

NOURISHED MEMBERSHIP

Holiday Resources



Do the holidays feel tricky or stress-inducing?

START HERE:

1. **First Off, Ask Yourself: What is my intention?** Write it down, have clarity on what matters to YOU (and no one else over the holidays)
2. **Create a game plan:** Are there certain events more than others that could bring emotional stress, dietary stress, or the pressure to drink? Write it down and get familiar with welcoming these in as opportunities
3. **VISUALIZE:** What if it could all go well? With some prep and planning it is possible that you can have your cake (maybe it's gluten free hehe) AND eat it too! Meditate or simply when you're lying in bed at night – visualize the upcoming event, what are you wearing, what are you eating, who's there, what does it look/smell/FEEL like. What would it feel like to experience it going well?

Some other tricky conversation tips:

What to say to friends/fam when you may be eating differently than them:

When you're going to a party -> Hey (name), I wanted to check in and see what I can bring to your party! I am eating a specific way (or mention gluten free/dairy free etc) that has felt SO good in my body; it has been a true game changer for my health. Since I want to continue to feel my best throughout the holidays I plan to continue eating this way..

When you're celebrating with ppl in your home/at a restaurant/etc -> Hey (name) since we're close friends/fam I wanted to share with you that I've been choosing to eat (a certain way) and I've been LOVING it. I just feel so good! I know I deserve to continue to feel good, would you be willing to support me in that by...(can mention that you just need their emotional support or maybe you mention a recipe that they can bring to your home that would align with your diet plans)

Pro tip: Keep the convo positive/light and keep it about how what YOU'RE doing makes YOU feel. They cannot question you on your feelings! AND, plan to have another convo to divert to if things are feeling too personal and you want to keep the convo light.

But What Should I Bring?

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My go-to (as a GF lady with Celiac) is to bring something of my own to share! Since you all have access to my cookbook, here's some of my go-to crowd pleasers:

Apps:

- Cinnamon Spice Roasted Nuts pg 65
- Creamy Greens & Artichoke Dip (A df/gf take on spinach-artichoke dip) pg 66
- Mediterranean 7 Layer Dip pg 68 -> *this is great when you're worried you won't be able to eat a lot of apps/snacks as it is filling!!*
- Sweet Potato Turmeric Hummus
- Tahini Harissa Cauliflower pg 70

Side Dishes:

- Winter Greens Salad (see recipes section below)
- Cauliflower mash pg 122
- Pumpkin DF Mac and Cheese (below)
- Low Sugar Cranberry Sauce
- GF Green Bean Casserole

Desserts:

- Paleo Pumpkin Pie Bars (below)
- Easy Peasy Peanut Butter Cookies (below)
- Classic Apple Crisp (below)
- GF DF Pumpkin Pie
- Tahini Chocolate Chip Blondies pg 164
- [Strawberry Coconut Cookie Dough Bites](#) (shared by a member!)

Health Gadgets I Recommend/Love:

- [Frownies](#)
- [Sauna Blanket](#)
- Red Light Therapy Devices
 - [Therapeutic Red light Bulb](#)
 - [Reading Lamp](#)
 - [Demi Panel](#)
- [Oura ring](#)
- [Green Pan Kitchenware](#)
- [Apollo Neuro Wearable](#)

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- [Intellipure Compact Air Filter](#)
- [Aquasana Water Filter](#)

PS: I've said it before and I'll say it again, *NEVER* fast in anticipation of a big holiday meal. Eat breakfast, regulate your cortisol and blood sugar and honor your body with a meal at the event later. Eating in normal increments throughout the day will help you more in the end!



GF/DF Holiday Recipes:

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Winter Greens Salad

Ingredients for salad:

- 1 container of organic mixed greens
- 1/2 cup pomegranate seeds
- 1 medium delicata squash
- 1/2 cup walnuts
- 1-2 T avocado oil

Ingredients for the dressing:

- 1 clove minced garlic
- 1 T dijon mustard
- 2tsp raw honey
- 1/4 cup raw apple cider vinegar (I use Braggs for probiotic benefit)
- 1/3 cup extra virgin olive oil
- squeeze of half a lemon
- sea salt and pepper to taste



Preparation:

1. Preheat oven to 400
2. Thoroughly wash the outside of the squash and cut off each end; cut in half lengthwise and scoop out seeds (you can save these for roasting to reduce food waste!)
3. Cut the squash halves into roughly 1/2 inch slices and spread onto a baking sheet-toss with avocado oil and a smidge of salt/pepper
4. Roast squash in the oven for about 15 minutes and then flip each half moon over; bake for another 10 minutes or until golden around the edges and soft on the inside
5. *Optional but recommended:* Toast walnuts by pouring into a large shallow pan and cooking on low/medium heat until fragrant; this happens quickly so make sure to keep an eye on it (can also do

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this in the oven at 350 for ~5-7 min)

6. Combine all dressing ingredients in a mason jar and shake to combine

7. Add greens to a large bowl and toss in the dressing; top with delicata squash, pomegranate seeds and toasted walnuts; serve immediately!

Pumpkin Mac and Cheese

Ingredients:

- 2 cups of organic canned pumpkin puree
- 3 cloves of garlic (2 cloves roasted, 1 raw)
- 2 T tapioca flour/starch
- ~1 cup unsweetened almond or coconut milk (may need a bit more)
- 2 T dried chopped sage
- 4-5 T nutritional yeast
- ¼ tsp red pepper flakes (optional)
- ½ tsp sea salt
- 4 T vegan parmesan cheese + additional for sprinkling
 - ¾ cup raw cashews
 - 3 T nutritional yeast
 - ¾ tsp sea salt
 - Dash of garlic powder
- ~8 oz gluten free pasta (recommended Bionaturae, or I love this fresh local MA brand: Valicenti)
- ½ large or 1 small head cauliflower or broccoli-washed/ chopped
- Gluten free breadcrumbs



Preparation:

1. Preheat oven to 350

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2. Place garlic cloves (keep skin on) on a baking sheet in the oven and roast until golden/softened (~15-20 minutes); peel cloves and set aside
3. While cloves are roasting:
 - a. Bring a large pot of water to a boil, add chopped cauliflower/broccoli and simmer on medium heat ~4-5 minutes (just slightly tender but not very soft)
 - b. Remove veggies with a slotted spoon and keep pot of water on the stove for the pasta; set veggies aside to dry well
 - c. Assemble the vegan parmesan cheese: Add all vegan parmesan cheese ingredients to a food processor or high speed blender until a fine meal is formed (will last for several weeks in the fridge)
4. To make the sauce: add pumpkin, roasted garlic + 1 small clove of raw garlic, tapioca starch, almond milk, sea salt, spices, nutritional yeast, vegan parm and red pepper flakes to a high speed blender (start with less milk and then add as needed)
5. Blend on high until creamy and smooth. Then taste and adjust flavor as needed. Add more salt/spices/nut. yeast as needed.
6. To heat/thicken the sauce, pour into a rimmed skillet and heat over medium-low heat, whisking frequently until sauce is hot and slightly thickened - 3-5 minutes. If it gets too thick, thin with a bit more dairy-free milk.
7. While sauce is warming, cook pasta:
 - a. Re-boil water used for cooking veggies and cook pasta according to box instructions-do not overcook! Once pasta is cooked, drain and place back into large empty pot with the veggies
8. Pour warm sauce over veggies/pasta and toss to combine. Serve as is or sprinkle with 2 Tbsp vegan parmesan cheese and about $\frac{1}{3}$ - $\frac{1}{2}$ cup gluten free breadcrumbs and broil on medium for 1-3 minutes, watching very carefully until just browned.
9. Enjoy hot; cool leftovers and store in the refrigerator up to 3-4 days.

Paleo Pumpkin Pie Bars

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Makes 9 servings

Ingredients:

For the crust:

- 1/4 cup coconut oil-melted
- 1/4 cup coconut sugar
- 1 egg, at room temperature
- 1 tsp vanilla extract
- 1 cup packed fine almond flour
(must be flour vs. almond meal)
- 2 T coconut flour
- 1/4 tsp each of baking soda and salt

For the pumpkin filling:

- 1 can of organic pumpkin puree
(I like Farmer's market brand)
- 2 eggs
- 1/4 cup unsweetened almond milk
- 1/4 cup pure maple syrup
- 1 T coconut sugar
- 1 teaspoon vanilla
- 1 tablespoon pumpkin pie spice

Preparation:

- Preheat oven to 350 degrees; line an 8x8 baking pan with parchment paper
- Whisk coconut oil, sugar, egg, vanilla extract until well combined, add in almond flour, coconut flour, baking soda and salt until a dough forms
- Allow dough to sit for 5 minutes and then press into lined baking pan (will be sticky and somewhat thin-it will thicken through baking)
- Bake for 9 minutes and set aside to cook for 3-4 minutes
- While crust is baking, combine in a large bowl: pumpkin puree,



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eggs, almond milk, maple syrup, coconut sugar, vanilla and pumpkin pie spice

- Pour mixture over the crust
- Bake for 50-60 minutes until set and the filling is firm
- Allow to cool completely and then refrigerate for at least 6-8 hours before cutting
- Cut into 12 bars and serve

Tip: Would pair nicely with coconut whipped cream!

Easy Peasy PB Cookies

What You Need:

- 1 large egg
- 1/3 cup coconut sugar
- 1 tsp baking soda
- 1 cup natural peanut butter
- 1/2 tsp vanilla extract
- 1/3 cup chocolate chips



How You Do It:

1. Preheat oven to 350
2. Beat all together in a large bowl, add the peanut butter last and fold in the chocolate chips
3. Drop by spoonfuls onto a lined cookie sheet, flatten slightly
4. Bake 10 minutes and enjoy!

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Classic Apple crisp

Makes ~ 9 servings

What You Need:

- ½ cup certified gluten free oats (rec. One Degree)
- 3 T unsweetened almond or coconut milk
- 6 large apples (I like to use a mix)
- ½ cup gluten free baking/pancake mix
(I recommend Birch Benders gluten free or paleo mixes)
- 1/3 cup coconut sugar
- 1.5 tsp cinnamon
- ½ tsp nutmeg
- 3-4 T cold butter
- 1 T lemon juice
- Optional: 1/3 cup chopped pecans or walnuts



How You Do It:

1. Preheat oven to 350, grease an 8x8 glass baking dish with coconut oil
2. In a large bowl: soak oats in almond milk for ~10 minutes to soften
3. Wash and thinly slice apples (you can peel but I like to leave some of the skins on for texture)
4. Toss apples in lemon juice and a sprinkle each of cinnamon and nutmeg; pour into baking dish (can optionally toss in 1-2T raw maple if you like a sweeter crisp)
5. Add pancake mix, coconut sugar, 2 tsp cinnamon to oatmeal mixture
6. Add chunks of cold butter to the batter and mix crumbles until combined (you may need to use your hands here)
7. Top apples with crumble and sprinkle with nuts
8. Bake 30-40 minutes or until bubbling around the edges

Serve with vanilla ice cream!