



# Healthy Recipe Collection for Christmas

ASTRA HEALTH & WELLNESS





# Welcome!

Welcome to our Healthy Recipe Collection for Christmas! The holidays are all about joy, celebration, and gathering around food that brings people together. We've put this collection together with care, so you can enjoy the festive flavors of the season while nourishing your body and feeling your best.

Inside, you'll find recipes that blend holiday traditions with wholesome, nourishing ingredients to suit a variety of dietary preferences. Each dish is designed to help you savor the season without sacrificing your health goals.

Let your kitchen come alive with the delicious scents of these festive creations, and let the warmth of the holidays fill your heart. Celebrate a Christmas that's both healthy and joyful with recipes made to inspire connection and wellness.

**Wishing you a season filled with good food, good health,  
and good cheer!**



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# Vegetable Platter with Cashew “Cheese” Dip

## Ingredients

- Assorted fresh vegetables (carrots, celery, cucumber, etc.)
- 1 cup soaked cashews
- 2 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1/4 tsp sea salt
- Juice of 1 lemon

## Method

1. Blend cashews, nutritional yeast, garlic, salt, and lemon juice with 1/4 cup water until smooth.
2. Adjust consistency with more water if needed.
3. Serve with vegetables.



# Spiced Almonds

## Ingredients

- 2 cups raw almonds
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp sea salt
- 1 tbsp melted coconut oil
- 1 tbsp monk fruit sweetener
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## Method

1. Preheat oven to 325°F. Line a baking sheet with parchment.
2. Toss almonds with coconut oil and spices.
3. Spread on the sheet and bake for 10-12 minutes, stirring halfway.



# Butternut Squash Soup

## Ingredients

- 1 medium butternut squash, cubed
- 1 cup unsweetened coconut milk
- 2 cups vegetable broth
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tbsp olive oil

## Method

1. Roast squash at 400°F for 20 minutes with olive oil.
2. Blend squash, coconut milk, and broth until smooth.
3. Heat soup on the stove, adding spices.



# Cinnamon Roll Protein Pancakes

## Ingredients

- 1 cup almond flour
- 2 eggs
- 1/4 cup unsweetened almond milk
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1 tbsp monk fruit sweetener
- 1 tsp vanilla extract
- Coconut oil for cooking

## Method

1. In a bowl, whisk almond flour, baking powder, cinnamon, and sweetener.
2. Add eggs, almond milk, and vanilla; mix into a smooth batter.
3. Heat a skillet with coconut oil over medium heat.
4. Pour batter to form pancakes. Cook 2-3 minutes per side.
5. Serve with a drizzle of sugar-free glaze (mix powdered monk fruit with almond milk).gredients first helps to make sure that none of the dry ingredients get stuck to the bottom of the blender).



# Cranberry Orange Muffins

## Ingredients

- 1 1/2 cups almond flour
- 1/4 cup coconut flour
- 1/2 tsp baking soda
- Zest of 1 orange
- 1/2 cup fresh cranberries
- 2 eggs
- 1/4 cup coconut oil, melted
- 1/3 cup monk fruit sweetener
- 1 tsp vanilla extract

## Method

1. Preheat oven to 350°F. Grease a muffin tin or use liners.
2. Mix dry ingredients in a bowl.
3. Whisk eggs, oil, sweetener, and vanilla. Combine with dry ingredients.
4. Fold in cranberries.
5. Fill muffin tins and bake for 18-20 minutes.



# Non-alcoholic Eggnog

## Ingredients

- 2 cups (480ml) unsweetened almond milk
- 3 egg yolks
- ¼ cup (60g) raw honey
- ½ tsp ground nutmeg, plus more for topping
- ½ tsp ground cinnamon, plus more for topping
- ½ tsp whole cloves
- ½ tsp pure vanilla extract

## Method

1. In a kitchen blender, add the unsweetened almond milk, egg yolks, raw honey, ground nutmeg, and ground cinnamon, and then blend for a minute or so until smooth.
2. Pour the mixture into a saucepan or deep pot, add the whole cloves, and heat over medium heat.
3. Cook the eggnog for about 10-15 minutes until it starts to thicken and slowly cook the eggs. It will be frothy at first.
4. We want the mixture to get hot, but not simmer or boil. If it gets close to boiling, you can whisk vigorously and temporarily remove it from the heat.
5. Once the eggnog has thickened, turn off the heat, and stir in the vanilla extract.
6. Strain the mixture using a fine mesh strainer to remove the cloves, then pour into an airtight container and place in the fridge to chill for 6-8 hours, or overnight.
7. When ready to serve, we love to sprinkle with a little nutmeg and cinnamon.



# Pumpkin Spice Chia Pudding

## Ingredients

- 1/2 cup chia seeds
- 2 cups unsweetened almond milk
- 1/2 cup pumpkin puree
- 1 tsp pumpkin spice
- 1 tbsp monk fruit sweetener

## Method

1. Combine all ingredients in a jar or bowl; stir well.
2. Cover and refrigerate for at least 4 hours or overnight.
3. Stir again before serving; garnish with a pinch of cinnamon.



# Herb-Crusted Turkey Breast

## Ingredients

- 1 turkey breast
- 1/2 cup almond flour
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1 tbs olive oil
- 2 1/4 cups almond flour
- 1/4 cup coconut flour
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1 tsp vanilla extract

## Method

1. Preheat oven to 375°F.
2. Mix almond flour and herbs.
3. Brush turkey with oil, coat with herb mix.
4. Bake for 25-30 minutes.



# Sweet Potato Casserole

## Ingredients

For the base:

- 2 large sweet potatoes, peeled and cubed
- 1/4 cup coconut milk
- 1 tsp cinnamon
- 1 tbsp monk fruit sweetener

For the topping:

- 1/4 cup chopped pecans
- 1 tbsp almond flour
- 1 tbsp coconut oil, melted

## Method

1. Boil sweet potatoes until tender.
2. Drain and mash with coconut milk, cinnamon, and sweetener.
3. Spread mash in a baking dish.
4. Mix pecans, almond flour, and coconut oil; sprinkle on top.
5. Bake at 350°F for 15-20 minutes.



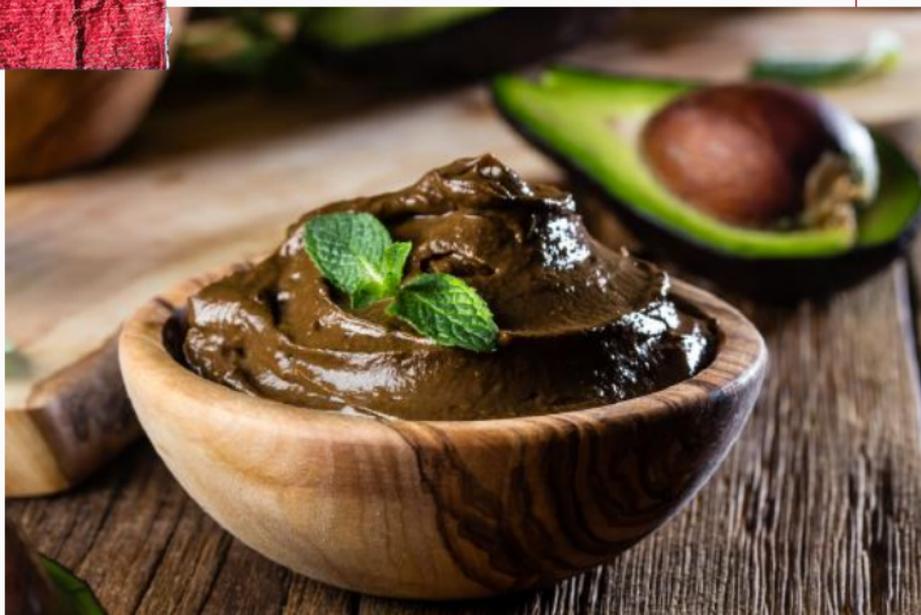
# Chocolate Avocado Mousse

## Ingredients

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup almond milk
- 1/4 cup monk fruit sweetener
- 1 tsp vanilla extract

## Method

1. Blend all ingredients until smooth.
2. Refrigerate for 1 hour before serving.



# Almond Butter Christmas Cookies

## Ingredients

- 1 cup (240g) natural almond butter
- ½ cup (100g) light brown sugar
- 1 large egg
- Optional decorations: thick white icing & Christmas sprinkles

## Method

1. Preheat the oven to 375°F.
2. Add the peanut butter, light brown sugar, and egg to a large mixing bowl and stir until you have a smooth, combined mixture.
3. Scoop up a tablespoon of the mixture at a time and place on a lined baking tray. Repeat for the remaining mixture, making sure to leave enough of a gap between each ball of cookie mixture to allow for spreading in the oven.
4. Bake for 8-10 minutes until golden brown.
5. Leave cookies to cool for 5-10 minutes and then dollop on a generous amount of thick white icing to the top half of each one, like the icing on a Christmas pudding. Add 2 little holly leaf sprinkles and a red berry sprinkle to complete (or draw on with icing pens if you have these). Serve immediately or keep for up to 3 days in an airtight container.



# White Chocolate Protein Snowballs

## Ingredients

- 3oz (85g) protein spread (white chocolate) or cashew butter
- 3oz (85g) Whey Protein (vanilla-flavored)
- 1 Tbsp almond flour
- Desiccated coconut

## Method

1. Place all of the ingredients except the desiccated coconut into a bowl and mix until combined.
2. Take about 1 tablespoon of the mixture at a time and roll it into balls with your hands.
3. Roll each ball around a bowl of desiccated coconut, until it's fully coated.
4. Enjoy straight away or keep in the fridge for a festive post-workout treat.



# Chocolate Orange Energy Balls

## Ingredients

- 1 cup (150g) hazelnuts
- ¼ cup (130g) soft, pitted dates
- 2 tbsp. cocoa powder
- 1 scoop whey protein (chocolate-flavored)
- 1 pinch salt
- 1 tbsp. honey
- ½ orange (zested)
- 1 squeeze fresh orange juice
- 1 chocolate orange

## Method

1. Preheat oven to 350°F.
2. Transfer hazelnuts to a lined baking tray and bake them for 10 minutes, until toasted (this step is optional).
3. Add the hazelnuts to a food processor and blitz until the nuts are crumbled. Don't blend too long, or the mixture will turn into nut butter.
4. Once blended, add dates, cocoa powder, whey protein, salt, honey, orange zest, orange juice, and blitz again. Add water splashes until you are left with a thoroughly combined, sticky mixture.
5. Divide the mixture into 12 evenly-sized balls (roughly 25g per ball). Cover and chill the energy balls for 15-20 minutes until firm.
6. Meanwhile, melt your chocolate orange in 30-second intervals in the microwave, stirring after each interval. Take your energy balls out of the fridge once chilled, and use a skewer or toothpick to then dip each one in melted chocolate orange until completely covered.
7. Transfer to a plate and chill until set (around half an hour). Enjoy immediately or keep in the fridge for up to 3-4 days.



## 3-Ingredient Christmas Fudge

### Ingredients

- 6oz (170g) Protein Spread (Milk Chocolate)
- 6oz (170g) Natural Peanut Butter
- 1 squirt Flavdrops (Toffee)

### Method

1. Add all of the ingredients to a saucepan and heat gently to gradually melt. Stir constantly to combine everything together until you have a smooth, lump-free mixture.
2. Pour into a lined baking dish or freezer-safe container and then freeze for at least 2 hours.
3. Cut up into 12 even bite-sized pieces and serve immediately with some extra Christmas sprinkles if you're feeling fancy. Keep any remaining pieces in the fridge or freezer for later so they don't melt.





# Merry Christmas

*All good things are yet to  
come. It is time to celebrate,  
value, and be grateful for  
everything we have.*

*Happy Holidays!*

*With love,  
Maranda Carile*



**MERRY  
CHRISTMAS**  
AND HAPPY NEW YEAR

