



Christmas

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Welcome to some exciting ideas for Christmas.

As we all try to improve our vegetable intake, whether for healthy reasons or environmental reasons, I hope these recipes will at least inspire you to experiment and enjoy the delights of winter roasting, warm salads and delicious soups.

Happy baking and experimenting! To your health and happiness. Julie x

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



Banana Bread Christmas Mug Cake

1 serving

5 minutes

Ingredients

1/2 Banana (medium, ripe, mashed)
30 milliliters Unsweetened Almond Milk
5 grams Maple Syrup
16 grams Almond Butter
2 milliliters Vanilla Extract
30 grams All Purpose Gluten-Free Flour (You can use any flour. If you choose coconut flour increase the fluids)
2 grams Baking Powder
1 tbsp Cranberry Sauce (You can also use home made cranberry sauce.)

Directions

- 1 Add the cranberry sauce to the tall mug first.
- 2 In a tall mug combine the mashed banana, almond milk, maple syrup, almond butter, cinnamon and vanilla extract. Stir in the flour and baking powder.
- 3 Microwave the mug cake for 2 minutes and 45 seconds until spongy to the touch and cooked through. Let the mug cake cool slightly then enjoy!

Notes

Leftovers: Best enjoyed immediately.
More Flavor: Add salt, cinnamon, and/or nutmeg.
Additional Toppings: Fresh banana slices, butter, coconut butter, and/or honey.
No Almond Milk: Use oat milk instead.
Banana: Half a medium, ripe banana yields approximately three tablespoons of mashed banana.
Cooking Time: Cooking time may vary depending on the microwave.



Squash & Quinoa Spinach Salad

2 servings

35 minutes

Ingredients

140 grams Butternut Squash (cut into small cubes)
325 milligrams Cinnamon
Sea Salt & Black Pepper (to taste)
57 grams Quinoa
60 grams Baby Spinach
1/2 Apple (small, peeled and finely chopped)
10 grams Red Onion (finely chopped)
8 grams Walnuts (finely chopped)
29 milliliters Apple Cider Vinegar

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the butternut squash cubes on the baking sheet and season with the cinnamon and salt and pepper to taste. Toss to coat the squash with the seasoning then arrange into a single, even layer (do not overcrowd the pan). Bake for 25 to 30 minutes, flipping halfway through, or until the cubes are cooked through and have browned on both sides.
- 3 Meanwhile, cook the quinoa according to package directions.
- 4 To assemble the salad, divide the baby spinach, quinoa, and butternut squash between bowls and top with the apple, red onion, and walnuts. Drizzle with apple cider vinegar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Omit the walnuts and use sunflower or pumpkin seeds instead.

More Flavor: Mix the apple cider vinegar with honey or maple syrup for sweetness. Add fresh herbs, dried cranberries, or crumbled goat cheese.

More Fat: Add extra virgin olive oil to the apple cider vinegar.



Apple & Sweet Potato Hash

2 servings

15 minutes

Ingredients

- 15 milliliters Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 1 Apple (medium, peeled and cut into small cubes)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a non-stick pan over medium heat.
- 2 Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
- 3 Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. Add broken-up sausage to increase the protein.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

More Veggies: Add spinach or kale and stir until wilted.



Kiwi Avocado Salsa

2 servings

5 minutes

Ingredients

2 Kiwi (peeled and chopped)
1 Avocado (chopped)
40 grams Red Onion
1/2 Lime (large, juiced)
7 milliliters Extra Virgin Olive Oil
3 grams Cilantro (chopped)
775 milligrams Garlic Powder
Sea Salt & Black Pepper (to taste)

Directions

1 In a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, olive oil, cilantro, and garlic powder. Season with salt and pepper and add more lime juice to taste if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is approximately 1/2 cup of salsa.

More Flavor: Add fresh garlic, jalapeno, or ground cumin.

Serve it With: Tortilla chips, on salads, or beside protein of choice.

No Red Onion: Use yellow onion or green onion instead.



Cauliflower & Pear Soup

6 servings

20 minutes

Ingredients

2 Garlic (cloves)
1 Yellow Onion (peeled, chopped)
340 grams Cauliflower Rice
2 Pear (medium, chopped)
2 Apple (medium, chopped)
1 Carrot (medium, chopped)
1.4 liters Vegetable Broth, Low Sodium
12 grams Ginger (fresh, peeled and
chopped)
15 milliliters Apple Cider Vinegar
44 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add all of the ingredients to a large pot and bring to a boil. Lower the heat to a simmer and cook for 15 minutes, or until all vegetables are soft.
- 2 Use a hand blender to puree until your desired consistency is reached. Season with salt and pepper to taste. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze if longer.

Serving Size: One serving equals approximately two cups.

More Flavor: Add ground cloves, honey, and fresh thyme. Saute the garlic and onions.



Mason Jar Lentil Salad with Tahini Dressing

1 serving

30 minutes

Ingredients

30 grams Tahini
44 milliliters Water
7 milliliters Extra Virgin Olive Oil
15 milliliters Lemon Juice
750 milligrams Sea Salt
45 grams Purple Cabbage (chopped)
29 grams Watermelon Radish (sliced thinly)
66 grams Lentils (cooked)
32 grams Baby Kale

Directions

- 1 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 2 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to two days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Add herbs, chili flakes and/or garlic powder to the lentils.

Additional Toppings: Add hemp seeds or pumpkin seeds.

No Baby Kale: Use baby spinach, arugula or romaine instead.

No Watermelon Radish: Use regular radish instead.

Likes it Sweet: Add a little bit of maple syrup to the tahini dressing.



Sesame Cabbage Slaw

6 servings

15 minutes

Ingredients

534 grams Purple Cabbage (thinly sliced)

44 milliliters Sesame Oil

45 milliliters Rice Vinegar

1 Garlic (clove, minced)

27 grams Sesame Seeds (optional)

Sea Salt & Black Pepper (to taste)

Directions

1

In a large bowl, combine the cabbage, sesame oil, rice vinegar, garlic, sesame seeds, salt and pepper. Mix well. Enjoy!

Notes

Storage: Keeps well in the fridge for 4 to 5 days.



Mashed Parsnip with Vegan Miso Gravy

2 servings

15 minutes

Ingredients

3 Parsnip (stems removed, peeled, roughly chopped)

30 milliliters Unsweetened Almond Milk

237 milliliters Water

9 grams Miso Paste

15 grams Oat Flour

388 milligrams Garlic Powder

2 grams Sea Salt

1 gram Tapioca Flour

Directions

- 1 Set parsnip in a steamer over boiling water and cover. Steam for about 8 minutes, or until tender. Drain and transfer to a bowl. Add almond milk and mash with a fork until smooth and combined. Set aside.
- 2 Meanwhile, set a saucepan over medium-high heat. Add water, miso paste, oat flour, garlic powder and salt. Whisk to combine and remove any lumps.
- 3 Bring to a simmer and add tapioca flour while continuing to whisk. Let simmer for at least 5 to 10 minutes, then remove from heat. The gravy will thicken as it cools.
- 4 Divide mashed parsnip and pour desired amount of gravy overtop. Enjoy!

Notes

Serve it With: Our Slow Cooker Rotisserie Chicken, Savoury Roasted Chickpeas, Olive Pesto Pork Chops, Ginger Beef Stir Fry, or our Herbed Pork Roast recipes.

Leftovers: Refrigerate in an airtight container (with or without gravy) up to 3 days, or freeze the mashed parsnip and gravy in separate containers.

No Parsnip: Use cauliflower, celery root, squash or potatoes instead.

No Oat Flour: Use all-purpose flour instead.

No Tapioca Flour: Use arrowroot or cornstarch instead.



Brussels Sprouts, Bacon & Brazil Nuts

4 servings

45 minutes

Ingredients

528 grams Brussels Sprouts (trimmed)

30 milliliters Avocado Oil

6 slices Bacon (diced)

Sea Salt & Black Pepper (to taste)

67 grams Brazil Nuts (chopped)

Directions

1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment.

2 Place the brussels sprouts in a large bowl and drizzle with oil. Add the diced bacon and toss well. Transfer to baking sheet and sprinkle with salt and pepper. Roast for 40 minutes.

3 Remove from oven and top with chopped brazil nuts. Enjoy!

Notes

Vegetarians & Vegans: Omit bacon or use coconut bacon.

More Carbs: Add sweet potato.

Nut-Free: Top with toasted pumpkin seeds instead of Brazil nuts.

Leftovers: Keeps well for 3 to 4 days in the fridge.



Roasted Veggies with Cranberries & Orange

4 servings

35 minutes

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 1 bulb Fennel (cored, sliced)
- 132 grams Brussels Sprouts (trimmed, halved)
- 50 grams Frozen Cranberries
- 30 milliliters Extra Virgin Olive Oil
- 750 milligrams Sea Salt
- 15 milliliters Orange Juice (freshly squeezed)
- 1 gram Thyme
- 7 grams Maple Syrup

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Arrange the sweet potato, fennel, brussels sprouts and cranberries on the baking sheet. Drizzle with oil and season with the salt. Toss to evenly coat everything.
- 3 Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
- 4 In a small mixing bowl combine the orange juice, thyme and maple syrup. Drizzle over top of the roasted veggies. Season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.

No Maple Syrup: Omit or use honey or agave instead.

No Fresh Thyme: Use another fresh herb like parsley instead.



Braised red cabbage with apple

6 servings

1 hour 45 minutes

Ingredients

1 head Purple Cabbage (Remove core and finely slice the red cabbage)
 1 White Onion (Peeled and thinly sliced)
 1 Apple (Peeled, cored and thinly sliced)
 1 inch Ginger (Grated root ginger. Mind your fingers.)
 100 milliliters Balsamic Vinegar
 1 milliliter Extra Virgin Olive Oil
 1 tsp Sea Salt & Black Pepper (Freshly ground is best)
 1 gram Rosemary (Fresh rosemary please, squished)

Directions

- 1 Mix all the ingredients together. Tumble into a heavy-based pot over medium heat. Simmer with the lid on for about 1 hour
- 2 Stir the pot every 5-10mins and add water or more vinegar if necessary, to prevent it drying out on the bottom of the pot.
- 3 You will know when its ready as the aroma is amazing and the ingredients have become tender.
- 4 Season to taste.
- 5 Serve straight away or once your creation has cooled down you can store it in the fridge ready for the big day, it is great reheated. I usually freeze half, it also freezes really well.
- 6 Red cabbage also goes well with orange, honey, pancetta, cinnamon, cloves and roast beef.



Sheet Pan Roasted Veggies

4 servings

30 minutes

Ingredients

308 grams Brussels Sprouts (halved or quartered)
182 grams Broccoli (cut into florets)
2 Carrot (peeled and sliced)
2 Yellow Onion (medium, cut into wedges)
30 milliliters Extra Virgin Olive Oil
1 gram Italian Seasoning
2 grams Garlic Powder
2 grams Sea Salt (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the vegetables to the baking sheet and drizzle with the oil. Season with Italian seasoning, garlic powder, and salt. Mix well to coat the vegetables evenly.
- 3 Bake for 25 to 30 minutes or until the vegetables are tender. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.



Celery Root & Parsnip Mash

4 servings

35 minutes

Ingredients

390 grams Celery Root (peeled, cubed)
3 Parsnip (peeled, chopped)
119 milliliters Vegetable Broth
15 milliliters Extra Virgin Olive Oil
5 grams Sea Salt
500 milligrams Dried Thyme

Directions

- 1 Add the celery root and parsnips to pot of salted water. Bring to a boil and cook the vegetables for about 15 minutes or until very tender. Drain the water and transfer the cooked vegetables back into the warm pot to rest for 5 minutes.
- 2 Add the cooked vegetables to a food processor along with the broth, olive oil, salt and thyme. Blend until smooth. Season with additional salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 3/4 cup of mash.

More Flavor: Add garlic powder, onion powder or black pepper.

Additional Toppings: Top with fresh thyme. Serve with butter.

No Broth: Use a dairy or non-dairy milk instead.