

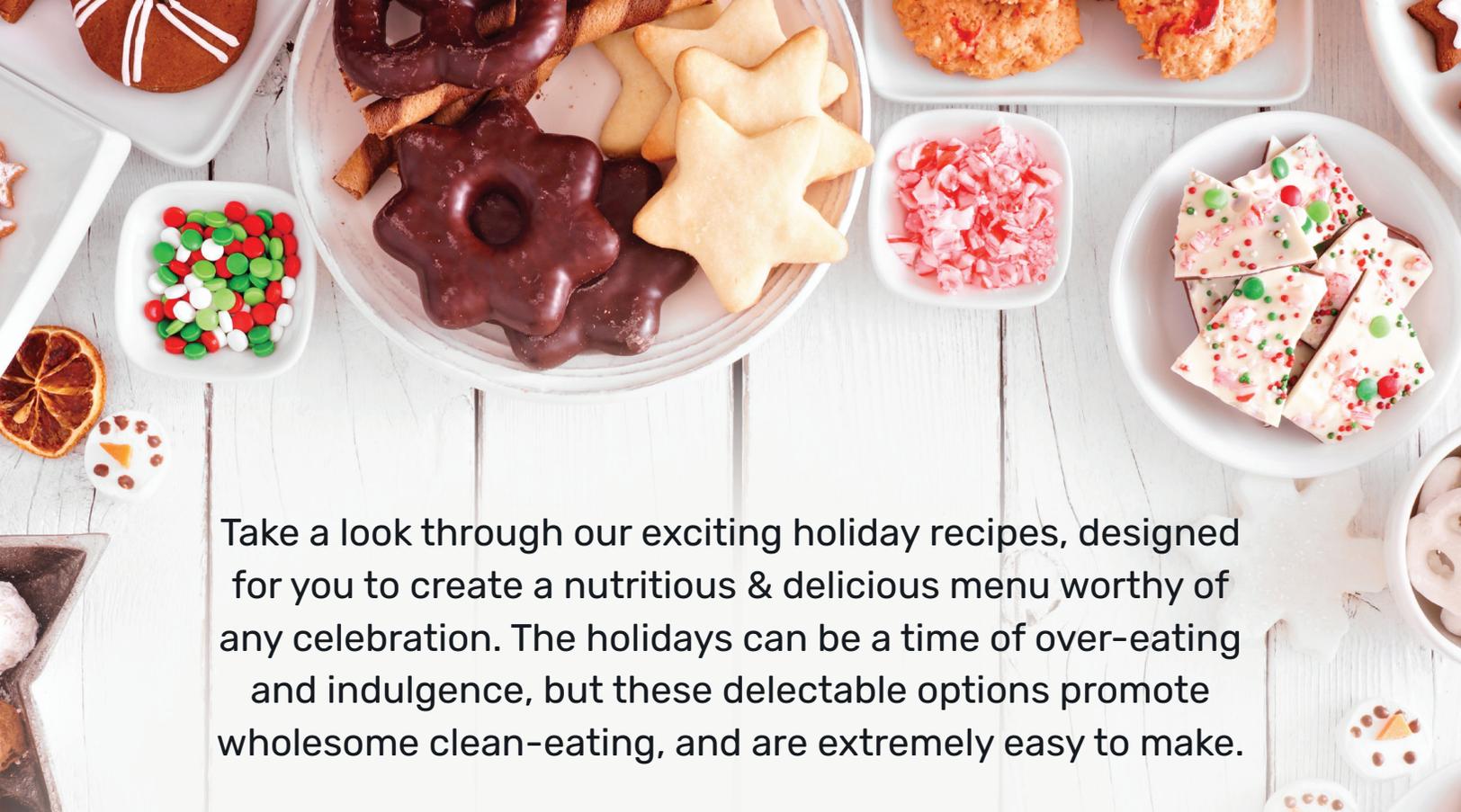


# Healthy for the Holidays



## 11 Plant-Based Recipes

for your festive feast, curated exclusively for you by **Lucia Sastre**, our resident YouFit Culinary Expert & Digital Marketing Director.



Take a look through our exciting holiday recipes, designed for you to create a nutritious & delicious menu worthy of any celebration. The holidays can be a time of over-eating and indulgence, but these delectable options promote wholesome clean-eating, and are extremely easy to make.

Regardless what occasion you may be celebrating this holiday season, maintaining a healthy lifestyle can be challenging with all the eating-centric gatherings scattered across the common months. Meals focused around celebrations should always be an expression of love, and your guests will love these clean-eating approved dishes & desserts.

Lucia's lists of festive feasts are designed to suit every taste, and will guarantee your guests wanting more. Take a glance through our healthy recipe guide to make cooking and baking fun, and get your holiday planning off to an early start to beat the grocery rush. YouFit gives you the tools you need to promote a healthy lifestyle, and have a great time while doing it.

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# Chocolate Coffee Cake

- 🕒 Ready in 20 Minutes
- 👤 Serves 8-10

*A twist to the classic coffee cake. Just add melted chocolate & coconut sugar for a decadent plant-based dessert the whole family will love.*

## Ingredients

- 1 ½ cup whole wheat flour
- ¾ tsp baking soda
- 1 cup almond milk
- 2 tsp powdered instant coffee
- 2/3 cup coconut sugar
- 1 tsp vanilla powder
- 1 tsp lemon juice
- 2 tbs grape seed oil, pinch of salt
- ½ cup chocolate chips
- ½ tsp coconut oil

## Directions

1. Preheat oven to 350 degrees.
2. Butter 9x13 can pan with 2" high side
3. Combine all dry ingredients and wet ingredients separately
4. Add the wet ingredients to the dry ingredients and mix
5. Pour butter into a pan and sprinkle with coconut sugar
6. Bake for 25 minutes
7. Combine the coconut oil and chocolate in low heat until melted
8. Garnish with melted chocolate



# Festive Cake Doughnuts

🕒 Ready in 25 Minutes

👤 Serves 8

Vegan Friendly / Contains Nuts

*These cake doughnuts will take you back to your best childhood memories. They are perfect to make, and to enjoy with loved ones. Go ahead, give them a try!*



## Ingredients

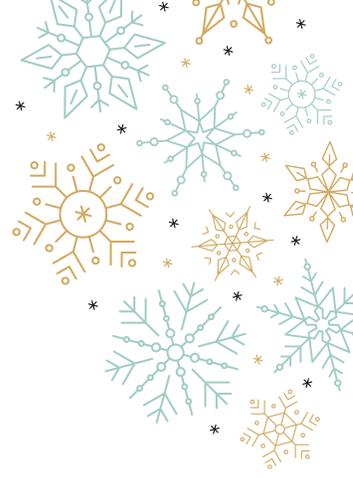
- 1 ¾ cup whole wheat flour
- ¾ cup coconut sugar
- 1 tsp baking soda
- ¼ tsp salt
- 1 tsp vanilla powder or extract
- 1 tsp apple cider vinegar
- ¼ cup olive oil (or any veggie oil)
- 1 cup almond milk
- ¼ cup cocoa powder
- ¼ cup chocolate chips
- 1 tbsp flax powder + 3 tbsp warm water

## Frosting & Garnish

- Melted Chocolate
- Peanut Butter
- Cacao Nibs
- Walnuts

## Directions

1. Preheat oven to 350 degrees.
2. Mix the flax powder with the water, and set aside for 10 minutes
3. Mix all the dry ingredients in a bowl
4. Mix all the wet ingredients in another bowl
5. Add the flax mixture to the wet ingredients
6. Whisk in the wet ingredients into the dry ingredients
7. Pour batter in a mold of choice and bake for 30 minutes
8. Remove from the oven, let cool and garnish with toppings of choice!



# Snickerdoodle Cookies

- 🕒 Ready in 20 Minutes
- 👤 Serves 6-8

*Soft buttery cookies without the fact and fake ingredients, these treats are perfect for kids during any Holiday occasion, and pretty much always.*



## Ingredients

- 1/3 cup room temp vegan butter
- 1 1/3 cups all-purpose flour
- ¼ tsp salt
- ½ cup coconut sugar
- 1 tsp cinnamon powder
- 1 tsp baking powder
- 1 tbsp non-dairy milk
- ½ tsp apple cider vinegar
- ¼ cup vegan white chocolate chips (optional)
- 1 tsp vanilla extract or powder

## Directions

1. Preheat the oven to 350 degrees.
2. Prepare a pan with a cookie sheet.
3. Cream the butter, sugar, vanilla and cinnamon.
4. Pour all the dry ingredients in a separate bowl and add them slowly to the cream mixture from above.
5. Add in the milk and vinegar.
6. Mix in the white chocolate chips.
7. Place batter in the fridge for 30 mins.
8. Mold your cookies and bake for 15 minutes.
9. If you want the cookies more doughy, bake for 12 minutes.



# Spiced Orange Cake

- 🕒 Ready in 25 Minutes
- 👤 Serves 6-8

*Soft buttery cookies without the fact and fake ingredients, these treats are perfect for kids during any Holiday occasion, and pretty much always.*



## Ingredients

- 2 ½ cup of all-purpose flour (sifted)
- 1 ½ cup sugar
- 1 ½ tsp baking soda
- ¾ tsp. Salt
- 1 cup orange juice (freshly squeezed)
- ½ cup non-dairy milk
- ½ cup oil (any oil)
- 1 tbsp white vinegar
- 1 tbsp vanilla extract
- 4 tbsp of orange zest
- ¼ cup chocolate chips
- 2 tbsp coconut oil

## Directions

1. Preheat the oven to 350 degrees.
2. Butter a pan and set aside.
3. Combine all dry ingredients and all wet separately and then mix. Don't over-mix.
4. Pour batter into cake pan and bake for 25 to 30 minutes.
5. Melt the chocolate chips and coconut oil in low heat and garnish your cake once it has cooled



# Everyday Banana Bread

- 🕒 Ready in 25 Minutes
- 👤 Serves 6-8

*This is not your typical banana bread. Its chocolatey, moist, and full of super foods. This bread makes the perfect afternoon snack or breakfast option.*



## Ingredients

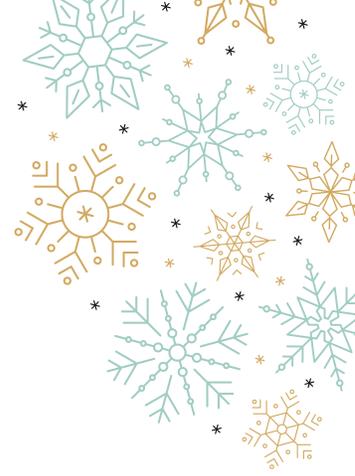
- 2 ripe bananas
- ½ tbsp cinnamon
- 1 tbsp vanilla extract
- 3 tbsp coconut oil (melted)
- 1 cup coconut sugar
- 1 ½ cup whole wheat flour
- ½ tbsp baking powder
- ½ cup boiled water
- 1/3 cup chocolate chips

## Toppings

- Sunflower Seeds
- Chia Seeds
- Chocolate Chips
- Cranberries
- Walnuts

## Directions

1. Preheat the oven to 350 degrees.
2. Butter a pan.
3. Mash the bananas until a paste forms.
4. Add cinnamon, vanilla, sugar, coconut oil and mix well.
5. Slowly add the flour and baking powder as you mix.
6. Add the chocolate chips. Be careful not to over mix.
7. Finally once the batter is ready add the boiling water, this is the secret ingredient. The heat in the water makes the batter come together with a smooth and moist consistency.
8. Add the final batter to a pan and drizzle of with your choice of toppings. I suggest sunflower seeds to give a sweet & salty flavor.





# Pumpkin Cashew Cupcakes

- 🕒 Ready in 30 Minutes
- 👤 Serves 6-8

*These decadent pumpkin cashew cupcakes are all you need for a sweet afternoon spent with fiends and family. Perfectly rich & velvety frosting packed with antioxidants, good fats, and vitamins. Leave old unhealthy traditions behind, and get onboard with these delicious holiday cupcakes.*



## Ingredients

- 1 ¼ all-purpose flour
- 1 tsp apple cider vinegar
- 1 tsp baking soda
- 1 tsp baking powder
- ¼ tsp salt
- ¼ cup pumpkin puree (unsweetened)
- ½ cup coconut sugar
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ginger powder
- ¼ cup grape-seed oil (or any veggie oil)
- 1 tbsp vanilla extract or powder
- 1/3 cup almond milk

## Frosting & Garnish

- 1 cup raw cashews
- 2 cups boiling water
- ½ tsp lemon guide
- 1 tsp vanilla extract or powder
- 3 tbsp almond milk

## Directions

1. Preheat the oven to 350 degrees.
2. Butter a cupcakes pan or line them with a cookie sheet.
3. Sift the flour and combine all the dry ingredients. Mix.
4. Combine all the wet ingredients and mix. Pour the wet ingredients into the dry ingredients. Don't over mix.
5. Pour batter into cupcake pan and bake for 20 to 25 minutes. Let cool before garnishing.
6. For the frosting, combine the cashews and the boiling water and let sit for 10 minutes. Drain the cashews and add them to the food processor or blender with the rest of the ingredients.
7. If you notice that the frosting is too thick, add more almond milk. The consistency should not be runny.

Garnish your cupcakes with coffee powder or camping seeds.



# Traditional Cinnamon Rolls

- 🕒 Ready in 30 Minutes
- 👤 Serves 6-8

*It's not truly the holidays without some tasty cinnamon rolls. From beginning to end, this recipe is easy, delicious, and bound to satisfy everyone in the family.*



## Ingredients

6 tbs melted vegan butter  
2 cups whole wheat flour  
1 packed of instant dried yeast  
1 tbs and ½ cup coconut sugar  
¼ tsp salt  
3 tsp cinnamon  
1 cup almond milk

## Glaze

1 can refrigerated coconut milk  
2 tbs agave or maple

## Directions

1. Preheat the oven to 350 degrees. Line a pan with a cookie sheet.
2. Microwave the almond milk with 3 tbs butter for 1 minute. Let it cool down until it feels warm (like bath water). If the mixture is too hot it will kill the yeast and if it's too cold, it won't let it activate.
3. Sprinkle the yeast, 1 tsp. sugar and salt to the mixture. Cover for 10 minutes.
4. Place mixture in a larger bowl and add in ½ cup flour and mix.
5. Keep adding flour and mixing (do not add flour all at once). Don't over mix. Knead for about a minute and let it rise for an hour.
6. Flatten out the dough and add the cinnamon, melted butter and the rest of the sugar. Form into rolls and add to baking sheet. Bake for 20 minutes. For the glaze, add the milk and agave to the food processor and mix for about 1 minute. Pour on top of the rolls and enjoy!





# Raw Almond Chocolate Dates

- 🕒 Ready in 10 Minutes
- 👤 Serves 8-10

*No oven, no problem! Not all delicious desserts require baking. These almond chocolate dates are fully raw and perfect for finger food. Kids and adults both love them, and guess what? They are super healthy!*

## Ingredients

- 10 pitted dates
- 1 cup almond butter
- ½ cup chocolate chips
- 1 tsp coconut oil
- ¼ cup walnuts

## Directions

1. Cut dates through the middle leaving a gap.
2. Stuff dates with almond butter and let sit.
3. Add the chocolate chips and coconut oil to a pot in low heat, and stir until fully melted.
4. Sprinkle the melted chocolate on the dates, and garnish with walnuts.
5. Let sit in the fridge for 1 hour before enjoying.



# Raw Chocolate Bars

- 🕒 Ready in 45 Minutes
- 👤 Serves 4-6

*Sometimes less is more, and these raw chocolate bars are no exception. Go back to the basics with a delicious chocolate treat, that is sure to impress all of your holiday guests.*

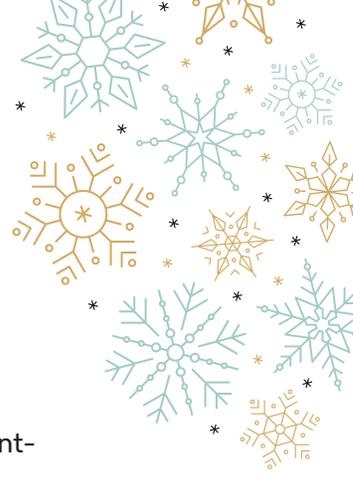


## Ingredients

- 1 cup organic dark chocolate
- 1 tsp coconut oil
- 1 cup cacao butter
- 1 tbsp chia seeds
- ¼ tsp salt
- 1 tbsp granola
- 1 tbsp lucuma powder or any plant-based powder of choice

## Directions

1. Melt ½ tsp. coconut oil with 1 cup of cacao butter.
2. Add the chia seeds and pour in a mold of choice.
3. Freeze or refrigerate for 1 hour.
4. Melt ½ tsp. coconut oil with the dark chocolate and the lucuma powder.
5. Remove the mold from the refrigerator and pour a second layer with the dark chocolate mixture.
6. Sprinkle some of the granola. Refrigerate for 1 to 2 hours or until hardened.
7. Let sit for 3 minutes before serving.



# Simple Chocolate Brownie

- 🕒 Ready in 45 Minutes
- 👤 Serves 6-8

*Everyone has their own opinions on what makes the perfect brownie, but these plant-based morsels are guaranteed to be a crowd pleaser. These perfectly balanced brownies will leave your sweet tooth satisfied, and have your guests asking for the recipe!*

## Ingredients

- 1 cup flour
- 1 cup cocoa powder (unsweetened)
- 4 tbsp flax seed powder + 2 tbsp water
- ½ cup water
- 2/3 cup vegan butter (melted)
- 1 cup brown sugar lightly packed
- 1 cup coconut sugar or regular granulated sugar
- ½ cup chocolate chips
- 1 tbsp. vanilla extract

## Directions

1. Preheat the oven to 350 degrees.
2. Butter a brownie pan.
3. Soak the flax seed powder and the 2 tbsp. of water. Let it sit for 10 minutes.
4. Combine the sugar and melted butter and stir until a seamless pale paste forms.
5. Add the water, vanilla and flax mixture to the butter paste. Stir.
6. Add the cocoa powder and flour slowly. Mix until combined. Add the chocolate chips.
7. Bake for 35 to 40 minutes.

