

*Happy & Healthy
Holiday wishes
from*



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Healthy Holiday Habits Recipes

A way to enjoy the Holidays feeling
healthy, glowing & energized

Breakfast

Green Glow Smoothie

3 flowers frozen broccoli
1 handful frozen young spinach 1/2 avocado (fresh or frozen)
1 handful fresh basil leaves
1/2 handful fresh mint leaves
1 apple (peeled and cored)
1 tablespoon hemp protein powder
1/2 tablespoon hemp oil/linseed oil or similar
1 tsp virgin cold-pressed coconut oil
1 tsp Fruits & Greens powder from Now Foods
50:50 water/coconut water & calcium-added almond milk/oat milk
or similar

How to:

Put everything into a high-speed blender and blend until smooth.

Gluten-free - Sugar-free - Yeast-free - Dairy-free - Vegan



Lunch

Butternut Squash Soup with Cashews & Cilantro

1 butternut squash, peeled and cored
4 medium sized carrots
1 tsp cumin powder
1 tsp cardamom powder
1 tsp curcuma powder (*can also be fresh*)
2 garlic cloves, pressed
1 thumb-sized fresh ginger, pressed
1 can coconut milk (approximately 10 ounces)
750 ml water
2 vegetable bouillons
Fresh pepper & salt to taste
Fresh cilantro/coriander
Cashews

How to:

Place the squash & carrot pieces into a heatproof dish and into the oven at 180 degrees C or 350 Fahrenheit for 30 minutes.

At medium heat, warm the spices in a bit of water and add the vegetables. Stir for a minute or so. Add the rest of the ingredients and let simmer for a couple of minutes. Use a magic wand to mash up the ingredients until smooth.

Scoop the soup into 2-3 bowls and top with fresh cilantro/coriander and some cashews.

The recipe is for two-three people.

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Snack

Warm Maple Almonds with Rosemary & Rose Pepper

400 grams almonds (soaked for 4 hours)

3 tbsp maple syrup

1 tbsp dried rosemary

1/2 tbsp rose peppercorns

1/2 tsp sea salt

How to:

Preheat the oven to 150 C or 300 Fahrenheit. Rinse the almonds and peel them. The peeling process is very easy if the almonds are organic and have been soaked. The peel snaps right off between your thumb and forefinger. If you do not have time to do the "soak & peel" routine then buy blanched (white) almonds. Crush the rose peppercorns (e.g. in a bag with a little force from a steak hammer). Mix everything together in a bowl. Put the mix onto a baking tray lined with parchment paper and bake for 15 minutes.

Gluten-free - Yeast-free - Dairy-free - Low in sugars - Vegan

Dinner

Warm Chicken & Fig Salad with Caramelized Pecans

35 grams (approximately 1/4 bag) rocket salad
35 grams (approximately 1/4 bag) young spinach leaves
1 cup fresh red cabbage, chopped small
1/2 red bell pepper, chopped small
1/2-1 avocado, cut into slices
1 spring onion, chopped small
1/2 cup pecans, dry-roasted
A bit of goat cheese, cut into small slices
2 pieces of chicken breast (preferably free-range)
2 tbsp balsamic cream
1/2 cup dried figs, cut the hard stem away and cut each fig into 4 pieces
Olive oil
Maple Syrup
Himalayan salt

How to:

Marinate the chicken in the balsamic cream for a couple of minutes, then put them onto a roasting tray and bake in the oven for 25 minutes at 180 C or 350 Fahrenheit. Alternatively, grill the chicken for about 3-4 minutes on each side.

Whilst the chicken is baking, prepare the rest of the salad. Cut the chicken into slices and place on top of the salad. Decorate with a bit of balsamic cream. To bring out the sweetness in the pecans you can drizzle them with a bit of olive oil and maple syrup and sprinkle them with a bit of Himalayan salt after you roast them.

The recipe is for two people.

Gluten-free - Yeast-free - Dairy-free - Low in sugars

Dessert

Banana & Coconut Ice Cream

1 cup frozen pieces of banana
1/3 - 1/2 cup organic coconut milk
1/2 tbsp coconut nectar or similar sweetener
7 drops stevia with english toffee
50 grams 70-80% dark chocolate (chopped) plus extra for garnish

How to:

Put everything into a glass bowl (Pyrex measuring bowl) or similar. Use a magic wand to mix everything (except the chocolate) thoroughly together. Alternatively, use a high-speed blender. Using a spoon, mix the chocolate carefully together with the ice cream so that it holds its shape.

Divide between 2-3 bowls, garnish with some dark chocolate and put into the freezer again for 30-60 minutes, then serve.

This one really substitutes heavy ice cream and can be enjoyed without any shred of bad conscience. Nourishing for the body and easy on the waistline.

Try and offer it to your kids. They won't notice a difference, at least my 3 year old and 7 year old didn't. My 5 year old even called this "The Party Ice Cream". I guess it doesn't get any better than that!

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Treat

Date & Spirulina Christmas Treats

- 1 cup walnuts (soaked for 4-6 hours or overnight)
- 1/2 cup pecans (soaked for 4-6 hours or overnight)
- 1/4 cup coconut nectar
- 1/4 cup yacon syrup (or maple syrup)
- 1 tsp vanilla essence
- 1/8 tsp Himalayan salt
- 2 tbsp sesame seeds
- 2 tbsp coconut flakes
- 3/4 tsp spirulina powder
- 3 Medjool dates
- 2 tbsp organic cacao powder
- 1 tbsp coconut oil

How to:

Put everything into a food processor and ground well. The dough should be moist but firm. Make small balls with a teaspoon, put them into a dehydrator for 24 hours (for raw, delicious delights) or set the oven to 150 C/300 Fahrenheit and bake for 30-40 minutes (depending on how crispy you want them to be on the outside, they stay tender & moist on the inside).

These are really yummy and healthy. Perfect for your Christmas baking!

The recipe makes 20 pieces.

My warmest regards,

