

# The Holistic Holiday Table

**COMFORT FOOD FOR BODY AND SOUL**



# About This Book

At **Modern Holistic Health**, we believe that food is more than fuel — it's information for the body, medicine for the mind, and connection for the soul. Every recipe we share is an invitation to experience nourishment in its truest form: delicious, intentional, and healing.

*This collection was created with love by Dr. Elena Villanueva and the Modern Holistic Health Coaching Team to help you celebrate the holidays with joy and balance. These are real recipes from our own tables — favorites we share with family and friends — crafted to be nutrient-dense, anti-inflammatory, and deeply satisfying.*

Whether you're making a cozy weeknight soup or preparing a festive feast, each dish is designed to help you honor your health while savoring the moment. You'll find gluten free, dairy-free, and refined sugar-free options that support your body's natural rhythms while keeping the warmth and comfort of the season alive.

This book isn't just about what's on your plate — it's about *how* you eat, *how* you feel, and *how* you connect. It's about eating with presence, sharing with gratitude, and remembering that healing doesn't mean missing out — it means showing up fully nourished, inside and out. So light the candles, fill your kitchen with laughter and good smells, and celebrate the gift of wellness.

From our hearts — and our kitchens — to yours,

**The Modern Holistic Health Team**

# Table of Contents

## INTRODUCTION

- A Message from Dr. Elena Villanueva ..... 5
- The Heart of a Holistic Holiday: Eating with Intention ..... 6

## BREAKFAST & BRUNCH

- Paleo Pumpkin Pancakes ..... 8
- Harvest Chicken Hash ..... 9
- Festive Frittata with Spinach & Mushrooms ..... 10
- Pumpkin Pie Chia Pudding ..... 11
- Cranberry Orange Overnight Oats ..... 12
- Pumpkin Spice Smoothie Bowl ..... 13
- Chocolate Pumpkin Banana Smoothie ..... 14

## SOUPS & STARTERS

- Creamy Parsnip & Apple Soup ..... 15
- Miso Mushroom Broth with Greens ..... 16
- Kale & Butternut Squash Soup ..... 17
- Bison Sweet Potato Chili ..... 18

## A HOLISTIC CELEBRATION FEAST

- A Complete Seasonal Feast by Greg ..... 20
  - Herb & Garlic Roasted Leg of Lamb ..... 21
  - Honey-Thyme Root Vegetables ..... 23
  - Garlic, Lemon Whipped Potatoes ..... 24
  - Charred Asparagus with Almonds ..... 25

## MAINS & SIDES

- Gluten Free Panko-Crusted Chicken Tenderloins ..... 26
- Moroccan-Style Beef Meatballs ..... 28
- Lentil & Walnut "Meatloaf" with Cranberry Glaze ..... 30
- Stuffed Acorn Squash with Quinoa & Cranberries ..... 32
- Stuffed Portobello Mushrooms with Herbed Quinoa ..... 34
- Roasted Cauliflower Steaks with Tahini Drizzle ..... 36
- Maple-Roasted Brussels Sprouts with Toasted Pecans ..... 37
- Sweet Potato Mash with Coconut Milk & Nutmeg ..... 38



## **TREATS & BAKED GOODIES**

• Paleo Gingersnap Cookies .....	39
• Paleo Gingerbread Cookies .....	41
• Paleo Chocolate Chip Cookies .....	43
• Pumpkin Spice Latte Paleo Blondies .....	44
• Flourless Dark Chocolate Cake .....	46
• Almond Butter Fudge Squares (No-Bake) .....	47
• Rosita's Date Boats .....	48
• Dark Chocolate Dipped Fruit Bark with Sea Salt .....	49
• Chai-Spiced Energy Balls .....	50

## **DRINKS & SEASONAL SIPS**

• Pumpkin Spiced Latte .....	51
• Golden Turmeric Hot Cocoa .....	53
• Cranberry Rosemary Mocktail .....	54
• Sparkling Pomegranate Mocktail with Rosemary .....	55

## **MINDFUL CELEBRATION**

• How to Eat with Presence During the Holidays .....	56
• Gratitude Ritual Before Meals .....	58

## **RESOURCES & REFERENCES**

• Stocking the Holistic Pantry .....	60
• Holistic Cooking Conversions & Substitutions .....	62
• Inspiration from Our Holistic Community .....	64



# A Message from Dr. Elena Villanueva

The holidays offer us more than festivities and celebration, a powerful invitation to reconnect with what nourishes us most: presence, purpose, and connection. In a world that can easily pull us into hustle and doing more, this season I invite you to return to presence. *To slow down. To savor. To nourish from the inside out. To simply be.*

At Modern Holistic Health, we know that food is more than fuel; it's communication, healing, and connection. The ingredients we choose, the way we prepare our meals, and the presence we bring to the table all have the power to heal our bodies, calm our minds, and lift our spirits.

This recipe book was born from that intention. It's filled with recipes my team and I share from our own kitchens, lovingly created to help you honor your health while embracing the joy of celebration. Each recipe is crafted to support your body's natural rhythms with nutrient-dense, anti-inflammatory ingredients, without sacrificing flavor or tradition.

Because healing doesn't mean missing out, it means showing up nourished in body, mind, and spirit.

So as you light candles, fill your kitchen with good smells, and gather with loved ones, I invite you to slow down. Savor. Be present. Give thanks, not just for the food before you, but for the incredible journey you're on. Let these recipes be your guide to a season that feels aligned, intentional, and joyfully whole.

From our kitchens to yours, may this season be one of deep nourishment, radiant joy, and meaningful connection.

With love and presence,



**Dr. Elena Villanueva**

Founder, Modern Holistic Health



# The Heart of a Holistic Holiday: Eating with Intention

The holidays invite us to gather, celebrate, and share the foods and traditions we love most. But amid the sparkle, music, and bustle, it's easy to forget that nourishment is more than what's on our plate — it's how we show care for ourselves and one another.

At Modern Holistic Health, we believe that food can be both joyful and healing. Eating with intention means approaching every meal — from a cozy bowl of soup to a festive dessert — as an opportunity to connect with your body, your loved ones, and the moment you're in.

## Savor the Season with Mindfulness

Holiday meals are full of memory and meaning. Instead of worrying about perfection or overindulgence, practice slowing down. Savor each bite, notice the colors and aromas, and check in with your body's natural cues. When you pause to appreciate the textures and flavors before you, you naturally eat less, enjoy more, and feel more balanced long after the meal is done.

As Coach Karin reminds us, mindful eating doesn't mean restriction — it means *enjoyment with awareness*. Choose foods that make you feel nourished, energized, and grateful. Fill your plate with vibrant vegetables, clean proteins, and the occasional treat made with love and wholesome ingredients. When you eat with presence, even familiar foods can feel like a gift.

## Move, Rest, and Restore

Good health during the holidays isn't about rigid routines — it's about rhythm. Gentle movement helps your body process rich meals and reduces stress, but rest and relaxation are equally vital. Whether it's a walk after dinner, dancing in your living room, or a quiet moment by the fire, every act of care supports your body's natural balance.

## Celebrate with Balance

Festivities often come with sweets and toasts — and that's part of the joy! The key is balance. Alternate cocktails with water, enjoy smaller portions of your favorite desserts, and notice how your body feels after each choice. Supporting your liver and digestion with nutrient-rich foods (and a little help from your BioOne supplements if you indulge) lets you wake up clear-headed, grounded, and ready to embrace a new day.

## Connection as Nourishment

The most meaningful nourishment doesn't always come from food. It comes from laughter around the table, heartfelt conversations, and simple acts of kindness. For many, this time of year brings memories of loved ones who are no longer present or new dynamics that require compassion and grace. Being present for others — and for yourself — is a profound form of nourishment. As Karin beautifully put it, "The greatest gift you can give — both to yourself and others — is the gift of health, compassion, and presence."

## Eat with Intention, Live with Gratitude

Whether you're at home or traveling the world, intention transforms every experience. As former coach Kimberly shared, "Eating healthy is a form of self-love." With curiosity and planning, you can enjoy new foods, honor your needs, and still feel free to explore. From a holiday dinner table to a tropical buffet, the mindset remains the same — eat what serves your body, and savor it with gratitude.

***This season, may your meals be joyful, your choices mindful, and your heart full.***

Eat to celebrate, to connect, and to heal — because a truly holistic holiday is one where body, mind, and spirit are all invited to the table.







# Paleo Pumpkin Pancakes

SERVES: 2–3 (MAKES 6–8 PANCAKES)

PREP TIME: 10 MIN | COOK TIME: 8–10 MIN

GLUTEN FREE, DAIRY-FREE, PALEO-FRIENDLY

*These fluffy pumpkin pancakes are a weekend favorite — warm, comforting, and full of fall flavor. Made with almond and coconut flour, they're naturally grain-free and protein-rich. The pumpkin adds a moist texture and subtle sweetness, while the spices bring cozy café vibes to your breakfast table.*

## Directions

1. In a medium bowl, whisk together all ingredients until smooth and no lumps remain.
2. Let the batter rest for 3–5 minutes to thicken. (If too thin, add more coconut flour a tablespoon at a time.)
3. Preheat a griddle or skillet over medium-high heat and lightly grease with coconut oil.
4. Pour batter into medium-sized mounds (about  $\frac{1}{4}$  cup each). Flatten slightly with a spatula.
5. Cook 2–3 minutes per side, or until golden and cooked through.
6. Serve warm with your favorite toppings — try a drizzle of maple syrup, nut butter, or a dollop of coconut cream.

## Ingredients

- $\frac{3}{4}$  cup almond flour
- $\frac{1}{4}$  cup coconut flour
- 3 eggs
- $\frac{1}{2}$  cup almond milk
- $\frac{1}{4}$  cup pumpkin puree
- 1 tsp pumpkin pie spice
- $\frac{1}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp apple cider vinegar
- 1 tsp pure vanilla extract
- Pinch of sea salt
- 1 tbsp raw honey
- Coconut oil for cooking

### MHH Note:

These pancakes are the perfect example of comfort made clean. Pumpkin provides beta-carotene for immune support, while almond flour offers satiating protein and healthy fats. Pair them with a cup of golden milk or herbal chai to start your day grounded, energized, and aligned with the season.



# Harvest Chicken Hash

SERVES: 4

PREP TIME: 15 MIN | COOK TIME: 35 MIN

GLUTEN FREE, DAIRY-FREE, PALEO-FRIENDLY

*Crispy, savory, and subtly sweet, this colorful hash brings together everything we love about fall — golden Brussels sprouts, tender chicken, caramelized onions, and a hint of apple and cinnamon. A drizzle of maple syrup and a splash of coconut aminos tie it all together, creating a nourishing one-pan meal that satisfies the soul and supports stable energy all day long.*

## Directions

1. In a large cast-iron skillet, cook the bacon and onion over medium-high heat for 10 minutes until the bacon is crispy and the onions are soft and browned. Transfer to a bowl and set aside.
2. Saute chicken in the skillet with oregano and  $\frac{1}{4}$  teaspoon sea salt until golden brown and cooked through. Transfer to same bowl as bacon and onions.
3. Add fat of choice to skillet along with Brussels sprouts and sauté for 5 minutes until browned. Stir in celery root, apple, rosemary, garlic, cinnamon and  $\frac{1}{2}$  teaspoon sea salt. Cook for 10 to 12 more minutes until celery root is cooked through.
4. Add bacon, onions and chicken back to the skillet and pour in maple syrup, aminos, vinegar, and water. Cook for 2 to 3 more minutes allowing the liquid to evaporate. Serve warm.

## Ingredients

- 4 slices bacon, chopped into 1/2-inch pieces (may substitute turkey or chicken bacon)
- 1 large yellow onion, finely chopped
- 1 pound chicken tenders
- 1 teaspoon dried oregano
- $\frac{3}{4}$  teaspoon sea salt, divided
- 2 tablespoons fat of choice
- 1 pound Brussels sprouts, quartered
- 1 pound celery root, peeled and chopped into 1/2-inch cubes
- 1 gala apple, chopped into 1/2-inch cubes
- 1 tablespoon finely chopped rosemary
- 1 tablespoon finely chopped garlic
- 1 teaspoon ground cinnamon
- 2 tablespoons maple syrup
- 2 tablespoons coconut aminos
- 2 teaspoons apple cider vinegar
- $\frac{1}{4}$  cup water

### MHH Note:

Our coaches generally recommend avoiding pork with the exception of uncured nitrate-free bacon. You may also substitute turkey bacon or chicken bacon in this recipe.





# Festive Frittata with Spinach & Mushrooms

SERVES: 6

PREP TIME: 10 MIN | COOK TIME: 25 MIN

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY

*A vibrant, protein-rich dish that brings holiday color and flavor to your morning table. Loaded with mushrooms, spinach, and herbs, this frittata works beautifully for brunch gatherings or easy weekday breakfasts.*

## Ingredients

- 8 large eggs (or 6 eggs + ½ cup egg whites)
- ½ cup full-fat coconut milk or unsweetened almond milk
- 1 tbsp olive oil or avocado oil
- 1 small onion, finely chopped
- 1 cup mushrooms, sliced (cremini or button)
- 2 cups baby spinach leaves
- 1 roasted red pepper, chopped
- ¼ cup fresh parsley or basil, chopped
- ½ tsp sea salt
- ¼ tsp black pepper
- Optional: ¼ cup dairy-free feta or goat cheese if tolerated

### Serving Suggestions:

Serve with a side of avocado slices or a small green salad. This frittata keeps well in the fridge for 3 days and reheats beautifully.

## Directions

1. Preheat oven to 375°F (190°C). Lightly grease a 9-inch oven-safe skillet or pie dish.
2. Sauté vegetables: Heat oil in the skillet. Add onion and mushrooms; cook until softened, about 5 minutes. Add spinach and cook until wilted. Stir in roasted red pepper and herbs.
3. Whisk eggs and milk in a bowl. Season with salt and pepper.
4. Pour egg mixture evenly over the veggies in the skillet. Gently stir once to distribute ingredients.
5. Bake uncovered for 20–25 minutes or until the center is set and slightly golden on top.
6. Cool slightly before slicing. Garnish with fresh herbs.

### MHH Note:

Eggs provide high-quality protein and choline to support brain health, while spinach and mushrooms add minerals and antioxidants that help your body manage holiday stress.





# Pumpkin Pie Chia Pudding

SERVES: 4

PREP TIME: 10 MIN (PLUS 3 HRS CHILL)

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY, VEGAN (WITH MODIFICATION)

*All the cozy flavors of pumpkin pie, reimagined as a nourishing breakfast or dessert. This creamy chia pudding blends pumpkin, toasted pecans, and warm spices into a silky, satisfying treat that's rich in omega-3s, fiber, and plant-based protein. With just a few wholesome ingredients and a quick chill time, it's the perfect make-ahead dish to keep your mornings festive — and your energy steady.*

## Directions

1. Toast the pecans. Heat a small skillet over medium-low heat and let it get hot, about 30 seconds. Add pecans and toast for 4-5 minutes, stirring constantly, until golden brown. The toasting step is optional, but I find it adds great flavor and is so easy to do.
2. Blend ingredients. Add almond milk, toasted pecans, pumpkin, collagen, maple syrup, pumpkin pie spice, and salt to a high-powered blender or food processor. Process until smooth and all ingredients are combined, about 1 minute.
3. Let chill. Transfer to a medium-sized resealable bowl or large jar. Whisk in chia seeds until thoroughly combined. Cover and refrigerate for 3 hours or overnight.
4. Enjoy! Eat as is or top with desired toppings.

### MHH Note:

To make this vegan-friendly, omit collagen or use a vegan alternative (e.g. marine collagen or plant-based protein powder).

## Ingredients

- 1/4 cup raw pecans
- 1 cup pumpkin puree
- 1 1/2 cups almond milk
- 1 1/2 teaspoon pumpkin pie spice
- 1 tablespoon maple syrup
- 1 serving unflavored collagen (optional)
- pinch of sea salt
- 1/4 cup + 2 tablespoons chia seeds
- optional toppings: whipped cream, fresh fruit, nut butter, cinnamon...



# Cranberry Orange Overnight Oats

SERVES: 2

PREP TIME: 5 MIN + OVERNIGHT CHILL

GLUTEN FREE, DAIRY-FREE, VEGAN

*Creamy, bright, and full of festive flavor, these overnight oats are the perfect make-ahead breakfast for busy mornings. Tart cranberries and citrus zest bring a refreshing twist to a cozy classic.*

## Directions

1. In a jar or bowl, combine oats, milk, yogurt, chia seeds, maple syrup, orange zest, and cinnamon. Stir well.
2. Fold in cranberries (if using fresh, roughly chop them first).
3. Cover and refrigerate overnight, or at least 6 hours.
4. In the morning, stir and add more milk if needed for desired texture.
5. Top with nuts, orange segments, or a sprinkle of coconut before serving. (Or warm gently in a saucepan before serving if you prefer a hot breakfast.)

### MHH Note:

Cranberries are packed with antioxidants that support urinary and immune health, while oats and chia provide lasting energy and gut-friendly fiber — a perfect balance for a nourishing start to your day.

## Ingredients

- 1 cup gluten free rolled oats
- 1 cup unsweetened almond or coconut milk
- ¼ cup unsweetened coconut yogurt or Greek-style dairy-free yogurt
- 1 tbsp chia seeds
- 1 tbsp pure maple syrup or raw honey (to taste)
- Zest of 1 orange
- ¼ tsp cinnamon
- ½ cup fresh or thawed frozen cranberries (unsweetened)
- Optional toppings: chopped pecans, orange segments, shredded coconut

## Food as Medicine: Aligning with Your Body's Rhythm

Soaked oats provide slow-release carbohydrates that match your morning energy needs and are supportive of a healthy gut microbiome. The anti-inflammatory citrus oils in orange zest add a mood-lifting boost — helping this simple breakfast promote metabolic balance and calm, steady focus.



# Pumpkin Spice Smoothie Bowl

SERVES: 2

PREP TIME: 10 MIN | NO COOKING REQUIRED  
GLUTEN FREE, DAIRY-FREE, VEGAN, PALEO-FRIENDLY

*Creamy, spiced, and naturally sweet, this smoothie bowl tastes like dessert but fuels your morning with fiber, healthy fats, and phytonutrients. It's a festive way to support your mood, energy, and gut health as the seasons change.*

## Directions

1. Add all base ingredients to a blender and blend until smooth and creamy.
2. Adjust consistency: add a splash more milk for a thinner smoothie or ice for a thicker bowl.
3. Pour into two bowls and decorate with your favorite toppings.
4. Serve immediately with a spoon and a cozy sweater.

## Ingredients

- 1 cup unsweetened almond or coconut milk
- $\frac{3}{4}$  cup canned pumpkin purée (not pie filling)
- 1 frozen banana
- 2 tbsp almond butter or sunflower seed butter
- 1 tbsp chia seeds or ground flaxseed
- 1 tsp pumpkin pie spice (or a mix of cinnamon, ginger, nutmeg, and clove)
- $\frac{1}{2}$  tsp pure vanilla extract
- 1–2 tsp pure maple syrup or 1 medjool date (optional, for sweetness)
- $\frac{1}{2}$  cup ice cubes (optional, for thicker texture)

## Toppings (choose a few)

- Pumpkin seeds (pepitas)
- Sliced banana or apple
- Chopped pecans or walnuts
- Unsweetened coconut flakes
- Sprinkle of cinnamon or drizzle of almond butter

## Tips & Variations:

- For extra protein, add a scoop of plant-based vanilla protein powder or a tablespoon of hemp seeds.
- Turn this into a grab-and-go breakfast by pouring it into a jar and skipping the toppings — it's still delicious on its own!
- For a probiotic boost, use  $\frac{1}{2}$  cup coconut kefir instead of almond or coconut milk.

## MHH Note:

Pumpkin is rich in beta-carotene and magnesium — nutrients that support the nervous system and stabilize mood through the darker months. The warming spices also help circulation and digestion, making this smoothie bowl both comforting and functional.





# Chocolate Pumpkin Banana Smoothie

SERVES: 1

PREP TIME: 5 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN, PALEO-FRIENDLY, LOW-INFLAMMATORY

*A creamy, satisfying smoothie that blends the decadence of chocolate with the earthy sweetness of pumpkin and banana. Packed with fiber, antioxidants, and adaptogenic superfoods, this smoothie feels like a treat but fuels your body with lasting energy — the perfect way to start a fall morning or recharge in the afternoon.*

## Directions

1. Combine all ingredients in a high-speed blender.
2. Blend until smooth and creamy.
3. Adjust consistency with more almond milk if desired.
4. Pour into a chilled glass and enjoy immediately.

## Ingredients

- ½ banana
- ¼ cup pumpkin puree
- 1 scoop plant-based protein powder (chocolate, vanilla, or plain)
- 1–2 tbsp raw cacao powder (adjust to taste)
- ½ tsp pumpkin pie spice
- 1 cup unsweetened almond milk (or any plant-based milk)
- Handful of greens (spinach, kale, or mixed)
- A few ice cubes

## Optional Superfood Boosts:

- 1 tsp reishi mushroom powder
- 1 scoop collagen peptides
- ½ tsp ashwagandha powder

## Tips & Variations:

- Extra Creamy: Add ¼ avocado or a spoonful of almond butter.
- Cold Brew Twist: Replace half the milk with cold brew coffee for an energizing mocha vibe.
- Make Ahead: Blend and refrigerate in a sealed jar for up to 24 hours — shake well before drinking.

## MHH Note:

This smoothie delivers a powerful combination of brain-boosting cacao, hormone-balancing adaptogens, and gut-nourishing fiber from pumpkin and banana. It's a beautiful example of functional indulgence — every sip is delicious, grounding, and deeply restorative.



# Creamy Parsnip & Apple Soup

SERVES: 4

PREP TIME: 10 MIN | COOK TIME: 25 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN

*Smooth, aromatic, and just a little sweet — this cozy soup celebrates the quiet richness of winter produce. The combination of parsnip, apple, and coconut milk creates a velvety texture without the need for cream, while thyme and nutmeg bring gentle holiday warmth.*

## Directions

1. In a large pot, heat oil over medium heat. Add onion and sauté until translucent (about 3 minutes).
2. Add parsnips and apples; stir occasionally for 5 minutes to caramelize slightly.
3. Pour in broth and bring to a simmer. Cook for 15–20 minutes until parsnips are tender.
4. Remove from heat and blend until smooth (immersion blender or transfer carefully to a high-speed blender).
5. Stir in coconut milk, salt, pepper, and nutmeg. Warm through gently without boiling.
6. Taste and adjust seasoning. Garnish with thyme and a swirl of coconut milk before serving.

## Ingredients

- 2 tbsp olive oil or avocado oil
- 1 medium onion, chopped
- 3 large parsnips, peeled and chopped
- 2 apples (Honeycrisp or Gala), peeled and chopped
- 3 cups vegetable or bone broth
- 1 cup unsweetened coconut milk
- ½ tsp sea salt
- ¼ tsp white pepper
- Pinch of nutmeg
- Optional: 1 tbsp chopped fresh thyme or rosemary

### Serving Ideas:

Serve with a drizzle of olive oil and roasted pumpkin seeds, or pair with a small green salad and a slice of grain-free bread.

### MHH Note:

Parsnips are rich in fiber and potassium, which support healthy digestion and heart function — perfect for balancing holiday indulgence.





# Miso Mushroom Broth with Greens

SERVES: 4

PREP TIME: 10 MIN | COOK TIME: 20 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN, PALEO-FRIENDLY

*Light, earthy, and brimming with umami, this broth-based soup is a nourishing reset for winter evenings. Miso provides natural probiotics for gut health, while mushrooms and greens bring immune-supportive minerals and antioxidants.*

## Ingredients

- 1 tbsp sesame oil or avocado oil
- 2 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 2 cups mixed mushrooms (shiitake, cremini, oyster), sliced
- 4 cups vegetable broth
- 1 tbsp tamari or coconut aminos
- 2 tbsp white or yellow miso paste (gluten free)
- 1 cup chopped bok choy or spinach
- 2 green onions, sliced
- Optional: ½ cup cubed tofu or shredded cooked chicken (for non-vegan version)
- Sesame seeds or chili flakes for garnish

### MHH Note:

Miso's living enzymes help repopulate beneficial gut bacteria — a simple way to support microbiome health in winter months.

## Directions

1. Warm oil in a soup pot over medium heat. Add garlic and ginger; sauté until fragrant (about 1 minute).
2. Add mushrooms and cook 5–7 minutes until softened.
3. Pour in vegetable broth and tamari. Simmer for 10 minutes.
4. In a small bowl, whisk miso paste with ¼ cup warm broth to dissolve (don't add directly to boiling liquid — heat kills probiotics).
5. Turn off heat and stir the miso mixture back into the soup.
6. Add bok choy or spinach; let wilt gently in the residual heat.
7. Garnish with green onions, sesame seeds, and chili flakes.

### Serving Ideas:

Serve with a squeeze of lime or a dash of rice vinegar for brightness. Pair with a side of cauliflower rice or gluten free soba noodles for a heartier meal.





# Kale & Butternut Squash Soup

SERVES: 4

PREP TIME: 15 MIN | COOK TIME: 4 OR 6 HOURS  
(SLOW COOKER)

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY, VEGAN

*A cozy, colorful blend of butternut squash, kale, and warming spices, this soup is everything you want in a cold-weather meal — hearty yet light, nutrient-rich, and deeply satisfying. Slow-cooked in vegetable broth with quinoa and beans for plant-based protein, it's the perfect balance of grounding comfort and clean nutrition. Serve it as a simple main course or a nourishing starter at your holiday table.*

## Directions

1. Combine all ingredients except kale in a 6-quart crockpot.
2. Stir to combine, cover, and cook on low for 6 hours or high for 4 hours.
3. About 30 minutes before serving, stir in the kale. Cook until tender but still vibrant green.
4. Adjust seasoning with additional salt and pepper to taste. Serve warm.

### Tip:

Make a double batch and freeze leftovers in mason jars for quick, nourishing meals on busy days.

## Ingredients

- ½ yellow onion, chopped
- 6 cloves of garlic, minced
- 3 cups cubed butternut squash
- 1 14.5 oz can diced tomatoes
- 1 can red kidney beans
- 1 ½ teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ cup dry quinoa
- 4 cups vegetable broth
- 3 cups kale

## Food as Medicine: Nourishing Seasonal Immunity

Butternut squash delivers beta-carotene that the body converts into vitamin A — essential for immune health and vibrant skin — while kale brings minerals and antioxidants that help reduce inflammation. Together with fiber-rich beans and quinoa, this soup supports stable blood sugar, a healthy microbiome, and lasting satiety — helping your body stay energized and resilient through winter.



# Bison Sweet Potato Chili

SERVES: 8

PREP TIME: 15 MIN | COOK TIME: 6-8 HRS (SLOW COOKER)

GLUTEN FREE, DAIRY-FREE, PALEO-FRIENDLY

*Hearty, smoky, and deeply nourishing, this slow-cooked chili transforms simple, wholesome ingredients into pure comfort. Ground bison provides lean, high-quality protein rich in iron and omega-3s, while sweet potatoes bring natural sweetness and fiber for sustained energy. The addition of cocoa powder and smoked paprika creates a subtle depth of flavor that feels both grounding and indulgent — a perfect meal for cold-weather gatherings or easy weeknight dinners.*

## Ingredients

- 2 tsp olive oil
- 1 cup diced onion (yellow or red)
- 3 cloves garlic, grated or minced
- 2 lbs lean ground bison (90/10%)
- 2 large sweet potatoes, peeled and diced (about 4–5 cups)
- 2 (14.5 oz) cans diced fire-roasted tomatoes, undrained
- 1 (15 oz) can tomato sauce
- 1 (4 oz) can diced green chiles
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 1 tbsp unsweetened cocoa powder
- 1 ½ tsp smoked paprika
- ½ tsp ground coriander
- 1 tsp kosher salt
- Fresh ground black pepper, to taste
- ½ cup water

## Directions

1. Heat olive oil in a large skillet over medium-high heat. Add onion and sauté for 3 minutes. Add garlic and cook for 30 seconds more. Transfer to a 6-quart slow cooker.
2. In the same skillet, add ground bison and season lightly with salt and pepper. Cook until browned, breaking up with a spoon as it cooks. (You can drain excess fat, but keeping it adds richness and nutrients.)
3. Transfer bison to the slow cooker. Add sweet potatoes, tomatoes, tomato sauce, green chiles, spices, and water. Stir to combine.
4. Cover and cook on high for 4–5 hours or low for 6–7 hours, until the sweet potatoes are fork-tender.
5. Taste and adjust seasoning as needed. Ladle into bowls and top with diced avocado, red onion, and fresh cilantro.

*continued*

### **Toppings (optional):**

- Diced avocado, red onion, cilantro

#### **MHH Note:**

This chili is designed with seasonal wisdom in mind. During colder months, our bodies naturally crave grounding, warming foods — meals that help maintain energy, support digestion, and keep the nervous system steady. The combination of high-quality protein, colorful vegetables, and aromatic spices offers a deeply satisfying balance of macronutrients and minerals in every bowl.

For a quick variation, try adding chopped kale in the final 15 minutes for an extra boost of greens and minerals.

## **Food as Medicine: The Power of Bison & Sweet Potatoes**

### **Bison: Lean Strength for Mind & Body**

Bison is one of nature's cleanest protein sources — naturally grass-fed, lower in fat than beef, and packed with iron, zinc, and B vitamins. These nutrients support red blood cell formation, nervous system function, and steady energy — making bison an ideal choice for anyone recovering from fatigue, stress, or burnout.

Unlike conventional red meat, bison is also higher in omega-3 fatty acids and conjugated linoleic acid (CLA), both known to support heart health and reduce inflammation.

### **Sweet Potatoes: Nature's Gentle Carb**

Sweet potatoes provide complex carbohydrates that release energy slowly — keeping blood sugar stable and mood balanced. Their deep orange color comes from beta-carotene, a powerful antioxidant that converts to vitamin A, supporting immune function, skin renewal, and vision health.

They're also rich in magnesium, known as the "relaxation mineral," which helps calm the nervous system and promote restful sleep — perfect during the stress of holiday seasons.

### **The Spice Connection**

Chili spices such as cumin, paprika, and coriander not only add warmth and flavor but also help stimulate digestion, improve circulation, and support liver detoxification.

A pinch of cocoa powder, as used in this recipe, introduces polyphenols — plant compounds that nourish the gut microbiome and lift mood.





## A Complete Seasonal Feast by Greg

*This festive meal brings together everything we love about the holidays — rich, aromatic flavors, colorful root vegetables, and bright, fresh sides — in a balanced menu designed to nourish the body and delight the senses. Greg's signature feast pairs a tender herb-roasted leg of lamb with golden honey-thyme vegetables, creamy garlic and lemon whipped potatoes, and a crisp asparagus gremolata. Each component can be prepared in advance, making this an elegant yet approachable way to celebrate the season with intention.*

### Timing & Coordination Guide

#### Time Before Dinner

**1 day before**

**4 hrs before**

**2 hrs before**

**1 hr before**

**30 min before**

**15 min before**

**At serving**

#### Task

Marinate lamb, prep vegetables, peel potatoes, toast almonds.

Remove lamb from fridge; allow to reach room temp.

Roast lamb at 425°F, then reduce to 325°F.

Roast vegetables at 400°F. Start boiling potatoes.

Lamb rests; whip potatoes; reduce jus.

Char asparagus and toss with gremolata.

Slice lamb, spoon jus, garnish platter with herbs and lemon zest.





# Herb & Garlic Roasted Leg of Lamb

SERVES: 6 - 8

PREP TIME: 20 MIN + | COOK TIME: 1-½ HRS (PLUS RESTING TIME)

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY

*Fragrant herbs, fresh garlic, and a splash of red wine create the foundation for this beautifully tender, slow-roasted leg of lamb. The result is a centerpiece dish that feels both celebratory and nourishing — a true expression of mindful, seasonal cooking.*

## Directions

### Pre-Prep (Day Before)

1. Trim excess fat from the lamb.
2. Cut small slits in the surface and insert garlic cloves.
3. In a small bowl, combine rosemary, thyme, oregano, lemon zest, Dijon, olive oil, salt, and pepper.
4. Rub the herb mixture evenly over the lamb.
5. Cover and refrigerate overnight to marinate

### Cooking (Day Of)

1. Bring to room temperature: Remove lamb from the refrigerator 4 hours before cooking.
2. Preheat oven to 425°F (220°C).
3. Place lamb on a roasting rack and roast for 15 minutes to develop color.
4. Reduce temperature to 325°F (160°C). Continue roasting 1-1¼ hours, or until internal temperature reaches 130°F (medium-rare) or 140°F (medium).
5. Rest: Remove from oven, tent with foil, and rest 20 minutes before carving.

## Ingredients

- 1 bone-in leg of lamb (4-5 lbs)
- 5 garlic cloves, peeled (plus 3 for potatoes below)
- 1 ½ tbsp fresh rosemary leaves
- 1 ½ tbsp fresh thyme leaves
- 1 ½ tbsp fresh oregano
- Zest of 1 lemon
- 2 tsp Dijon mustard
- ⅓ cup extra virgin olive oil
- 1 ½ tsp sea salt
- ¾ tsp black pepper
- ¾ cup dry red wine
- 1 ½ cups lamb or beef stock
- 1 tbsp cold butter (for jus; see dairy-free options below)

*continued*

6. Make the jus: Place the roasting pan over medium heat. Deglaze with red wine, scraping the browned bits from the pan. Add stock and simmer until reduced by half. Whisk in cold butter for sheen, or use one of the dairy-free options below.

### Dairy-Free Jus Options

- Whisk in olive oil instead of butter.
- Reduce the sauce further for natural thickness.
- For a glossy finish, stir in 1 tbsp unsweetened cashew or coconut cream.

## Food as Medicine: The Healing Power of Herbs & Lamb

### Lamb: Nourishment for Vitality and Balance

Lamb is a deeply grounding protein — rich in iron, zinc, and vitamin B12, all essential for energy production, immune health, and nervous system support. Because it's often pasture-raised and grass-fed, lamb also provides a balanced profile of omega-3 and omega-6 fatty acids, helping reduce inflammation and stabilize hormones.

In Traditional Chinese Medicine, lamb is considered a warming food, ideal for cold months when the body needs to conserve energy and strengthen circulation. Its richness, when paired with bright herbs and citrus, offers both comfort and lightness — a perfect example of balance on the plate.

### The Healing Herbs

Rosemary, thyme, oregano, and lemon zest do more than flavor the dish — they act as natural antimicrobials and antioxidants, protecting cells from oxidative stress. These herbs have long been valued for supporting memory, digestion, and liver detoxification.

Rosemary, in particular, improves focus and mental clarity, while thyme's essential oils promote respiratory wellness — subtle but powerful gifts of nature, woven into every bite. Lemon zest stimulates digestive enzymes, allowing the body to better absorb nutrients from this protein-rich meal.

### The Digestive Duo

Garlic and olive oil bring functional benefits of their own — supporting cardiovascular health and maintaining a healthy balance of gut bacteria. Together, they enhance the body's ability to break down fats and proteins efficiently, helping you feel satisfied without heaviness. A splash of red wine in the jus adds polyphenols that further support heart health and circulation.

### Mindful Eating Tip

When serving this meal, take a moment to inhale the aroma of the herbs before your first bite. The scent alone stimulates digestion and tells the body, *"It's time to receive nourishment."*



# Honey-Thyme Root Vegetables

SERVES: 6

PREP TIME: 10 MIN | COOK TIME: 40 MIN

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY

*Roasted until golden and glazed, these carrots, parsnips, and squash capture the essence of the season. A drizzle of honey and a sprinkle of thyme enhance their natural sweetness, creating the perfect pairing for the savory lamb.*

## Ingredients

- 2 carrots, peeled and cut into batons
- 2 parsnips, peeled and cut into batons
- ½ butternut squash, peeled and cubed
- 2 tbsp olive oil
- 1 ½ tbsp honey
- 2 tsp fresh thyme leaves
- Sea salt and black pepper, to taste

## Directions

1. Preheat oven to 400°F (200°C).
2. In a large bowl, toss vegetables with olive oil, honey, thyme, salt, and pepper.
3. Spread evenly on a parchment-lined baking sheet.
4. Roast 30–40 minutes, stirring halfway, until tender and caramelized.
5. Serve warm, garnished with extra thyme if desired.





# Garlic & Lemon Whipped Potatoes

SERVES: 6

PREP TIME: 10 MIN | COOK TIME: 20 MIN

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY

*Creamy, light, and bright with lemon zest, these whipped potatoes balance the richness of the lamb beautifully. Greg's method creates a velvety texture and allows easy customization for any dietary preference.*

## Ingredients

- 1 ½ lbs Yukon Gold potatoes, peeled and chunked
- 3 garlic cloves, smashed
- ⅓ cup warm heavy cream (see dairy-free options below)
- 2 tbsp butter (or olive oil for dairy-free)
- Zest and juice of ½ lemon
- Sea salt and black pepper, to taste

## Directions

1. Place potatoes and garlic in a large pot, cover with salted water, and bring to a boil.
2. Simmer until potatoes are fork-tender, about 20 minutes.
3. Drain and mash with butter (or olive oil), warm cream (or dairy-free alternative), lemon zest, and juice.
4. Season to taste with salt and pepper. Keep warm until serving.

### Dairy-Free Options

- Mediterranean Style: Olive oil + warm almond, cashew, or oat milk.
- Rich & Creamy Style: Olive oil + full-fat coconut milk (use the thick cream from the can)



# Charred Asparagus with Almond Gremolata

SERVES: 4

PREP TIME: 5 MIN | COOK TIME: 5 MIN

GLUTEN FREE, DAIRY-FREE, PALEO-FRIENDLY

*A simple, fresh side that adds brightness and crunch to the meal. The lemon-almond gremolata gives the asparagus a clean finish and a pop of texture — a lovely contrast to the roasted dishes.*

## Ingredients

- ¾ lb asparagus, trimmed
- 1 ½ tbsp olive oil
- 3 tbsp toasted almonds, finely chopped
- Zest of ½ lemon
- 1 ½ tbsp parsley, finely chopped
- Sea salt, to taste

## Directions

1. Toss asparagus with olive oil and a pinch of sea salt.
2. Heat a grill pan or skillet over medium-high heat. Char asparagus for 3–4 minutes, turning occasionally until lightly blistered.
3. Combine chopped almonds, parsley, and lemon zest in a small bowl.
4. Toss asparagus with the almond gremolata just before serving.

### MHH Note:

Greg's complete meal represents the heart of The Holistic Holiday Table — abundance balanced with intention. Every component is made from whole, seasonal foods that celebrate connection and care. The preparation itself becomes a mindful ritual: from the aroma of herbs and garlic to the final garnish of lemon zest and parsley, each step invites you to slow down and enjoy the art of nourishing yourself and those you love.





# Gluten Free Panko-Crusted Chicken Tenderloins

SERVES: 4

PREP TIME: 15 MIN | COOK TIME: 15–18 MIN

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-ADAPTABLE

*Crispy on the outside, tender on the inside — these gluten free chicken tenderloins are a wholesome, protein-packed favorite that the whole family will love. Greg's method creates perfectly golden, crunchy coating without deep frying, using simple ingredients and adaptable seasonings. Enjoy them baked or air-fried for a clean, satisfying main dish or salad topper.*

## Ingredients

- 1.4 lbs chicken tenderloins
- ½ cup gluten free flour (rice or all-purpose GF blend works well)
- 2 large eggs
- 2 tbsp milk (dairy or non-dairy; optional for fluffier coating)
- 1½ cups gluten free panko crumbs
- ½ cup finely grated Parmesan cheese (optional but recommended for flavor & crispiness)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (or regular paprika)
- ½ tsp sea salt (adjust to taste)
- ½ tsp black pepper
- 2 tbsp olive oil or melted butter (to mix into panko for even browning)
- Avocado oil spray or olive oil spray (for finishing)

## Directions

1. Prep the Breading Station
  - In one shallow bowl, combine the gluten free flour with a pinch of salt and pepper.
  - In a second bowl, whisk together eggs and milk until smooth.
  - In a third bowl, combine gluten free panko, Parmesan (if using), garlic powder, onion powder, paprika, salt, pepper, and olive oil or melted butter. Toss until crumbs are lightly coated — this ensures even, golden browning.
2. Bread the Chicken
  - Pat chicken tenderloins dry with paper towels.
  - Dredge each piece in the seasoned flour, shaking off any excess.
  - Dip into the egg wash, then press firmly into the panko mixture to coat evenly.



*continued*

## Directions

### 2. Bread the Chicken (continued)

- Place breaded tenderloins on a parchment-lined baking sheet.
- Let rest for 5–10 minutes — this helps the coating adhere for maximum crispiness.

## Cooking Options

### Oven-Baked (Healthier, Crispy)

1. Preheat oven to 425°F (220°C).
2. Arrange chicken on a wire rack set over a baking sheet for better airflow.
3. Lightly spray tops with avocado or olive oil.
4. Bake 14–18 minutes, flipping halfway through, until golden brown and the internal temperature reaches 165°F (74°C).

### Air Fryer (Extra Crispy, Quick)

1. Preheat air fryer to 400°F (200°C).
2. Arrange chicken in a single layer, avoiding overlap.
3. Air fry for 8–10 minutes, flipping halfway, until golden and fully cooked.

### MHH Note:

This simple, crowd-pleasing recipe shows that healthy doesn't have to mean bland. Baked or air-fried, these tenderloins deliver protein and flavor without the heaviness of fried foods. Pair them with roasted vegetables or a crisp salad, or slice over cauliflower mash for a satisfying dinner.

For variety, try seasoning the panko mix with herbs like basil and oregano or a dash of cayenne for a spicier kick.

## Food as Medicine: Clean Comfort in Every Bite

### Protein That Builds, Not Drains

These gluten free chicken tenderloins deliver the satisfying crunch of comfort food without the heaviness of frying or refined oils. Chicken provides high-quality lean protein, supporting muscle repair, immune strength, and steady energy — especially important during the colder months when the body works harder to stay balanced.

### The Power of the Coating

A simple mix of gluten free panko, herbs, and spices creates more than texture — it brings digestive and anti-inflammatory benefits. Garlic and paprika stimulate circulation and metabolism, while the light gluten free crumbs keep the dish gentle on the gut. Choosing oven-baked or air-fried methods minimizes oxidized fats and keeps the heart happy.

### Why It Matters

Replacing fried takeout versions with this wholesome alternative supports blood sugar balance and helps reduce inflammatory load — proving that comfort food can be both indulgent and healing.

### Mindful Moment

Notice the aroma as these tenderloins bake — warmth, spice, and a hint of home. Let that scent remind you that healthy cooking isn't about restriction; it's about reclaiming comfort with consciousness.



# Moroccan-Style Beef Meatballs

SERVES: 6

PREP TIME: 20 MIN | COOK TIME: 20 MIN

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY

*Fragrant, tender, and richly spiced, these Moroccan-inspired meatballs combine warm flavors like cumin, coriander, and cinnamon with fresh herbs for a truly soulful dish. Whether served over quinoa or with roasted vegetables, they bring both comfort and vibrancy to the table — a perfect centerpiece for nourishing gatherings or cozy weeknight dinners.*

## Directions

1. Preheat oven to 400°F (200°C). Line two baking sheets with parchment paper or lightly grease them.
2. In a large bowl, mix all meatball ingredients until just combined. Avoid overmixing to keep them tender.
3. Shape meatballs: Roll into 1½-inch rounds and arrange evenly on the baking sheets.
4. Bake for 18–20 minutes, or until golden brown and cooked through (internal temperature 160°F / 71°C).
5. Serve: Arrange meatballs over your chosen base (quinoa, lentils, or roasted veggies) and garnish with fresh herbs. Top with either a Harissa Yogurt Sauce or dairy-free Harissa Tahini Drizzle (recipes listed below).

### For Serving:

- 2 cups cooked couscous, quinoa, or lentils
- Roasted carrots, cauliflower, or seasonal vegetables
- Chopped parsley or mint, for garnish

## Ingredients

- 2 lbs (900 g) ground beef (85% lean or higher)
- ½ cup finely chopped onion
- 4 garlic cloves, minced
- ½ cup chopped fresh parsley
- ½ cup chopped fresh cilantro
- 2 eggs, lightly beaten
- ⅔ cup almond flour or other gluten free flour
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp ground cinnamon
- 1 tsp paprika
- 1 tsp turmeric
- ½ tsp cayenne pepper (optional)
- 1½ tsp sea salt
- ½ tsp black pepper

*continued*

### MHH Note:

This dish highlights the power of culinary herbs and spices as natural anti-inflammatories. Turmeric and cinnamon balance blood sugar, while garlic and cilantro support liver detoxification. For a balanced plate, serve with a fiber-rich base like quinoa or lentils and plenty of roasted seasonal vegetables.

## Harissa Yogurt Sauce

SERVES: 6  
GLUTEN FREE

*A tangy, lightly spicy sauce that perfectly complements the warm spices in the meatballs.*

### Ingredients

- 1 cup plain Greek yogurt (or coconut yogurt for dairy-free)
- 1–2 tsp harissa paste (adjust to taste)
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 garlic clove, finely grated
- Pinch of sea salt

### Directions

1. In a small bowl, whisk all ingredients until smooth.
2. Adjust spice and salt to taste. Chill until ready to serve.
3. Drizzle over the meatballs or serve on the side.

## Harissa Tahini Drizzle (Dairy-Free)

SERVES: 6  
GLUTEN FREE, DAIRY-FREE, VEGAN, PALEO-FRIENDLY

*This dairy-free variation adds a rich, nutty flavor and silky texture that pairs beautifully with roasted vegetables or quinoa.*

### Ingredients

- ¼ cup tahini
- 1 tsp harissa paste (adjust to taste)
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 2–3 tbsp warm water (as needed for consistency)
- Pinch of sea salt

### Directions

1. In a small bowl, whisk tahini, harissa, lemon juice, and olive oil.
2. Add warm water gradually until smooth and pourable.
3. Season with salt and serve drizzled over meatballs or as a dipping sauce.

### MHH Note:

Moroccan flavors blend warmth, balance, and healing — exactly what your body craves during cooler months. The combination of cumin, turmeric, and cinnamon supports healthy digestion and circulation, while fresh herbs provide cleansing chlorophyll and antioxidants. Both sauces bring their own nourishment: probiotic yogurt for gut health, or tahini for magnesium and healthy fats.





# Lentil & Walnut “Meatloaf” with Cranberry Glaze

SERVES: 6

PREP TIME: 20 MIN | COOK TIME: 45-50 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN, PALEO-  
INSPIRED

*A festive twist on comfort food, this plant-based loaf is rich, hearty, and deeply satisfying. Earthy lentils and toasted walnuts form the base, balanced by sweet-tart cranberry glaze and warming herbs. It's perfect for the holiday table — or any night you want cozy nourishment with a lighter touch.*

## Ingredients

### For the Loaf

- 1 cup dry green or brown lentils
- 2½ cups vegetable broth or water
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 cup finely chopped carrots
- 1 cup chopped mushrooms
- 1 cup walnuts, toasted and finely chopped
- ½ cup gluten free oat flour (or finely ground oats)
- 2 tbsp ground flaxseed + 5 tbsp warm water (flax “egg”)
- 2 tbsp tomato paste
- 1 tbsp tamari or coconut aminos
- 1 tsp dried thyme
- 1 tsp dried rosemary
- ½ tsp smoked paprika
- Sea salt & black pepper, to taste

## Directions

### 1. Prepare Lentils

- Rinse lentils and combine with broth in a medium saucepan.
- Bring to a boil, reduce heat, and simmer uncovered for 20–25 minutes until tender but not mushy. Drain any excess liquid and set aside to cool slightly.

### 2. Make the Loaf Mixture

- In a skillet, heat olive oil over medium heat. Sauté onion, garlic, carrots, and mushrooms for 5–6 minutes until softened and lightly browned.
- In a large bowl, combine cooked lentils, sautéed vegetables, walnuts, oat flour, flax mixture, tomato paste, tamari, thyme, rosemary, smoked paprika, salt, and pepper.
- Mash lightly with a fork or potato masher — you want some texture, not a purée.
- Press mixture firmly into a parchment-lined loaf pan (8×4-inch works well). Smooth the top.

*continued*

## Ingredients

### For the Cranberry Glaze

- ½ cup cranberry sauce (unsweetened or naturally sweetened)
- 1 tbsp balsamic vinegar
- 1 tbsp pure maple syrup
- 1 tsp Dijon mustard

### MHH Note:

This loaf is at its best once it has time to rest — cooling slightly allows it to slice cleanly and hold its shape. It's a wonderful make-ahead dish for gatherings: simply bake the day before, cover, and reheat gently in the oven at 325°F for about 15 minutes.

If you love a glazed finish, reserve a small portion of the cranberry topping to brush on just before serving for a glossy, jewel-like presentation. Garnish with fresh rosemary or thyme for a beautiful seasonal touch that complements the warm, savory flavors.

## Directions

### 3. Add Glaze

- Whisk cranberry sauce, balsamic vinegar, maple syrup, and Dijon mustard together.
- Spread half the glaze evenly over the top of the loaf.

### 4. Bake

- Bake at 375°F (190°C) for 40–45 minutes, until firm and edges are slightly crisp.
- Brush with remaining glaze during the final 10 minutes of baking.
- Cool for 10 minutes before slicing for best texture.

## Food as Medicine: Plant Power with a Festive Touch

### Lentils & Walnuts — A Perfect Pair

Together, lentils and walnuts create a complete plant-based protein that supplies all nine essential amino acids while delivering omega-3 fats and fiber for steady energy and satiety. This combination nourishes the gut microbiome, supports stable blood sugar, and helps the body feel grounded rather than overloaded after meals.

### The Cranberry Connection

Cranberries bring natural tartness and potent antioxidants that protect cells from oxidative stress and support detoxification pathways — especially welcome during the holiday season.

### Mindful Moment

As you slice this loaf, pause to notice its aroma of herbs and roasted nuts. Let gratitude rise for the way simple, living foods can become a meal that truly nourishes both body and spirit.



# Stuffed Acorn Squash with Quinoa & Cranberries

SERVES: 4

PREP TIME: 15 MIN | COOK TIME: 35 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN, PALEO-FRIENDLY

*A vibrant, wholesome centerpiece that celebrates the colors and flavors of the season. Tender roasted acorn squash halves cradle a hearty quinoa stuffing filled with tart cranberries, toasted nuts, herbs, and warming spices. This dish feels festive enough for your holiday table but simple enough for a weeknight dinner — nourishing body, mind, and spirit with every bite.*

## Directions

1. Preheat oven to 400°F (200°C).
2. Brush squash halves with olive oil and place cut-side down on parchment paper. Bake for 25 minutes.
3. In a skillet, sauté kale until wilted. Stir in quinoa, cranberries, nuts, maple syrup, cinnamon, salt, and pepper.
4. Flip squash halves cut-side up and fill with the quinoa mixture.
5. Return to oven for 10 minutes. Serve warm.

### MHH Note:

Acorn squash is rich in beta-carotene, magnesium, and fiber — nutrients that help regulate blood sugar and support mood during the darker months. Paired with the antioxidants in cranberries and the complete plant protein of quinoa, this dish perfectly embodies the MHH philosophy: whole, seasonal foods that bring both joy and healing to your plate.

## Ingredients

- 2 medium acorn squash, halved and seeds removed
- 1 tbsp olive oil
- 1 cup cooked quinoa
- ½ cup dried cranberries (unsweetened if possible)
- ½ cup chopped kale
- ¼ cup chopped walnuts or pecans
- 1 tbsp maple syrup
- ½ tsp cinnamon
- Salt and pepper to taste



*continued*

### **Tips & Variations:**

- **Protein Boost:** Add ½ cup cooked lentils or chickpeas to the filling for extra plant protein.
- **Nut-Free Option:** Replace pecans or walnuts with pumpkin seeds or sunflower seeds for a crunch that's allergy-friendly.
- **Flavor Upgrade:** Drizzle with a touch of maple-balsamic glaze or sprinkle with pomegranate arils before serving for extra color and brightness.
- **Meal Prep Tip:** Roast squash halves up to 2 days in advance. When ready to serve, fill with freshly warmed quinoa stuffing and bake for 10 minutes at 350°F.

## **Food as Medicine: Nourishing from the Inside Out**

### **The Symbolism of the Squash**

Acorn squash, with its beautiful ribbed shell and golden-orange interior, is more than just a fall vegetable — it's a symbol of nourishment, abundance, and grounding. In holistic nutrition, foods that grow close to the earth help stabilize the body and calm the nervous system. Squash provides complex carbohydrates, magnesium, and beta-carotene, which together support energy balance, mood regulation, and immune resilience during darker, colder months.

### **The Harmony of Quinoa and Cranberries**

This dish balances sweet and savory, soft and crunchy — a perfect metaphor for seasonal living.

Quinoa, one of the few complete plant-based proteins, strengthens muscles and stabilizes blood sugar, while its magnesium and B vitamins support calm focus. Dried cranberries add bright antioxidants and phytonutrients that protect against inflammation and oxidative stress, bringing both vitality and lightness to a grounding meal.

### **Mindful Eating and Seasonal Awareness**

Eating with the seasons isn't just a culinary philosophy — it's an act of attunement.

When you enjoy warm, roasted dishes in winter, you're giving your body what it naturally craves: gentle heat, slow digestion, and comfort that nourishes without excess. This meal embodies the essence of intentional nourishment — real food prepared with care, eaten slowly, and appreciated fully.

### **A Moment of Gratitude**

Before your first bite, take a breath and look at the colors on your plate — the amber squash, ruby cranberries, and deep green kale. Let them remind you that healing is not just in nutrients, but in beauty, connection, and presence.



# Stuffed Portobello Mushrooms with Herbed Quinoa

SERVES: 4

PREP TIME: 15 MIN | COOK TIME: 25 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN

*An elegant yet simple dish that feels gourmet but comes together quickly. The quinoa-herb blend provides complete plant protein and pairs perfectly with roasted squash or salad.*

## Directions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Prepare mushrooms: Brush caps with 1 tbsp olive oil and a pinch of salt. Place gill-side up on baking sheet; roast for 10 minutes.
3. Make filling: Sauté shallot and garlic in remaining olive oil until fragrant. Add sun-dried tomatoes, greens, and quinoa. Stir in parsley, lemon juice, balsamic vinegar, oregano, salt, and pepper.
4. Fill mushrooms: Spoon mixture generously into each cap, pressing lightly.
5. Return to oven for 10–12 minutes until warmed through and tops are slightly crisp.
6. Garnish with a drizzle of olive oil and sprinkle of nutritional yeast or chopped herbs.

## Ingredients

- 4 large Portobello mushroom caps, stems removed
- 2 tbsp olive oil, divided
- 1 small shallot, finely diced
- 2 cloves garlic, minced
- 2 cups cooked quinoa
- ¼ cup chopped sun-dried tomatoes
- ¼ cup chopped spinach or kale
- 2 tbsp chopped fresh parsley
- 1 tbsp lemon juice
- 1 tbsp balsamic vinegar
- ½ tsp dried oregano
- Sea salt and pepper to taste
- Optional: sprinkle of nutritional yeast for a cheesy flavor

### Tips & Variations:

- For extra richness, drizzle with tahini or a dollop of cashew cream.
- Leftover filling works beautifully in lettuce wraps the next day.

*continued*

### **MHH Note:**

Portobello mushrooms are rich in umami and act as natural adaptogens — helping to balance the body's stress response. When paired with quinoa, they create a complete plant-based protein that supports sustained energy and cellular repair. The addition of herbs like parsley and thyme not only enhances flavor but also provides gentle detoxifying and anti-inflammatory benefits.

This dish is a wonderful example of nutritional synergy — simple ingredients combining to nourish both body and mind.

## **Food as Medicine: The Wisdom of the Mushroom**

### **Adaptogenic Allies**

Portobello mushrooms aren't just hearty and flavorful — they're members of a powerful family of fungi that help the body adapt to stress and restore equilibrium. Mushrooms support the immune system through beta-glucans, which act as natural modulators, helping to strengthen defenses when you're run down and calm them when overactive. This intelligent balancing act makes mushrooms a cornerstone of functional, everyday wellness.

### **Mineral-Rich and Energizing**

Beneath their earthy flavor lies a surprising nutrient profile. Portobellos are rich in selenium, zinc, and copper — trace minerals essential for thyroid function, antioxidant protection, and cellular energy. Combined with the amino acids and fiber from quinoa, this dish supports steady metabolism and balanced vitality without the crash that heavier meals can cause.

### **A Digestive Reset**

This recipe's blend of lemon, herbs, and greens gives the dish a lightness that complements the umami depth of the mushrooms. Parsley and oregano act as natural digestives, aiding detoxification and liver function while refreshing the palate. The balance of acid and fat — from olive oil and lemon — gently stimulates bile flow, improving nutrient absorption and supporting gut health.

### **Mindful Moment**

When you plate this dish, notice the simplicity: whole, unprocessed ingredients transformed through care and intention. As you eat, imagine the intricate network beneath the forest floor — mycelium connecting roots, trees, and soil.

Just as the mushrooms nourish the forest, this meal nourishes your inner ecosystem, promoting harmony and resilience from the inside out.





# Roasted Cauliflower Steaks with Tahini Drizzle

SERVES: 4

PREP TIME: 10 MIN | COOK TIME: 30 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN

*Simple, stunning, and surprisingly satisfying — these “steaks” make an excellent entrée or side. The creamy tahini drizzle brings an earthy balance to the caramelized cauliflower edges.*

## Directions

1. Preheat oven to 425°F (220°C). Line a large baking sheet with parchment.
2. Slice cauliflower: Trim leaves and cut the cauliflower into  $\frac{3}{4}$ -inch thick “steaks” (usually yields 4).
3. Brush with olive oil on both sides and sprinkle with smoked paprika, garlic powder, salt, and pepper.
4. Roast 25–30 minutes, flipping halfway, until golden and tender.
5. Prepare drizzle: Whisk tahini, lemon juice, garlic, and water until smooth. Add maple syrup and salt to balance flavors.
6. Drizzle over roasted cauliflower and garnish with chopped parsley or pomegranate arils for color.

## Tips & Variations:

- Add toasted sesame seeds or dukkah spice for crunch.
- Serve over lentils or quinoa for a complete meal.

## Ingredients

### For the cauliflower:

- 1 large head cauliflower
- 2 tbsp olive oil
- $\frac{1}{2}$  tsp smoked paprika
- $\frac{1}{4}$  tsp garlic powder
- Sea salt and pepper to taste

### For the tahini drizzle:

- $\frac{1}{4}$  cup tahini
- Juice of 1 lemon
- 1 small garlic clove, grated
- 2–3 tbsp warm water (to thin)
- 1 tbsp maple syrup or honey (optional)
- Pinch of sea salt



# Maple-Roasted Brussels Sprouts with Toasted Pecans

SERVES: 4

PREP TIME: 10 MIN | COOK TIME: 25 MIN

GLUTEN FREE, DAIRY-FREE, PALEO, VEGAN

*Crispy, caramelized Brussels sprouts meet buttery pecans and a drizzle of pure maple syrup for a dish that feels indulgent yet supports blood sugar balance and hormone health. The key: high-heat roasting for that irresistible golden edge.*

## Ingredients

- 1 lb Brussels sprouts, trimmed and halved
- 2 tbsp olive oil or avocado oil
- 1 tbsp pure maple syrup
- ¼ tsp sea salt
- ½ tsp black pepper
- ¼ cup chopped pecans, toasted
- Optional: 1 tsp balsamic vinegar reduction or a few pomegranate seeds for color

### Tips & Variations:

- For a smoky twist, add a pinch of smoked paprika before roasting.
- To make it heartier, mix in roasted butternut squash cubes.

## Directions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss Brussels sprouts in a large bowl with oil, maple syrup, salt, and pepper until evenly coated.
3. Spread out on the baking sheet in a single layer, cut side down.
4. Roast 20–25 minutes, stirring halfway through, until outer leaves are crisp and edges are browned.
5. Add toasted pecans and toss gently. Drizzle with balsamic reduction before serving if desired.

### MHH Note:

Brussels sprouts are part of the cruciferous vegetable family, which supports liver detoxification pathways — a gentle way to help your body process holiday indulgences.





# Sweet Potato Mash with Coconut Milk & Nutmeg

SERVES: 4

PREP TIME: 10 MIN | COOK TIME: 20 MIN

GLUTEN FREE, DAIRY-FREE, PALEO, VEGAN

*Creamy, fragrant, and naturally sweet, this dish feels like dessert disguised as a side. The coconut milk and nutmeg add warmth while the healthy fats help balance the slow-releasing carbs from the sweet potatoes.*

## Ingredients

- 3 large sweet potatoes, peeled and cubed
- ½ cup unsweetened coconut milk
- 2 tbsp coconut oil or ghee
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- Sea salt to taste
- Optional: 1 tbsp pure maple syrup for extra sweetness

## Directions

1. Boil or steam sweet potatoes until tender (about 15 minutes). Drain well.
2. Add coconut milk, coconut oil or ghee, cinnamon, nutmeg, and salt.
3. Mash or blend until smooth and creamy. Adjust thickness with extra coconut milk if needed.
4. Taste and add maple syrup if you prefer a sweeter profile.

### Tips & Variations:

- For a more festive look, top with crushed pecans or a dusting of cinnamon before serving.
- Leftovers make an amazing breakfast base — top with chia seeds, coconut flakes, and a drizzle of almond butter.

### MHH Note:

Sweet potatoes are rich in beta-carotene and magnesium — nutrients that support adrenal balance and calm the nervous system, ideal for holiday stress recovery.





# Paleo Gingersnap Cookies

SERVES: 24 COOKIES

PREP TIME: 15 MIN (PLUS 30 MIN CHILL) | COOK TIME: 10 MIN

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY

*Crisp on the edges and chewy in the middle, these perfectly spiced gingersnap cookies bring all the nostalgic warmth of the holidays — without the gluten, dairy, or refined sugar. Fresh grated ginger, molasses, and maple syrup create rich, caramel-like depth while coconut and tapioca flours keep them light and satisfying. Ideal for gifting, gatherings, or quiet moments by the fire.*

## Ingredients

- ½ cup melted palm shortening or grass-fed butter
- 1 cup coconut or palm sugar
- 1 egg
- 1 tbsp pure maple syrup
- 1 tsp unsulfured blackstrap molasses
- 1 tsp pure vanilla extract
- 2 tsp fresh grated ginger
- 1½ cups tapioca flour
- 3 tbsp coconut flour, divided
- 2 tsp baking soda
- ⅛ tsp fine-grain sea salt
- 1 tbsp ground ginger
- 1 tsp cinnamon
- ¼ tsp allspice
- 3 tbsp raw cane sugar (optional, for rolling)

## Directions

1. Mix wet ingredients: Using an electric mixer with a whisk attachment, beat melted shortening (or butter) with coconut sugar until smooth. Scrape down the bowl as needed.
2. Add egg, maple syrup, molasses, vanilla, and fresh ginger. Mix until fully incorporated.
3. Mix dry ingredients: In a separate bowl, whisk together tapioca flour, coconut flour, baking soda, sea salt, ground ginger, cinnamon, and allspice.
4. Combine: Gradually sift the dry ingredients into the wet mixture on low speed, pausing to scrape down the sides. Mix on medium until well blended.
5. Chill: Refrigerate dough for 30 minutes to firm up.
6. Preheat oven to 325°F (165°C) and line a baking sheet with parchment paper.

*continued*

## Directions

7. Shape & bake: Scoop 1 rounded teaspoon of dough per cookie, rolling each into a 1-inch ball. (Optional: roll in raw cane sugar for sparkle.) Place on parchment-lined tray with room to spread — about 9 per sheet. Bake for 10 minutes, or until golden and crisp at the edges.

8. Cool: Allow to cool completely before serving. Store extras tightly wrapped or freeze for long-term storage.

### MHH Note:

These cookies combine grounding, warming spices — ginger, cinnamon, and allspice — that naturally support digestion and circulation. The blackstrap molasses adds trace minerals like iron and magnesium, while the coconut sugar keeps blood sugar levels steadier than traditional white sugar.

Enjoy them as part of a mindful holiday ritual: savor slowly, breathe deeply, and let the spices awaken your senses.

## Food as Medicine: Calming the Gut, Lifting the Mood

### A Bite of Balance

These crisp-edged, chewy-centered gingersnaps offer more than seasonal comfort — they bring harmony to digestion and mood. Ginger supports the enteric nervous system (the “second brain” in your gut), helping reduce bloating, nausea, and tension. When your gut feels calm, your brain follows suit — a sweet reminder that emotional steadiness begins in the body.

### Magnesium for the Mind

Blackstrap molasses, one of the cookie's quiet heroes, is rich in magnesium, iron, and potassium — minerals that help regulate energy, improve sleep, and buffer the effects of stress. Combined with the slow-burning carbohydrates in almond and coconut flour, each cookie supports steady blood sugar and relaxed focus.

### Sweetness Without the Swing

Maple syrup and coconut sugar sweeten gently, avoiding the blood-sugar spikes that can trigger irritability or anxiety. Paired with healthy fats, they create sustained energy and mental clarity — proof that “sweet” and “stable” can coexist.

### Mind–Body Ritual

Savor each cookie slowly, breathing in its spicy aroma as a small act of nervous-system care. You're not just eating dessert — you're sending your body warmth, steadiness, and calm.



# Paleo Gingerbread Cookies

SERVES: 18–20 COOKIES

PREP TIME: 10 MIN (PLUS 10 MIN CHILL) | COOK TIME: 8–10 MIN

GLUTEN FREE, DAIRY-FREE, PALEO-FRIENDLY

*Soft, chewy, and perfectly spiced, these Paleo Gingerbread Cookies bring classic holiday comfort in every bite — without the gluten, grains, or refined sugar. Sweetened naturally with coconut sugar and molasses, and flavored with cinnamon, ginger, and allspice, they're a warm invitation to slow down, breathe deeply, and savor the season.*

## Ingredients

- 1 egg, plus 1 egg yolk
- $\frac{2}{3}$  cup almond butter
- 2 tbsp coconut oil, softened
- $\frac{1}{4}$  cup blackstrap molasses
- $\frac{1}{4}$  cup organic coconut sugar
- 1 tsp pure vanilla extract
- $\frac{2}{3}$  cup coconut flour
- 1 tsp baking soda
- Pinch of sea salt
- 1 tsp cinnamon
- 1 tsp ground ginger
- $\frac{1}{4}$  tsp allspice

## Directions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, whisk (or beat with an electric mixer) the egg, egg yolk, almond butter, and coconut oil until smooth.
3. Add molasses, coconut sugar, and vanilla, and mix again until fully incorporated.
4. In a separate bowl, combine coconut flour, baking soda, salt, and spices.
5. Add dry mixture to wet ingredients and mix until a thick, sticky dough forms.
6. Chill dough in the freezer for 5–10 minutes until it firms slightly and can be scooped easily.
7. Scoop heaping tablespoons of dough onto prepared baking sheet. Flatten gently and, if desired, sprinkle lightly with coconut sugar.
8. Bake for 8–10 minutes, until tops are slightly cracked. Do not overbake — cookies will firm as they cool.
9. Cool completely on a wire rack before serving.



*continued*

### **MHH Note:**

Ginger and cinnamon aren't just for flavor — they're powerful digestive and immune-supportive spices that help balance blood sugar and reduce inflammation. Blackstrap molasses adds trace minerals like calcium, magnesium, and iron, making these cookies both grounding and nourishing.

Enjoy one with a mug of herbal tea or golden milk for a soul-warming holiday treat that loves you back.

## **Food as Medicine: The Healing Power of Spices**

### **Why “Warming” Really Heals**

In traditional herbalism, spices like ginger, cinnamon, and allspice are known as warming herbs — ingredients that increase circulation, gently raise core temperature, and help the body release tension. These same spices also aid digestion and metabolism, supporting the breakdown of heavier seasonal foods. Each bite of a gingersnap, therefore, offers more than comfort — it delivers a quiet invitation for the body to move energy, warmth, and flow.

### **Balancing Sweetness with Intention**

This version of a holiday classic swaps refined sugar for coconut sugar and maple syrup, which carry trace minerals and have a gentler impact on blood glucose. Pairing natural sweeteners with healthy fats (like palm shortening or grass-fed butter) helps slow absorption, creating lasting energy rather than a spike and crash. It's sweetness that serves the body, not rules it.

### **Aromatic Therapy in Every Bite**

The scent of ginger and cinnamon is more than nostalgic — it's therapeutic. Studies show these aromatics lower cortisol, calm the nervous system, and uplift mood. The act of baking itself — the rhythm of stirring, rolling, and watching cookies turn golden — becomes a form of moving meditation, reconnecting you to a sense of peace and presence.

### **Mindful Moment**

Before taking your first bite, close your eyes and inhale deeply. Let the aroma fill your senses, anchoring you in gratitude. These cookies are proof that mindful indulgence can be healing — that comfort, when crafted with care, becomes nourishment for both body and soul.



# Paleo Chocolate Chip Cookies

SERVES: 12–14 COOKIES

PREP TIME: 10 MIN | COOK TIME: 10–12 MIN

GLUTEN FREE, DAIRY-FREE, PALEO-FRIENDLY

*Crisp on the outside and soft on the inside, these Paleo Chocolate Chip Cookies are proof that simple, real ingredients can create irresistible results. Naturally sweetened with maple syrup and made with almond and coconut flours, they deliver that classic chocolate chip cookie flavor — minus the gluten, grains, and refined sugar.*

## Directions

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together dry ingredients — almond flour, coconut flour, sea salt, and baking soda.
3. In a separate small bowl, whisk wet ingredients — melted coconut oil, maple syrup, and vanilla.
4. Pour wet mixture into dry ingredients and stir until combined.
5. Fold in chocolate chips.
6. Scoop spoonfuls of dough onto prepared baking sheet, flatten gently with your hand or the back of a spoon.
7. Bake for 10–12 minutes, until edges are lightly golden.
8. Allow cookies to cool completely on the tray — they'll firm up as they cool

## Ingredients

- 1½ cups almond flour
- 1½ tbsp coconut flour
- ⅓ tsp sea salt
- ⅓ tsp baking soda
- 2 tsp pure vanilla extract
- ⅓ cup melted coconut oil
- ⅓ cup pure maple syrup
- ½ cup dark chocolate chips (such as Enjoy Life or Lily's for dairy-free/paleo options)

### MHH Note:

Almond flour provides healthy monounsaturated fats that support brain and heart health, while coconut flour adds fiber to keep blood sugar balanced. Maple syrup offers natural minerals and a gentler glycemic response than processed sweeteners.

These cookies are an ideal treat for mindful indulgence — a reminder that health and pleasure can absolutely coexist at the same table.



# Pumpkin Spice Latte Paleo Blondies

SERVES: 12–16 SQUARES

PREP TIME: 20 MIN | COOK TIME: 20 MIN | COOLING TIME: 2 HRS

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY

*Inspired by the cozy flavors of a fall latte, these pumpkin blondies are soft, fudgy, and infused with warm spices and a hint of espresso. The creamy frosting adds a velvety finish that feels indulgent yet perfectly balanced — a comforting, energizing treat for crisp mornings or festive gatherings.*

## Directions

### Blondies:

1. Preheat oven to 350°F (175°C). Line an 8×8-inch square baking pan with parchment paper, allowing extra to hang over the sides for easy removal.
2. In a bowl, whisk together almond flour, baking soda, pumpkin pie spice, cinnamon, espresso powder, and salt.
3. In a separate large bowl, use a whisk or electric mixer to cream the ghee and maple sugar until smooth. Add pumpkin puree, egg, and vanilla, and mix again until velvety.
4. Fold in the dry ingredients until just combined — the batter will be thick.
5. Spread evenly into the prepared pan and smooth the top.
6. Bake for about 20 minutes, or until the center is just set.
7. Cool completely in the pan on a wire rack for at least 2 hours (chilling speeds this up and helps them slice neatly)

## Ingredients

### For the Blondies

- 1½ cups blanched almond flour
- ½ tsp baking soda
- 1 tbsp pumpkin pie spice
- 1 tsp cinnamon
- 2 tbsp espresso powder
- ¼ tsp fine sea salt
- ½ cup ghee, softened (or coconut oil for dairy-free)
- ¾ cup pure maple sugar
- ½ cup pumpkin puree
- 1 large egg
- 1 tsp pure vanilla extract



*continued*

## Ingredients

### For the Frosting

- $\frac{2}{3}$  cup palm shortening or grass-fed butter
- 6 tbsp raw honey or pure maple syrup
- 2 tbsp tapioca flour
- 1 tsp pure vanilla extract
- 2 tsp espresso powder
- 1 tsp pumpkin pie spice
- $\frac{1}{8}$  tsp fine sea salt

## Directions

### Frosting:

1. In a clean bowl, beat together the shortening or butter, honey or maple syrup, and tapioca flour until smooth and fluffy.
  2. Add vanilla, espresso powder, pumpkin spice, and salt; continue beating until fully combined.
  3. Spread frosting evenly over cooled blondies.
  4. For easier slicing, refrigerate for 20 minutes before cutting into squares.
  5. Dust with a pinch of cinnamon, if desired.
- Store covered in the fridge for up to 5 days.

### MHH Note:

Pumpkin isn't just a seasonal favorite — it's rich in beta-carotene, potassium, and fiber that nourish the gut and support immune function. Paired with espresso and warming spices, this recipe offers gentle stimulation for both mind and body — perfect for afternoon gatherings or mindful moments of indulgence.

Savor slowly, and let the flavors remind you that even healthy habits can (and should) feel like celebration.

## Food as Medicine: A Gentle Lift for Mind & Mood

### Pumpkin Meets Espresso — Nature's Energy Blend

This recipe combines two powerful natural allies: pumpkin, rich in magnesium and beta-carotene, and espresso, a mindful source of caffeine that sharpens focus and improves mood when paired with nourishing fats. Unlike the crash of a sugary latte, this combination offers a steady, sustained energy that supports brain function and emotional clarity through the season.

### The Spice Effect

Cinnamon, ginger, and nutmeg don't just smell like comfort — they actively help regulate blood sugar and reduce inflammation. These warming spices stimulate circulation and digestion while calming the nervous system, creating the perfect antidote to stress or fatigue.

### A Better Kind of Indulgence

By replacing refined sugar and flour with maple sugar and almond flour, this blondie brings balance instead of burnout. Each bite provides nourishment for your body and a moment of sensory joy — a reminder that healthy living doesn't mean deprivation, but rather celebration in harmony.

### Mindful Moment

Enjoy one warm blondie with a cup of tea or decaf coffee. Feel the sweetness melt slowly, grounding you in presence. You're not just eating a treat — you're savoring energy, balance, and intention.



# Flourless Dark Chocolate Cake

SERVES: 8

PREP TIME: 15 MIN | COOK TIME: 25 MIN

GLUTEN FREE, DAIRY-FREE OPTION, PALEO-FRIENDLY

*Rich, decadent, and naturally gluten free, this classic flourless cake feels luxurious without refined sugar. The secret: whipped eggs for lift and depth of flavor from pure dark chocolate.*

## Directions

1. Preheat oven to 375°F (190°C). Line an 8-inch round pan with parchment paper.
2. Melt chocolate and oil/butter in a double boiler, stirring until smooth.
3. Whisk in sugar, then add eggs one at a time, whisking until glossy.
4. Add cocoa, vanilla, and salt, stirring until just combined.
5. Pour into pan and smooth the top.
6. Bake 22–25 minutes until the center is just set (it should look slightly fudgy).
7. Cool completely before removing from the pan.
8. Dust with cocoa powder or top with fresh berries.

### Tips & Variations:

This cake pairs beautifully with coconut whipped cream or a drizzle of raspberry coulis.

## Ingredients

- 1 cup dark chocolate chips or chopped dark chocolate (70% or higher)
- ½ cup coconut oil or grass-fed butter
- ¾ cup coconut sugar or maple sugar
- 4 large eggs, room temperature
- ½ cup unsweetened cocoa powder
- 1 tsp pure vanilla extract
- Pinch of sea salt

### MHH Note:

The cacao percentage on a chocolate bar shows how much is pure cacao versus added sugar.

- 70–74%: Smooth, lightly sweet — great for beginners.
- 75–85%: Rich, complex flavor with less sugar and more antioxidants.
- 90%+: Very bold; best balanced with fruit or whipped coconut cream.

Higher percentages deliver more magnesium and flavonoids for heart, brain, and mood support. True nourishment happens when flavor and wellness meet in harmony, so choose what tastes good to you.



# Almond Butter Fudge Squares (No-Bake)

SERVES: 12-16 SQUARES

PREP TIME: 10 MIN + 1 HR CHILL

GLUTEN FREE, DAIRY-FREE, VEGAN, PALEO-FRIENDLY, LOW-INFLAMMATORY

*These melt-in-your-mouth almond butter fudge squares are pure bliss — creamy, nutty, and naturally sweetened. Made with just a handful of wholesome ingredients, they strike the perfect balance between indulgence and nourishment. Keep a batch in your freezer for when you want a quick, energizing pick-me-up or a mindful sweet treat that satisfies without guilt.*

## Directions

1. Whisk together almond butter, coconut oil, maple syrup, vanilla, and salt until smooth.
2. Stir in cacao nibs if using.
3. Pour into a parchment-lined 8x8 pan.
4. Freeze for 30 minutes or until firm.
5. Slice into squares and store in fridge.

## Tips & Variations:

- **Nut Swap:** Try cashew butter or sunflower seed butter for a different flavor or nut-free option.
- **Chocolate Marble:** Swirl a tablespoon of melted dark chocolate into the top layer before chilling for a “marbled fudge” look.
- **Crunch Factor:** Mix in a handful of chopped almonds, cacao nibs, or shredded coconut for texture.
- **Boosted Energy Version:** Add 1–2 tsp of maca powder or collagen for extra hormone and skin support.

## Ingredients

- 1 cup creamy almond butter
- ¼ cup melted coconut oil
- ¼ cup pure maple syrup
- 1 tsp vanilla extract
- ½ tsp sea salt
- Optional: 2 tbsp cacao nibs or chopped dark chocolate

### MHH Note:

Healthy fats from almond butter and coconut oil help stabilize blood sugar and support brain health, making these fudge squares a great alternative to processed sweets. Pair one with a cup of herbal tea or your favorite adaptogenic latte for a balanced, heart-centered moment of self-care.





# Rosita's Date Boats

SERVES: 8–10

PREP TIME: 10 MIN

GLUTEN FREE, DAIRY-FREE, PALEO-FRIENDLY,  
VEGAN

*A naturally sweet, energizing bite that's both elegant and effortless. Rosita's Date Boats are little flavor vessels — soft, caramel-like dates paired with crunchy Brazil nuts or rich dark chocolate. Perfect for dessert platters, after-dinner treats, or holiday snacking, they offer a satisfying balance of sweetness and nourishment.*

## Directions

## Ingredients

- 8–10 large Medjool dates, pitted
- 8–10 whole Brazil nuts or
- ¼ cup melted dark chocolate chips (use gluten free, dairy-free chocolate such as Enjoy Life or Hu Kitchen)

1. Prep the dates: Slice each pitted date lengthwise to create a small "boat" shape — not all the way through, just enough to open them.
2. Fill your boats:
3. Option 1 – Nut Boats: Press a whole Brazil nut gently into the center of each date.
4. Option 2 – Chocolate Boats: Drizzle or spoon melted dark chocolate into the hollow center of each date.
5. Set & serve: Place on a parchment-lined tray and refrigerate for 10–15 minutes to firm up (especially for chocolate-filled boats). Serve at room temperature or slightly chilled.

### MHH Note:

Brazil nuts are one of the best natural sources of selenium — an essential mineral that supports thyroid function, detoxification, and immune health. Dates provide natural energy and fiber, while dark chocolate adds antioxidants that boost mood and protect brain health.

Together, they make a decadent yet nourishing treat that proves clean eating can be utterly delicious.



# Dark Chocolate Dipped Fruit Bark with Sea Salt

SERVES: 8–10 SERVINGS

PREP TIME: 10 MIN + CHILL

GLUTEN FREE, DAIRY-FREE, VEGAN

*A simple, elegant dessert or gift idea — rich dark chocolate layered with jewel-toned fruits and nuts for a perfect balance of sweet, salty, and crunchy.*

## Directions

1. Line a baking sheet with parchment paper.
2. Melt chocolate gently using a double boiler.
3. Pour onto parchment and spread evenly (about  $\frac{1}{4}$  inch thick).
4. Sprinkle with fruits, nuts, seeds, and coconut.
5. Finish with sea salt.
6. Chill in the fridge until set, then break into rustic pieces.

### Tips & Variations:

Wrap pieces in wax paper and tie with twine for a charming homemade gift.

## Ingredients

- 8 oz dark chocolate (70% or higher, dairy-free)
- $\frac{1}{4}$  cup dried cranberries or cherries
- $\frac{1}{4}$  cup chopped almonds or pistachios
- 2 tbsp pumpkin seeds
- 1 tbsp shredded coconut
- Pinch of flaky sea salt

## Food as Medicine: The Healing Chemistry of Chocolate

### Cacao and the Body–Mind Connection

Dark chocolate is more than dessert — it's a botanical medicine. Rich in magnesium, iron, and polyphenols, cacao supports focus, mood, and circulation while fighting oxidative stress. Pairing it with fruits, nuts, and sea salt balances energy and enhances nutrient absorption. A square enjoyed mindfully can soothe the nervous system and uplift the spirit — proof that pleasure, when rooted in awareness, becomes nourishment.





# Chai-Spiced Energy Balls

SERVES: 12–15

PREP TIME: 10 MIN | NO BAKING REQUIRED

GLUTEN FREE, DAIRY-FREE, VEGAN

*These bite-sized treats capture all the cozy notes of a chai latte — cinnamon, cardamom, and ginger — in a protein-rich snack perfect for gifting or keeping on hand during busy holidays.*

## Directions

1. Add nuts to a food processor and pulse until crumbly.
2. Add dates, almond butter, spices, and salt; blend until mixture sticks together when pressed.
3. Roll into bite-sized balls.
4. Roll in shredded coconut or extra cinnamon if desired.
5. Store refrigerated for up to 2 weeks or freeze for longer.

### Tips & Variations:

Add 1 tbsp collagen powder or hemp seeds for extra protein.

## Ingredients

- 1 cup medjool dates, pitted
- 1 cup raw cashews or almonds
- 2 tbsp almond butter
- 1 tsp ground cinnamon
- ½ tsp ground cardamom
- ¼ tsp ground ginger
- ⅛ tsp ground cloves
- Pinch of sea salt
- 1–2 tbsp shredded coconut (optional)

### MHH Note:

Chai spices like cinnamon, cardamom, and ginger don't just warm the senses — they nurture the body from the inside out. Together, these ancient spices support digestion, circulation, and balanced blood sugar, helping the body process energy more smoothly while soothing inflammation.

Paired with the natural fiber and healthy fats in dates and nuts, they create steady, grounded energy instead of the highs and lows that come with processed snacks. Each bite offers a mindful pause — a moment to reconnect with warmth, balance, and the simple joy of nourishment that truly sustains.





# Pumpkin Spiced Latte

SERVES: 1

PREP TIME: 5 MIN | COOK TIME: 5 MIN

GLUTEN FREE, DAIRY-FREE, PALEO-FRIENDLY,  
VEGAN OPTION, LOW-INFLAMMATORY

*This clean, comforting version of a seasonal favorite delivers all the flavor of your café Pumpkin Spice Latte — without the refined sugar, artificial syrups, or additives. Made with real pumpkin, coconut cream, and warming spices, it's rich, creamy, and full of nourishing fats that support brain and hormone health. A true fall ritual made wholesome.*

## Ingredients

- 2 tbsp pumpkin puree
- 2 tbsp coconut cream (from full-fat coconut milk)
- ½ cup almond milk (unsweetened)
- 1 tsp coconut sugar (or a few drops of liquid stevia or monk fruit, to taste)
- 1 tsp pure vanilla extract
- ¼ tsp pumpkin pie spice (or a blend of cinnamon, ginger, nutmeg, allspice, and clove)

## Directions

1. Combine pumpkin puree, coconut cream, almond milk, coconut sugar (or stevia), vanilla, and pumpkin pie spice in a small saucepan or milk frother.
2. Whisk continuously over medium heat until warm and frothy — do not boil.
3. Pour into your favorite mug. Add hot coffee or espresso if desired.
4. Top with coconut whipped cream and a sprinkle of cinnamon or nutmeg.

# Coconut Whipped Cream

## Ingredients

- 1 cup chilled coconut cream
- 1–2 tsp raw honey or maple syrup

## Directions

1. In a stand mixer or with a hand whisk, whip chilled coconut cream with raw honey or maple syrup until peaks form.
2. Chill for 10–15 minutes before topping your latte (or other dessert).

### **MHH Note:**

This latte was designed to feel like a celebration in a mug — the cozy flavors of the season, made simple and wholesome enough to enjoy any time of day. Pair it with a quiet moment, a warm blanket, or a conversation with someone you love. Let it be a reminder that comfort food can be deeply supportive... and that taking a mindful pause is a gift to your whole body.

This is a perfect example of what “comfort with consciousness” looks like — small, nourishing rituals that bring joy and wellness into every season.

## **Food as Medicine: The Ritual of Comfort and Chemistry of Calm**

The scent of pumpkin and spice isn't just nostalgic — it's a sensory cue that tells the nervous system it's safe to slow down. Each ingredient in this latte carries both emotional and biochemical benefits, creating a perfect balance of comfort and function.

Pumpkin is rich in beta-carotene, vitamin C, and potassium, supporting immune function and mood regulation while providing slow-burning carbohydrates that stabilize energy. Coconut cream and almond milk deliver healthy fats that nourish brain cells and hormones, helping you feel satisfied and calm rather than craving another sugar rush.

Cinnamon and ginger, long celebrated in Ayurvedic and holistic traditions, improve digestion, enhance circulation, and balance blood sugar — a trio of benefits that make them ideal during colder months when metabolism and mood can dip. Nutmeg and clove add more than aroma; their natural oils have antimicrobial and anti-inflammatory effects that gently support the immune system.

Together, these ingredients help regulate cortisol — the body's primary stress hormone — while supporting a healthy gut-brain connection. Warm beverages naturally shift the body into the parasympathetic “rest and digest” state, making this latte both grounding and physiologically calming.

This is nourishment you can feel right away — soothing tension, lifting the spirit, and making your whole system feel more at home inside itself. It's comfort with intention, and joy with a purpose.

Even the act of preparing this latte can become a small daily ritual of mindfulness — whisking the ingredients, feeling the warmth rise, inhaling the aroma before the first sip. When paired with a spoonful of coconut whipped cream, it becomes a symbolic reminder that healing doesn't always come from restriction; it often begins with allowing yourself warmth, comfort, and conscious pleasure.

So, sip slowly. Let each swallow remind you that nourishment is as much about how you feel as what you eat — and that joy is one of the most powerful forms of medicine you can give your body.



# Golden Turmeric Hot Cocoa

SERVES: 2

PREP TIME: 5 MIN | COOK TIME: 5 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN

*A comforting blend of cacao and anti-inflammatory turmeric, this drink is both soothing and uplifting — like a hug in a mug.*

## Ingredients

- 2 cups unsweetened almond or coconut milk
- 1 tbsp raw cacao powder
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- Pinch of black pepper (enhances turmeric absorption)
- 1 tsp maple syrup or honey (to taste)
- ¼ tsp vanilla extract

## Directions

1. Whisk all ingredients together in a small saucepan.
2. Warm over medium heat for 3–4 minutes, whisking until smooth and steamy.
3. Pour into mugs and top with a sprinkle of cinnamon.

### MHH Note:

Turmeric, combined with black pepper and healthy fats, supports a healthy inflammatory response — perfect for winding down after rich meals. But this hot cocoa goes beyond nutrition. The warmth of the mug in your hands, the hint of spice rising with the steam, the smooth chocolatey comfort... it all tells your nervous system to soften. This is the kind of treat that helps you exhale, release the day, and settle into rest. Sip slowly, savor the grounding warmth, and let each cozy moment nourish you from the inside out.





# Cranberry Rosemary Mocktail

SERVES: 4 (OR 2 TALL GLASSES)

PREP TIME: 5 MIN

GLUTEN FREE, DAIRY-FREE, VEGAN, PALEO-FRIENDLY, LOW-INFLAMMATORY

*A vibrant, ruby-red mocktail that brings holiday cheer without the hangover. Tart cranberry juice blends with citrus and herbal rosemary for a drink that's as refreshing as it is beautiful. Lightly sweetened and full of antioxidants, it's a toast-worthy alternative that supports both joy and wellness throughout the season.*

## Directions

1. Combine cranberry juice, orange juice, and sweetener in a pitcher.
2. Stir and chill.
3. Add sparkling water just before serving.
4. Serve over ice with rosemary and cranberries.

### Tips & Variations:

- Sparkling Upgrade: Top with sparkling water or kombucha for a little fizz.
- Citrus Twist: Add a squeeze of orange or grapefruit juice for brightness and complexity.
- Herbal Infusion: Gently bruise rosemary sprigs before stirring to release more of their essential oils.
- Garnish Ideas: Add a few floating fresh cranberries or an orange peel twist for an elegant finish.
- Party Pitcher: Multiply the recipe for a holiday punch — mix cranberry juice, lime juice, rosemary sprigs, and sparkling water just before serving.

## Ingredients

- 2 cups unsweetened cranberry juice
- 1 cup sparkling water
- Juice of 1 orange
- 1 tbsp pure maple syrup or honey (optional)
- Fresh rosemary sprigs
- Fresh or frozen cranberries for garnish

### MHH Note:

Cranberries are rich in polyphenols that support urinary and immune health, while rosemary enhances circulation and focus. This drink offers a gentle detoxifying effect and a festive sensory experience — a reminder that celebration and wellness can easily share the same glass.



# Sparkling Pomegranate Mocktail with Rosemary

SERVES: 4 (OR 2 TALL GLASSES)

PREP TIME: 5 MIN

GLUTEN FREE, VEGAN

*Bright, tangy, and elegantly festive — this alcohol-free cocktail brings antioxidants and sparkle to your celebration. The rosemary adds a gentle aromatic note reminiscent of pine and winter warmth.*

## Directions

1. Combine pomegranate and orange juice in a pitcher.
2. Add maple syrup if desired and stir well.
3. Just before serving, add sparkling water or kombucha.
4. Pour into glasses and garnish with rosemary sprigs and pomegranate arils.

### Tips & Variations:

For a winter-spiced twist, steep a cinnamon stick in the juice for 30 minutes before chilling.

## Ingredients

- 2 cups 100% pomegranate juice
- 1 cup sparkling water or kombucha
- ½ cup fresh orange juice
- 1 tbsp pure maple syrup (optional, depending on tartness)
- Fresh rosemary sprigs
- Pomegranate arils for garnish

### MHH Note:

Pomegranate is a symbol of vitality for good reason — its ruby seeds are packed with antioxidants that support heart, skin, and cellular health. Paired with rosemary, a natural circulatory and memory tonic, this mocktail brings both clarity and calm. The gentle sparkle stimulates digestion and energy, while the herbal aroma helps ground the senses.

A perfect reminder that celebration and wellness can share the same glass.

# How to Eat with Presence During the Holidays

The holidays are a time to gather, to give, and to enjoy the simple pleasure of good food shared with people you love. But when schedules get full and plates overflow, it's easy to forget one of the most nourishing ingredients of all — *presence*.

Eating with presence means slowing down enough to experience each meal as an act of gratitude, not just routine. It's about reconnecting to your senses, your body, and the energy of the moment — something that, in the rush of holiday to-do lists, can easily slip away.

## 1. Begin with Gratitude

Before you take your first bite, pause. Look at the colors on your plate. Notice the care that went into growing, preparing, and serving your food. Take a breath and silently thank the people — and the planet — that made this nourishment possible. Gratitude naturally calms the nervous system and brings you back into your heart.

## 2. Engage All Your Senses

Presence is sensory. As you eat, notice the textures, aromas, and sounds — the gentle clink of dishes, the warmth of conversation. When you tune into the full experience, your mind slows down, digestion improves, and food becomes more satisfying with less of it.

## 3. Chew Slowly and Intentionally

One of the simplest yet most powerful mindfulness practices is to chew your food thoroughly. It not only aids digestion but also invites your mind to rest. Set your fork down between bites, and





allow yourself to *taste* — really taste — the blend of flavors that make this season special.

## 4. Listen to Your Body's Cues

Your body is wise. It will tell you when it's hungry, when it's full, and what it needs — if you give it a chance to speak. Instead of finishing your plate out of habit or politeness, honor your internal signals. Satisfaction isn't found in quantity, but in connection.

## 5. Create Calm Around the Table

The energy you bring to a meal shapes how your body receives it. Create a peaceful environment: soft lighting, calm music, phones away. Take a few deep breaths before you eat. When your nervous system is relaxed, your body can digest, absorb, and heal.

## 6. Release the Pressure of “Perfect”

Holidays aren't about rigid rules — they're about joy, love, and shared experience. If you overindulge, be kind to yourself. Notice, learn, and return to balance with your next choice. Presence isn't perfection — it's awareness.

## 7. End with Appreciation

When the meal is done, take a moment to reflect. How do you feel — physically, emotionally, spiritually? Notice any warmth, calm, or connection that lingers. This is nourishment, too. When you bring mindfulness to the end of a meal, you carry that peace with you long after the dishes are cleared.

## Modern Holistic Health Reflection

Food is energy. It carries the intention with which it's prepared, the emotions with which it's shared, and the awareness with which it's received. Eating with presence turns every bite into medicine — for the body, mind, and soul.

So this season, may your meals be slow, your laughter abundant, and your presence the greatest gift at your table.

# Gratitude Ritual Before Meals

Food is one of the most direct ways we receive life. Every bite represents a chain of giving — from the soil that nourished the plant, to the hands that prepared it, to the moment you choose to receive it.

A gratitude ritual allows you to pause, breathe, and reconnect with that flow of abundance before you eat.

This simple practice helps quiet the mind, activate the parasympathetic (“rest and digest”) system, and bring your body into a state of openness and appreciation — the perfect state for healing and nourishment.

## A Simple Gratitude Practice

You can do this silently or aloud, on your own or with those gathered around you. It takes less than a minute, yet it can transform the way your meal feels — and how your body receives it.

### 1. Pause and breathe.

Close your eyes or soften your gaze. Take a slow inhale through your nose, and exhale gently through your mouth. Feel your body settle into stillness.

### 2. Acknowledge the journey of your food.

Imagine the sunlight, rain, and earth that gave rise to the ingredients on your plate. Think of the farmers, cooks, and even your own hands that helped bring this meal to life.

### 3. Offer a word or thought of thanks.

You might say quietly:

*“For this food, this moment, and the health it brings, I am grateful.”*

Or make it your own — a blessing, intention, or simple thank-you that resonates with your heart.

### 4. Set an intention.

Ask yourself how you'd like to feel after this meal — energized, calm, connected, nourished. Let that intention guide how slowly and consciously you eat.

### 5. Open your eyes and enjoy.

When you're ready, smile, breathe again, and begin your meal — grounded, centered, and grateful.



## Optional Group Ritual

If you're gathered with others, invite each person to share one thing they're grateful for — a memory, a lesson, or something small that brought them joy. This creates connection, softens stress, and infuses the table with shared warmth.

## Modern Holistic Health Reflection

Gratitude shifts the body from survival to serenity.

When we eat with thankfulness, we feed more than our physical selves — we feed our spirit, too. Let each meal remind you that nourishment is a gift, and that presence turns even the simplest foods into medicine for the soul.



# Stocking the Holistic Pantry

A well-stocked holistic pantry makes healthy cooking both effortless and joyful. These nutrient-rich staples form the foundation for every recipe in this cookbook — allowing you to create meals that are full of flavor, balanced energy, and whole-body nourishment.

Whether you're baking pumpkin blondies, blending a smoothie, or roasting seasonal vegetables, these ingredients help you prepare meals that align with your values and your health goals.

## Core Pantry Staples

### Healthy Oils & Fats

- **Coconut oil** – ideal for baking and sautéing
- **Avocado oil** – great for roasting and high-heat cooking
- **Extra virgin olive oil** – rich, heart-healthy base for dressings and drizzles
- **Ghee** – nourishing fat for flavor and gut health (*use coconut oil for dairy-free*)
- **Nut butters** – almond, cashew, or sunflower seed for smoothies, desserts, and sauces

### Natural Sweeteners

- **Raw honey** and **pure maple syrup** – natural alternatives to refined sugar
- **Coconut sugar** and **maple sugar** – gentle sweetness for baked goods
- **Blackstrap molasses** – mineral-rich and deep-flavored for cookies and holiday treats
- **Medjool dates** – nature's caramel; perfect for snacks or no-bake desserts

### Grain-Free & Gluten Free Flours

- **Almond flour** – versatile, moist, and rich in protein
- **Coconut flour** – light, absorbent, and fiber-rich (*great for pancakes and cookies*)
- **Tapioca flour** – adds elasticity and structure in gluten free baking
- **Cassava flour** – excellent all-purpose paleo substitute
- **Oat flour (certified GF)** – mild and hearty for breakfast recipes



### Flavor Builders & Savory Essentials

- **Coconut aminos** – clean, soy-free alternative to soy sauce
- **Apple cider vinegar** – aids digestion and balances flavor
- **Dijon mustard** and **tomato paste** – foundational pantry flavor enhancers
- **Tamari (gluten free soy sauce)** – for deeper umami flavor if not strictly paleo
- **Herbs & spices**: cinnamon, ginger, turmeric, cumin, rosemary, thyme, paprika, nutmeg, and sea salt — the building blocks of holistic flavor.

### Plant-Based Milks & Creams

- **Almond milk**, **coconut milk**, and **oat milk** (*unsweetened*) – for smoothies, soups, and batters
- **Coconut cream** – essential for dairy-free lattes and whipped toppings

### Superfoods & Supplements

- **Collagen peptides** – support skin, joints, and gut health
- **Adaptogens**: reishi, ashwagandha, maca – balance stress and hormones
- **Raw cacao powder** – antioxidant-rich chocolate alternative
- **Protein powders** – clean, plant-based or collagen-based options for smoothies and snacks

### Nuts, Seeds & Grains

- **Almonds**, **walnuts**, **chia seeds**, **flaxseeds**, **pumpkin seeds**, and **quinoa** — nutrient-dense sources of healthy fats, fiber, and protein

### Broths & Canned Goods

- **Vegetable** or **bone broth** – foundational for soups and stews
- **Canned coconut milk**, **pumpkin puree**, and **diced tomatoes** – pantry essentials for quick, comforting recipes

### Tip:

Store dry ingredients in glass jars with labels and expiration dates — it keeps your pantry organized, fresh, and visually inspiring. When your pantry feels inviting, cooking becomes a creative, mindful act rather than a chore.





# Holistic Cooking Conversions & Substitutions

Holistic cooking is about flexibility and intuition — adapting recipes to fit your body's needs, preferences, and available ingredients. These quick swaps and conversions make it easy to modify recipes while maintaining balance and flavor.

## Common Substitutions

### Flours & Thickeners

- 1 cup wheat flour → 1 cup almond flour (adds richness) or  $\frac{1}{4}$  cup coconut flour (*adds lightness — increase eggs or liquid*)
- 1 tbsp tapioca flour (thickener) → 1 tbsp arrowroot starch or cornstarch
- 1 cup oat flour (GF) → 1 cup cassava flour for grain-free baking

### Oils & Fats

- 1 cup butter →  $\frac{3}{4}$  cup coconut oil or ghee (*for richer flavor*)
- 1 tbsp ghee → 1 tbsp olive oil or avocado oil (*for dairy-free option*)

### Sweeteners

- 1 cup white sugar →  $\frac{3}{4}$  cup coconut sugar or  $\frac{1}{2}$  cup maple syrup
- 1 tbsp maple syrup → 1 tbsp raw honey (*or vice versa*)
- 1 tsp molasses → 1 tsp maple syrup + pinch of cinnamon (*lighter flavor*)



### Liquids & Creams

- 1 cup dairy milk → 1 cup almond, coconut, or oat milk (*unsweetened*)
- 1 cup heavy cream → 1 cup coconut cream (*from full-fat canned coconut milk*)

### Umami & Sauces

- 1 tbsp soy sauce → 1 tbsp coconut aminos or tamari (*both gluten free*)
- 1 tbsp tomato paste → 2 tbsp tomato sauce, simmered to thicken

### Egg & Binding Replacements

- 1 egg → 1 tbsp ground flax + 3 tbsp water (rest 5 min) or ¼ cup unsweetened applesauce
- 1 scoop collagen peptides → 2 tbsp plant-based protein powder (*vanilla or unflavored*)

### Specialty Ingredients

- Coconut aminos → tamari or low-sodium soy sauce (*not paleo but gluten free*)
- Maple sugar → coconut sugar or maple syrup (*reduce other liquids slightly*)
- Pumpkin pie spice → mix 1 tsp cinnamon, ¼ tsp ginger, ⅛ tsp nutmeg, ⅛ tsp allspice

## Measurement Quick Guide

- 1 tbsp = 3 tsp
- ¼ cup = 4 tbsp
- 1 cup = 16 tbsp
- 8 fl oz = 1 cup
- 1 lb = 16 oz

### Tip:

When substituting ingredients, think in terms of energy, texture, and intention. Almond flour adds warmth and substance; coconut flour creates lightness and a touch of sweetness; and olive oil brings grounding richness. Choose what feels balanced for your body and the season.



# Inspiration from Our Holistic Community

At Modern Holistic Health, we believe that true wellness thrives in community — where knowledge, creativity, and inspiration are shared freely. Along with the culinary creations of our own coaches, some of the recipes in this collection were inspired by or adapted from trusted holistic food creators who share our vision for clean, intentional, and deeply nourishing cooking.

We are grateful to these recipe developers, bloggers, and wellness chefs whose work continues to inspire our team and clients alike. We encourage you to explore their websites to discover even more wholesome, nutrient-rich recipes and lifestyle tips that align with your holistic journey.

*To find more holistic recipes and resources, visit:*

- <https://modernholistichealth.com>
- <https://reciperunner.com>
- <https://awholenewtwist.com>
- <https://eatthegains.com>
- <https://grazedandenthused.com>
- <https://www.paleorunningmomma.com>

## In Gratitude and Abundance

As you bring these recipes to life, may your kitchen become a place of connection, creativity, and healing. Each dish in this collection was crafted with intention — to nourish your body, calm your mind, and celebrate the joy of wholesome, mindful eating. From all of us at Modern Holistic Health, we wish you a season — and a life — filled with gratitude, abundance, and vibrant well-being.



# Healthy recipes are just the beginning. Get the answers you deserve about your health.

Modern Holistic Health has helped over 5,000 people break free from chronic illness. With an over 90% success rate, our data-backed holistic approach leaves no stone unturned in finding the root causes of your symptoms. Whether you need help with chronic pain, anxiety, depression, blood sugar issues, fertility, or even PTSD symptoms, we can help.

**Book Your Virtual Visit With a Modern Holistic Health Practitioner Today.**

**BOOK YOUR FIRST VISIT**



This holiday season, celebrate more than just good food — celebrate wholeness.

At **Modern Holistic Health**, we believe that what you eat, how you eat, and who you share it with all shape your well-being. A Season to Nourish: The Modern Holistic Health Holiday Cookbook invites you to slow down, savor the moment, and reconnect with the deeper meaning of nourishment.

Inside, you'll find wholesome, delicious recipes created by Dr. Elena Villanueva and the MHH coaching team — from vibrant plant-based mains to naturally sweet, guilt-free desserts — all designed to help you feel your best while honoring the joy of the season.

More than a cookbook, this is a guide to **eating with intention**, **living with gratitude**, and **finding balance amid the celebration**. Because the most beautiful holiday table is one filled with love, laughter, and vitality.

Modern  
Holistic|Health

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