

EAT HEALTHY, EAT HAPPY

◆ DELICIOUS HEALTHY RECIPES FOR THE HOLIDAYS ◆



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Add some variety to your feast this Holiday Season and keep it Healthy at the same time!

At BetterHealthKare.com, our mission is to inspire people to live a healthy lifestyle by giving them access to powerful information related to their health and wellbeing. That's why we've created this collection of easy-to-follow recipes that are both flavorful and full of variety, but more importantly, good for you too! In addition to the recipes in this book, you can find plenty more on our website. We add new meal ideas each week that cover breakfast, lunch, dinner and everything in between – from appetizers and salads, to side dishes, main dishes, soups and stews, and desserts.

We have assembled this powerful collection of palate-pleasing sides, appetizers, and desserts made to enhance healthy eating by using quality, health-conscious ingredients. These recipes are perfect to add to your Holiday meals this season, each one is designed to maximize flavor by incorporating lean proteins, heart-healthy fats and balanced carbohydrates that bolster energy levels and minimize excess calories. Why cook the same old foods over and over every Holiday? Change things up this season and try some of these new healthy recipes. Your family and friends will thank you.

Have a safe and delicious Holiday!



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Sweet Potato Casserole

LOW CARB

Ingredients

*1 large butternut squash
2-3 tbsp. almond milk
Sweetener*

*Cinnamon
Salt and pepper
Curry powder*

1 cup mini marshmallows

Instructions

1. Preheat oven to 450F. Line a baking sheet with foil and set aside.
2. Cut butternut squash in half lengthwise and scoop out seeds and flesh. Place the two halves on the baking sheet cut side down on the prepared baking sheet and bake in the oven at 450F for 1 hour and 30 minutes, or until soft, golden, and completely cooked through. Reduce oven temperature to 375F.
3. Scoop the squash flesh into a large bowl. Mash in the almond milk one tablespoon at a time until you reach your desired consistency, and add sweetener, cinnamon, salt, pepper, and curry powder to taste. Transfer to a blender or use an immersion blender and puree until smooth.
4. Grease an 8 inch baking dish. Scoop the squash puree into the dish, top evenly with the mini marshmallows, and bake in the oven at 375F until cooked through and golden on top. Broil for a minute or until the marshmallows are beautifully browned.



Broccoli, Ham, and Mozzarella

BAKED WITH EGGS

Ingredients

4-6 cups very small broccoli flowerets, blanched about 2 minutes, then drained well.

1-2 cups diced ham (1/2 - 1 lb.)

1 cup low-fat grated Mozzarella

1/3 cup thinly sliced green onion (optional, but good)

8-10 eggs, well beaten

Spike Seasoning (or other all-purpose seasoning blend) to taste (about 1 tsp.)

fresh-ground black pepper, to taste

low-fat sour cream, for serving (optional)

Instructions

1. Heat oven to 375F. Spray a 9"x12" casserole dish with non-stick spray (The dish can be slightly smaller too, especially if you use the smaller amounts of ingredients).
2. Bring a medium-sized pot of water to a boil and cook the broccoli just 2 minutes; then pour into a colander placed in the sink and let it drain well. Dice the ham while the broccoli drains.
3. Layer broccoli, ham, Mozzarella, and green onions (if using) in casserole dish. Season with Spike Seasoning and fresh-ground black pepper and pour beaten egg over. Use a fork to "stir" the mixture just until all the ingredients are coated with egg (It might look like there is not enough egg, but it is).
4. Bake 35-45 minutes, or until all the mixture is set and the top is starting to lightly brown (If you use the higher amount of eggs, it will take the longer baking time, but start to check after about 30 minutes). Serve hot, with low-fat sour cream if desired. This can be kept in the fridge for at least a week and reheated in the microwave.



Bacon Egg Cups

Ingredients

12 slices bacon
8 eggs
1/2 cup shredded cheddar cheese
pinch of salt
1/4 tsp. black pepper

Instructions

1. Preheat oven to 350F.
2. Whip the eggs, salt, pepper, and cheese with a fork. Spray nonstick spray in 12 muffin tins. Wrap each piece of bacon inside the sides of each muffin cup.
3. Fill each bacon lined muffin cup 3/4 of the way with the egg mixture.
4. Bake for 30-35 minutes, until the egg cups are golden brown and don't jiggle. Use a knife to scoop them out of the tins. Serve immediately.



Cauliflower Mash

Ingredients

*1 head cauliflower broken into pieces
1 cup chopped Hearts of Palm
4 tbsp. Kerry Gold Butter or Ghee*

*1/4 cup chicken broth
1 tsp. sea salt
1/4 tsp. pepper*

Instructions

1. Wash the cauliflower, remove core and cut the stems into smaller pieces
2. Add to a microwave safe dish with 2 tablespoons of water for 6-10 minutes
3. Let rest in the microwave for 2-3 minutes
4. Drain the cauliflower when done, add in the remaining ingredients
4. Pulse using the immersion hand blender until you reach the desired consistency.

** OPTIONAL - top with extra butter*



Mediterranean Style Vegetables

Ingredients

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|---|---|
| 2 cups sliced zucchini | 2 cloves garlic, minced |
| 2 cups sliced red, yellow, or green sweet peppers | 1 tbsp. snipped fresh basil or oregano or 1 tsp., crushed |
| 2 cups broccoli flowerets | 1/4 tsp. pepper |
| 1/4 cup reduced-sodium chicken broth | 3 medium tomatoes, chopped |

Instructions

1. In a Dutch oven or large kettle combine zucchini, sweet peppers, broccoli, chicken broth, garlic, basil or oregano, and pepper. Bring to boiling; reduce heat.
2. Simmer, covered, for 6 to 8 minutes or until crisp-tender, stirring occasionally. Stir in tomatoes. Makes 6 to 8 side-dish servings.



Turkey Stuffing

LOW CARB

Ingredients

1/4 cup onion , chopped
8 oz. portabella mushrooms, sliced
3 stalks celery, chopped
1/4 cup butter or coconut oil
1/2 tsp. rosemary
1/2 tsp. poultry seasoning
1 cup chicken broth
1 tsp. Celtic sea salt
1/2 tsp. pepper
2 eggs, beaten
1 batch of Protein Bread (from above)

** OPTIONAL - sausage and drippings*

Instructions

1. Preheat the oven to 325F.
2. Sauté the celery, onion and mushrooms in butter and spices until tender and translucent.
3. Cut up the protein bread into small 1 centimeter cubes. Place the protein bread cubes in the pan with the vegetable mixture.
4. Add the broth and mix well (you can add more if desired). Season to taste with salt and pepper. Stir in the egg.
5. Bake, covered, in a greased 1 1/2 to 2 quart casserole for 35-40 minutes. Uncover and bake for 5-10 more minutes until golden brown on the top.



Cranberry Sauce

Ingredients

4 cups fresh cranberries, picked over & rinsed
2 cups Splenda sugar substitute
6 tbsp. water
6 tbsp. fresh orange juice
1/4 tsp. salt

*2 inches fresh ginger, peeled
& cut in 3 pieces*
1 orange
1 tsp. cinnamon
1/8 tsp. ground cloves
1/2 tsp. allspice

Instructions

1. Mix together in large pot, cranberries, sugar (Splenda), water & juice, salt, ginger pieces (not ground) and orange zest.
2. Bring to boil and cook about 10 minutes or until all berries have burst.
3. Remove from heat and allow to cool 1/2 hour.
4. Remove ginger pieces and add cinnamon, ground cloves, and all spice.
4. Blend thoroughly and allow it to cool completely.
4. Put in covered bowl and refrigerate until ready to use.



Cinnamon Roll Biscotti

LOW CARB AND GLUTEN-FREE

Ingredients

Filling/Topping:

2 tbsp. Swerve Sweetener or other
Erythritol
1 tsp. ground cinnamon

Glaze:

1/4 cup powdered Swerve Sweetener
or other powdered Erythritol
2 tbsp. heavy cream
1/2 tsp. vanilla

Biscotti:

2 cups almond flour
1/3 cup Swerve Sweetener or other Erythritol
1 tsp. baking powder
1/2 tsp. xanthan gum
1/4 tsp. salt
1/4 cup melted butter, plus 1 tbsp. for
brushing biscotti
1 large egg
1 tsp. vanilla extract

Instructions

1. For the filling, combine sweetener and cinnamon in a small bowl. Set aside.
2. Preheat oven to 325F and line a baking sheet with parchment paper.
3. In a large bowl, whisk together almond flour, sweetener, baking powder, xanthan gum, and salt. Stir in 1/4 cup butter, egg and vanilla extract until dough comes together.
4. Turn dough onto prepared baking sheet and divide in half. Form each half into a rectangle about 10 by 4 inches. Make sure both halves are similar in size and shape.
5. Sprinkle one half with about 2/3 of the cinnamon filling. Top with the other half of the dough and seal the seams and smooth the top.
6. Bake for 25 minutes or until lightly browned and just firm to the touch. Remove from oven and brush with remaining melted butter, then sprinkle with remaining cinnamon mixture. Let cool for 30 minutes and reduce the oven temperature to 250F.
7. Using a sharp knife, cut log into about 15 slices (a straight up and down motion works better than sawing back and forth).
8. Place slices back on the baking sheet cut-side down and bake for 15 minutes, then flip over and bake another 15 minutes. Turn off the oven and let sit inside until cool.
9. For the glaze, whisk powdered sweetener with cream and vanilla extract until smooth. Drizzle over cooled biscotti.



Eggnog

DAIRY FREE, REFINED-SUGAR FREE

Ingredients

8 Egg yolks

2 cans of full-fat Thai Kitchen coconut milk

3 cups unsweetened almond milk OR Tempt hemp milk

1/2 cup coconut sugar

1 tbsp. vanilla extract

1 tsp. cinnamon

2 tsp. ground nutmeg

1/8 tsp. allspice

Instructions

1. Blend egg yolks and 1 can of coconut milk. Pour into a mixing bowl and set aside.

2. Add the following ingredients to a medium/large sized pot and bring to a simmer:

3 cups unsweetened almond milk OR Tempt hemp milk

1 cans of full-fat Thai Kitchen coconut milk

1/2 cup coconut sugar, which is low glycemic index

1 tbsp. vanilla extract

2 tsp. cinnamon

1/2 tsp. ground nutmeg

1/8 tsp. allspice

3. Slowly ladle a little of the hot liquids into the egg yolk mixture, whisking constantly.

4. After you have whisked in about a cup of the hot liquids, transfer the yolk mixture to the pot.

5. Whisk while simmering for about three minutes.

6. Remove from heat and serve or refrigerate for later.



Classic Gingerbread Men

LOW CARB AND GLUTEN-FREE

Ingredients

Cookies:

4 cups almond flour
1 cup Swerve Sweetener
1/4 cup Coconut flour
2 tbsp. ground ginger
1 tbsp. ground cinnamon
2 tsp. baking powder
1 tsp. xanthan gum
1/2 tsp. salt
1/2 tsp. ground cloves
2 large eggs
1/4 cup coconut oil, melted
3 tbsp. molasses
1 tsp. vanilla extract

Royal Icing:

1/2 lb. powdered Swerve Sweetener
1 1/2 tbsp. meringue powder
1 1/2 tsp. arrowroot starch
1/4 cup lukewarm water (more if needed to thin out)

Instructions

1. For the cookies, preheat oven to 275F and line two baking sheets with parchment paper.
2. In a large bowl, whisk together almond flour, sweetener, coconut flour, ginger, cinnamon, baking powder, xanthan gum, salt and cloves.
3. Stir in eggs, coconut oil, molasses and vanilla extract until dough comes together.
4. Divide dough in half and turn out first half onto a large piece of parchment paper. Top with another piece of parchment and roll out about 1/4 inch thick.
5. Use cookie cutters to cut into desired shapes and gently loosen and lift with an offset spatula. Place onto prepared baking sheets.
6. Gather up scraps and reroll until too little is left to roll out. Repeat with second half of dough.
7. Bake for 20 minutes or until golden brown and firm to the touch. Remove and let cool for 5 minutes on pan, then transfer to a wire rack to cool completely.
8. For the royal icing, in a medium bowl, whisk together powdered sweetener, meringue powder and arrowroot starch.
9. Add water and stir until smooth. Add more water 1 teaspoon at a time until desired consistency is achieved.
10. Pipe icing onto cooled cookies and let sit 30 minutes or longer.

** For crisper cookies, bake at 225F for 50 to 60 minutes. Remove from oven and let cool. They will crisp up as they cool*



Coconut Sugar Salted Caramels

Ingredients

1 cup Organic Coconut Sugar
1/4 cup Organic Coconut Oil
1/8 cup Water
1/8 tsp. Sea Salt
1/2 tsp. Vanilla Extract

Instructions

1. Combine everything (except vanilla) in a small sauce pan and bring to a boil over medium heat, stirring occasionally.
2. Using a candy thermometer, continue simmering/stirring to 250F. Remove from heat and stir in the vanilla. Pour into a parchment paper lined small square/rectangle container and let cool.
3. While your caramels are firm yet flexible, use Kitchen Shears to cut into pieces (long sticks or individual bite squares) and wrap individually in wax or parchment paper.



Crustless Pumpkin Pie

LOW CARB

Ingredients

<i>1 cup low-fat cream cheese</i>	<i>1/8 tsp. salt</i>
<i>2 cups pumpkin puree</i>	<i>4 tbsp. whole wheat flour</i>
<i>1 cup low-fat Greek yogurt</i>	<i>4 large eggs, lightly beaten</i>
<i>sugar substitute equivalent to 3/4 cup sugar</i>	<i>1 tsp. vanilla extract</i>
<i>1 tsp. pumpkin spice</i>	

Instructions

1. Mix all ingredients in food processor.
2. Pour into 9-inch pie dish sprayed with nonstick spray. Bake in preheated oven at 350F for about 60-70 minutes or until toothpick inserted in the center comes out clean.
3. Cool pie in pan for about 2 hours before serving.



Peanut Butter Cookie Dough Truffles

LOW CARB AND GLUTEN-FREE

Ingredients

Filling:

5 tbsp. butter
1/4 cup peanut butter (preferably
natural)
1/4 cup granulated Erythritol
16 drops stevia extract
1/2 tsp. vanilla extract
3/4 cup peanut flour – 12% fat variety

Coating:

2 tbsp. butter
3.5 ounces 85% to 90% cacao chocolate

Instructions

1. For the filling, line a baking sheet with parchment paper. Place butter and peanut butter in a microwave-safe bowl, and melt together in the microwave, stirring occasionally. Stir in Erythritol, stevia and vanilla. Add peanut flour in three batches, stirring to combine well each time. Dough will get quite stiff towards the end.
2. Roll dough between palms into round balls. Place on baking sheet and freeze until very firm, about 1 hour.
3. For coating, melt butter and chocolate together in a small saucepan over low heat, stirring until smooth.
4. Using a toothpick, spear peanut butter balls one at a time and dip into chocolate. Tap lightly against the side of the pan to remove excess chocolate.
5. Place back on parchment-lined baking sheet Repeat with remaining balls and refrigerate until set, about 1 hour.