaging the gingerbread men. Gather up the leftover dough and place back in the freezer. Bake the gingerbread men for 7-9 minutes. They'll still be soft when you take them out of the oven.

6. Immediately remove the piece of parchment paper or Silpat from the pan to prevent the gingerbread men from baking even more. If you want them slightly crunchy, you can let them cool on the cookie sheet. When completely cooled, you can pipe on some white chocolate for decoration.

7. Store in an airtight container. They get really soft if not properly stored or if left too long uncovered. I didn't pack mine up for several hours but luckily liked my gingerbread men that soft however. The only downside is that they stuck together a little (but you can easily pull them apart again).



Lemon Bar

For the crust:

1 cup almond flour
1/4 cup almond butter
1 tbsp honey
1 tbsp grass-fed butter, softened
1 tsp vanilla
1/2 tsp baking powder
1/4 tsp sea salt

For the filling:

3 eggs
1/2 cup honey
1/4 cup lemon juice
2 1/2 tbsp coconut flour
1 tbsp lemon zest, finely grated
Pinch of salt

Directions

1. Preheat oven to 350°F.
2. Coat 9x9 baking dish with coconut oil or butter.
3. Combine all crust ingredients in food processor until a "crumble" forms.
4. Press crust evenly into the bottom of pan.
5. Using a fork, prick a few holes into crust.
6. Bake for 10 minutes.
7. While crust is baking, combine all filling ingredients in a food processor until well incorporated.



Lemon Bar

Directions

8. When done, remove crust from oven and pour filling evenly over top.
9. Continue to bake for 15-20 minutes, or until filling is set, but still has a little jiggle.
10. Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).



Pecan Pie

For the crust

2 cups almond flour
4 tbsp coconut flour
1/2 tsp unflavored grass-fed gelatin
1/4 tsp Celtic sea salt
1 tsp coconut sugar
8 tbsp (1 stick) unsalted butter, cold, cut into tbsp

Directions

1. Place almond flour, coconut flour, gelatin, sea salt and coconut sugar in the bowl of a food processor. Pulse 2-3 times to combine.
2. Add the butter to the flour mixture and pulse for eight 1-second pulses and then leave the processor on until the dough forms into a ball. (If dough is crumbly, add 1-2 tbsp of water)
3. Press the dough on the bottom and up the sides of a 9-inch pie plate or tart pan.
4. Place in the refrigerator to chill for 30 minutes.
5. Preheat oven to 400°F and adjust rack to lower-middle position.
6. Heat maple syrup over medium heat in a medium saucepan. Simmer until syrup reaches 225°F, about 10-15 minutes.

For the filling:

1 cup plus 1 tbsp Grade B maple syrup
1/2 cup maple sugar (you can substitute with Organic whole cane sugar or sucanat)
2 tbsp butter or ghee
3 large eggs, lightly beaten
1 tsp vanilla extract
1/4 tsp Celtic sea salt
1-1 1/4 cups whole pecan halves



Pecan Pie

Directions

7. While syrup is simmering, place maple sugar and butter in a medium mixing bowl. As soon as the syrup reaches 225°F, immediately pour syrup over sugar and butter mixture. Let mixture sit for 1 minute and then whisk together.
8. Whisk in eggs, vanilla and sea salt (the mixture might look a little grainy at this point).
9. Place prepared pie crust in pie plate on a large baking sheet. Pour mixture into your prepared pie crust and top with pecans.
10. Cover crust with pie shield or foil.
11. Bake for 15 minutes. Reduce heat to 350°F and bake for an additional 15 minutes.
12. The filling will be slightly less set in the center than the edges and it also might puff up in the middle, but will set as it cools. Serve slightly warm or at room temperature.



Mini Pumpkin Pie Tarts/ gluten free + vegan

For the filling:

1/2 cup raw cashews, soaked for at least 4 hours, preferably overnight
1/4 cup maple syrup
1 tsp vanilla
1 cup fresh pumpkin puree
2 tbsp coconut oil, melted
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground ginger
A pinch of ground cloves
A dash of sea salt

For the tart shells:

2 cups almond flour
2 tbsp maple syrup
1/4 cup coconut oil, melted
1/2 tsp baking soda
1/2 tsp ground cinnamon
Dash of ground nutmeg
1/8 tsp salt

For the whipped coconut cream: :

1 can organic full fat coconut milk, refrigerated overnight
2 tsp maple syrup (use more or less or none at all, or whatever your favorite sweetener is)
1 tsp vanilla

Directions for the shells:

1. Preheat oven to 350°F. Line 12 cups in a muffin tin with paper liners (you could also use greased mini tart pans).



Mini Pumpkin Pie Tarts/ gluten free + vegan

2. In a large bowl, add all of the crust ingredients and mix very well. Really get your hands in there to get it all together and work it into a nice dough.
3. Add the crust mixture to the muffin cups and press down firmly into the cup using your knuckles, going up the sides a tad bit.
4. Bake for 15-20 minutes until golden brown.
5. Allow to cool in the pan for about 10 minutes, then place the pan in the refrigerator until you are ready to assemble the tarts and serve. (Many times I make the tart shells the night before and keep them in the fridge until I am ready to serve).

Directions for the filling:

1. Drain the cashews and add them to your food processor and give them a whirl by themselves for a bit, to break them up and start turning them into a paste of sorts.
2. Once the cashews are broken up add in the maple syrup, vanilla and coconut oil, process that a bit more until it is a smooth and creamy paste.
3. Add in the remaining ingredients and process until smooth and creamy.

Directions for the whipped coconut cream:

1. Make sure that your can of coconut milk is well chilled. I recommend leaving it in the fridge overnight. Open the can of coconut milk carefully, keeping it level. There will be a firm, waxy layer of coconut cream that solidified on top. Carefully scoop this off into a chilled glass bowl. Keep the leftover coconut water, it is great for smoothies.
2. Using a mixer, whip the coconut cream for 3 to 5 minutes until it becomes light and fluffy, with soft peaks. Mix in your maple syrup and vanilla, if you are using. Place the whipped coconut cream back into the fridge until you are ready to use. This may be more than what you need for all 12 tarts, depending on how much you put on top, but that's ok, it keeps for several days, covered in the fridge.

Assembling the tarts

1. Remove the paper liner off of the tart shells.
2. Top each of the tart shells with a spoonful of the pumpkin filling and a dollop of whipped coconut cream, sprinkle with a little ground cinnamon.
3. Serve immediately.

Orange Cranberry Bread / grain free

Ingredients

3/4 cup (72 g) almond flour	2 tsp vanilla extract
1/4 cup (57 g) coconut flour	1 tbsp orange zest
1/2 tsp baking soda	1/4 cup (59 ml) fresh orange juice
1/4 tsp salt	1 cup (75 g) fresh cranberries (frozen or dried work also), lightly pulsed in a food processor or chopped by hand
3 large eggs	
1/3 cup (79 ml) maple syrup or honey	
2 tbsp olive oil	

Directions

1. Preheat your oven to 350°F (180°C, or gas mark 4).
2. Line an 8x5-inch (20.3x12.7-cm) loaf pan with parchment paper, and grease any exposed sides.
3. Add the almond flour, coconut flour, salt and baking soda together and blend well.
4. Add the eggs, maple syrup, olive oil, vanilla, orange zest and juice to the dry batter and mix until well blended.
5. Add the cranberries and gently blend until they're distributed evenly throughout the batter.
6. Let the batter sit for 5 minutes or so to give the coconut flour time to absorb the liquids.
7. Scoop the batter into the baking pan and bake for 45 minutes or until the top begins to brown and a toothpick inserted in the center of the bread comes out clean.
8. Cool fully and slice. Store covered for a few days at room temperature or in the refrigerator for a few weeks, or seal and freeze for a few months.



Flourless Mexican Chocolate Cookies

Ingredients

1 cup almond butter
3/4 cup cocoa powder
1/2 tsp baking soda
1/2 tsp cinnamon
1/2 tsp salt
1 egg
1/4 cup pure maple syrup
1/4 cup honey
1 tsp vanilla
1 cup chocolate chips
1/2 cup spicy roasted pepitas
1 tsp crushed sea salt, for garnish

For the spicy roasted pepitas:

2 tbsp sage, fresh, minced
1 pinch salt
1 pinch pepper
2 tsp fennel seed
2 tsp anise seed
2 tsp paprika
1/2 tsp cayenne pepper
1 tsp organic coconut oil, refined

Directions

1. Roasted the pepitas first so they can cool down before adding them to the cookies.
2. Preheat the oven to 300°F.
3. Mix together the natural pepitas with the olive oil and spices and lay them flat on a baking sheet.



Flourless Mexican Chocolate cookies

Directions

4. Roast the pepitas for 20 minutes, stirring the mixture halfway through. The pepitas begin to brown when they are done. Be careful not to go too far over 20 minutes or you might burn the seeds. Set them aside to cool.
5. Raise the oven temperature to 350°F and line a baking sheet with parchment paper.
6. In a food processor, combine the cocoa powder, baking soda, cinnamon and salt. Add the almond butter and process the mixture until smooth.
7. Add the egg, maple syrup, honey and vanilla and process again until smooth. Transfer the cookie dough to a mixing bowl and add the chocolate chips.
8. If you are looking for a sweet cookie, you can bake the cookies at this point; or add the spicy roasted pepitas to the dough and stir to combine. The more you add, the dryer your cookie will come out so try not to add more than 1/2 a cup. The rest of the pepitas are for snacking!
9. Scoop the cookie dough on to the baking sheet using an ice cream scoop (you can also use a tbsp), leaving 2 inches between each cookie. Sprinkle the raw cookies with crushed sea salt.
10. Bake the cookies for 15 minutes then place them on a wire rack to cool.

Peppermint Sugar Cookie Balls / vegan + gluten free

Ingredients

1 cup cashews
1 tbsp. unsweetened shredded coconut flakes sea salt to taste
5 medjool dates (soften)
1 tbsp. coconut oil
1 1/2 tsp. vanilla
1 tsp. of peppermint (or to taste)
1 tbsp. of water

Optional add ins:

Crushed candy canes
1/2 tbsp. Coconut sugar

Toppings for rolling:

Crushed candy canes
Unsweetened coconut flakes
Coconut sugar

Directions

1. Add cashews to a food processor and pulse until chopped. (2 or 3 minutes)
2. Add the dates and pulse until the dates are completely mixed and reaches a dough consistency.
3. Add the remaining ingredients: coconut oil, sea salt, vanilla, peppermint unsweetened shredded, coconut flakes, and crushed candy canes if using. Pulse until combined. If the dough is not sticking together add water- start off with a small amount- 1 tbsp. If you add too much water the dough will be "greasy" and harder to roll. If this does happen, you can put the dough in the fridge for 30 minutes to set.
4. Roll into 1-inch balls and in desired coating!
5. Store in fridge or freezer!



Greek Yogurt Cheesecake

For the graham crackers:

1 1/2 cups all-purpose flour
1 cup whole wheat flour
3/4 cup loosely packed brown sugar
1/2 tsp baking soda
1 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
5 tbsp of cold unsalted butter, cut into pieces
2 tbsp maple syrup (use 3 if sweeter cookie is desired)
1/4 cup milk
1 tbsp vanilla extract

Directions for the graham crackers:

1. Combine the dry ingredients in a food processor.
2. Add the butter to the food processor and pulse until it forms coarse crumbs.
3. Add the maple syrup, milk, and vanilla and blend until a dough forms.
4. Chill for at least 1 hour.
5. Preheat the oven to 350°Fahrenheit.

For the cheesecake:

2 cups of graham crackers, crushed
2 tbsp of unsalted butter, melted
2 cups plain Greek yogurt
8 oz. lower fat (Neufchatel) cream cheese 2 large eggs
2/3 cup sugar
1/4 cup all-purpose flour
2 tsp vanilla extract
1/2 tsp salt



Greek Yogurt Cheesecake

6. Roll out to desired thickness and cut into cookies.
7. Bake for 20-25 minutes, depending on the size of your cookies, or until golden brown.
8. Let the cookies cool at least 30 minutes before making crust.

Directions for the cheesecake:

1. Preheat the oven to 325°.
2. Pulse 2 cups of crushed graham crackers in the food processor to form crumbs. Add the melted butter and pulse until combined.
3. Firmly press the graham cracker crumbs into the bottom of a greased springform pan and parbake for 5 minutes.
4. While the crust is baking, combine the remaining ingredients in food processor or mix them together by hand using a whisk until smooth.
5. Pour the cheesecake batter into the pan and bake for 45-50 minutes or until set in the center.
6. Remove the cheesecake from the oven and immediately cover with foil, as this will cool the cake gradually and prevent the top from cracking.
7. Let set for at least three hours before serving.

NOTES

1. I used 0% fat Greek yogurt; you can use 2% or full fat for an even creamier cheesecake.
2. As the baking of time of cheesecake can vary depending upon the quirks of each oven, keep an eye on your cheesecake starting at 40 minutes.

Dark Chocolate Truffles

Ingredients

- | | |
|--|--------------------------------|
| 1 ripe avocado | 2 tbsp of coconut sugar |
| 6 oz dark chocolate (I used Dark Chocolate Amberlyn Chocolates, use your favorite chocolate to fit your dietary needs) | 1/4 tsp of vanilla extract |
| 2 tbsp of coconut sugar | 1 tsp unsweetened cocoa powder |
| | 1 tsp of honey |

Directions

1. Puree the avocado in a food processor or blender.
2. In a separate bowl melt the chopped dark chocolate. Be careful not to burn the chocolate (If you're microwaving it I would stir it every 20-25 seconds).
3. When chocolate is completely melted, stir in the sugar. Whisk together to try to dissolve the sugar.
4. Add in avocado and vanilla, Mix again.
5. Put in the fridge for about 30 minutes.
6. Rolling out the truffles is the hardest part of the recipe! I keep a small cup with warm water. I place a metal spoon in the warm water for about 20-30 seconds before trying to scoop out the truffle mixture. Roll the truffles into small balls.
7. In a separate bowl, put 1 tsp of unsweetened cocoa powder (you can always add more).
8. Roll the formed balls in the cocoa powder to cover them with a light dusting.
9. I put 3 or 4 truffles in a cupcake liner, but you could get smaller baking liners and they would work too.
10. Keep the truffles in the refrigerator to preserve freshness and try not to eat them all in one sitting.



Apple Pie Crisp / grain free

For the apple pie filling:

5 medium apples (or 3 extra large apples)
1 tbsp vanilla
2 tbsp lemon juice
2 tbsp butter
1 tbsp cinnamon
1/8 tsp cloves
1 tsp nutmeg
1/4 tsp sea salt

For the crust

2 cups of almond flour
1 egg
1/4 tsp sea salt
2 tbsp coconut oil

For the crisp topping

1 cup crushed walnuts
1/4 cup coconut flour (like this)
1 tbsp honey
Dash of cinnamon

Directions for the crust

1. In a food processor or bowl, briefly mix almond flour and salt.
2. Add in coconut oil and egg and mix until a ball is formed.
3. Press dough into a pie dish. Note: My pie dish was larger than the standard 9" size, so my crust didn't extend as far up the sides.
4. Bake at 350°F for 8-12 minutes.



Apple Pie Crisp / grain free

Directions for filling

1. Peel apples, core, and slice into thin strips.
2. In a large bowl, add sliced apples and the rest of the ingredients. Use your hands or a large spoon to mix the ingredients delicately and well.
3. Place the apple pie filling evenly into the pie crust.

Directions for the crisp topping

1. Use a food processor or a mortar and pestle to crush walnuts.
2. In a bowl, evenly mix the crushed walnuts, coconut flour, and cinnamon.
3. Spread this mixture evenly on top of the apple pie filling.
4. Drizzle honey on top.
5. Bake pie at 350°F for 1 hour! Enjoy!