



HEALTHY HOLIDAY RECIPE GUIDE

**STIR UP SOME FESTIVE FUN WITH THESE
GLUTEN AND DAIRY FREE HOLIDAY RECIPES**



Pure Simple Wellness
Health and Wellness Coaching

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HEALTHY HOMEMADE GIFTS

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HERB-INFUSED OLIVE OIL



Ingredients

- **Quality extra-virgin olive oil**
- **Fresh herbs (rosemary, thyme, basil, or others of choice)**
- **Fresh garlic cloves (optional)**
- **Dried chili flakes (optional for a spicy kick)**
- **Decorative glass bottles, cleaned and dried**

Directions

- 1) Clean and dry decorative bottles.
- 2) Pick fresh herbs, wash, and air dry fully.
- 3) For garlic: peel and optionally crush for more flavor.
- 4) Add herbs, garlic, and optional chili flakes to bottles.
- 5) Use a funnel to fill bottles with olive oil, submerging ingredients with space at the top.
- 6) Seal bottles and store in a cool, dark place for 1-2 weeks for flavor infusion.
- 7) Label bottles with ingredients and a use-by date within a month.

Note: Use within a month to avoid bacteria growth.

SPICE BLENDS



Spicy Taco Seasoning

2 tbsp chili powder
1 tbsp ground cumin
1 tbsp paprika
1 tsp ground coriander
1 tsp onion powder
1/2 tsp garlic powder
1/2 tsp crushed red pepper flakes
1/2 tsp dried oregano
1/4 tsp smoked paprika
1/4 tsp cayenne pepper
1 tsp sea salt

Aromatic Curry Powder

2 tbsp ground turmeric
2 tbsp ground coriander
2 tbsp ground cumin
1 tbsp ground ginger
1 tbsp ground paprika
1 tsp black pepper
1/2 tsp cinnamon
1/2 tsp ground cardamom
1/2 tsp cayenne pepper
1/4 tsp ground cloves

Mediterranean Mix

2 tbsp dried basil
2 tbsp dried oregano
1 tbsp dried rosemary
1 tbsp dried thyme
1 tbsp dried parsley
1 tsp dried marjoram
1 tsp dried dill
1 tsp ground black pepper
1/2 tsp garlic powder

Directions

- 1) Combine all the listed ingredients in a bowl for each blend. Mix thoroughly until well blended.
- 2) Use small, clean, dry jars for each spice blend. Carefully pour each spice mix into its respective jar using a funnel.
- 3) Screw the lids on tightly. Create labels for each jar, mentioning the name of the spice blend. Place the jars in a small gift box or bag, or tie them together with a festive ribbon.

GRANOLA JARS



Ingredients

- 3 cups rolled oats (gluten-free if needed)
- 1 cup mixed nuts (e.g., almonds, walnuts, pecans), coarsely chopped
- 1/2 cup mixed seeds (e.g., sunflower, pumpkin, chia, flaxseed)
- 1 cup mixed dried fruit (e.g., cranberries, raisins, apricots), chopped if large
- 1/4 cup coconut oil, melted
- 1/3 cup maple syrup or honey
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp sea salt

Directions

- 1) Preheat oven to 325°F (165°C) and line a baking sheet with parchment.
- 2) Mix oats, nuts, and seeds in a bowl.
- 3) In another bowl, whisk coconut oil, syrup/honey, vanilla, cinnamon, nutmeg, and salt until smooth.
- 4) Combine wet and dry mixes; stir until coated.
- 5) Spread granola evenly on sheet. Bake 20-25 mins, stirring midway, until golden. Monitor for burning.
- 6) Remove, cool slightly; mix in dried fruit.
- 7) Let granola cool on sheet; until it crisps up.
- 8) Pour cooled granola into jars loosely.
- 9) Seal jars, add ribbon and optional label/tag.

HOMEMADE PICKLES



Ingredients

- 1 lb (450g) fresh cucumbers, sliced
- 1 cup apple cider vinegar
- 1 cup water
- 2 tbsp kosher salt
- 2 tsp sugar (optional)
- 2 cloves garlic, halved
- 1 tsp dill seeds or fresh dill
- 1/2 tsp black peppercorns

Directions

- 1) Boil jars and lids for 10 minutes, then air dry.
- 2) In a pot, combine vinegar, water, salt, and sugar (if using). Heat until dissolved.
- 3) Add garlic, dill, and peppercorns to jars. Pack with cucumber slices.
- 4) Pour hot brine over cucumbers, leaving 1/2-inch headspace.
- 5) Close jars. Boil in a water bath for 10 minutes.
- 6) Cool on the counter for 24 hours. Ensure lids are sealed. Store in a cool, dark place.

FRUIT LEATHER ROLLS



Ingredients

- 4 cups of fruit
(strawberries,
apples, apricots,
or a mix)
- 1-2 tablespoons
honey or maple
syrup (optional,
for added
sweetness)
- 1 tablespoon
lemon juice (to
preserve color
and add a touch
of tartness)

Directions

- 1) If using apples or apricots, peel and core them. For strawberries, hull them. Cut the fruits into chunks.
- 2) Combine the fruit chunks, sweetener (if using), and lemon juice in a blender. Blend until you get a smooth puree.
- 3) Preheat your oven to its lowest setting (usually around 140°F/60°C). Line a baking sheet with a silicone baking mat or parchment paper.
- 4) Spread the puree evenly, ensuring it's about 1/8 inch thick.
- 5) Place in the oven and bake for 4-6 hours or until the fruit leather is set and no longer sticky. Keep an eye on it to avoid over-drying or burning.
- 6) Once done, remove the fruit leather from the oven and let it cool to room temperature.
- 7) Using scissors or a knife, cut the fruit leather into strips. Roll each strip up.
- 8) Tie each roll with a piece of twine. Place the tied rolls in a decorative box lined with parchment or tissue paper.



HEALTHY FESTIVE SIDE DISHES

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SWEET POTATO CASSEROLE



Ingredients

- 2 lbs sweet potatoes, peeled and cubed
- 1/4 cup unsweetened almond milk
- 2 tbsp olive oil or coconut oil
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- Salt, to taste

Topping:

- 1/2 cup pecans, chopped
- 2 tbsp coconut oil, melted
- 1 tbsp maple syrup
- 1/4 cup rolled oats

Directions

- 1) Preheat oven to 375°F (190°C). Boil sweet potatoes until tender. Drain.
- 2) Mash sweet potatoes with almond milk, oil, maple syrup, vanilla, cinnamon, and salt until smooth.
- 3) Spread the mixture in a baking dish.
- 4) Combine topping ingredients and sprinkle over sweet potatoes.
- 5) Bake for 20-25 minutes or until the topping is golden. Serve warm

Serving Size: 6 Servings

CAULIFLOWER MASH



Ingredients

- **1 large cauliflower head, cut into florets**
- **3 cloves garlic, minced**
- **2 tbsp olive oil**
- **Salt and pepper, to taste**
- **1/4 cup unsweetened almond milk**
- **2 tbsp nutritional yeast (optional, for a cheesy flavor)**
- **Chopped chives (optional, for garnish)**

Directions

- 1) Steam cauliflower in a pot with an inch of water until tender (about 10 minutes).
- 2) In a skillet, sauté garlic in 1 tbsp olive oil until fragrant.
- 3) Combine cauliflower, garlic, remaining olive oil, almond milk, and nutritional yeast in a blender. Blend until smooth.
- 4) Season with salt and pepper, and garnish with chives. Serve warm.

Serving Size: 4-6 Servings

GREEN BEAN ALMONDINE



Ingredients

- 1 lb fresh green beans, trimmed
- 2 tbsp olive oil or avocado oil
- 3 cloves garlic, minced
- 1/3 cup slivered almonds
- 1 tbsp fresh lemon juice
- Salt and pepper, to taste
- Zest of 1 lemon (optional, for garnish)
- Chopped fresh parsley (optional, for garnish)

Directions

- 1) Blanch green beans in boiling water for 2-3 minutes, then plunge into cold water to stop cooking. Drain.
- 2) In a skillet, heat oil over medium heat. Sauté garlic and almonds until golden.
- 3) Add green beans to the skillet. Stir until heated through.
- 4) Drizzle with lemon juice and season with salt and pepper.
- 5) Garnish with lemon zest and parsley. Serve immediately.

Serving Size: 4 Servings

KALE & POMEGRANATE SALAD



Ingredients

- 4 cups kale, destemmed and torn into bite-sized pieces
- 1 cup pomegranate seeds
- 1/4 cup toasted slivered almonds
- 1 cup of mandarin slices
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp maple syrup or honey
- Salt and pepper, to taste

Directions

- 1) In a large bowl, massage kale with olive oil until slightly wilted.
- 2) Add pomegranate, mandarin slices, and slivered almonds.
- 3) Whisk together lemon juice, honey, salt, and pepper.
- 4) Drizzle dressing over salad and toss to coat. Serve immediately or chill before serving.

Serving Size: 6 Servings

ROASTED BRUSSELS SPROUTS



Ingredients

- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1/4 cup balsamic vinegar
- 1 tbsp maple syrup or honey

Directions

- 1) Preheat oven to 400°F (200°C).
- 2) Toss Brussels sprouts in olive oil, salt, and pepper. Spread on a baking sheet.
- 3) Roast for 20-25 minutes or until golden and tender.
- 4) In a saucepan, simmer balsamic vinegar and maple syrup until reduced by half and syrupy.
- 5) Drizzle balsamic glaze over roasted sprouts. Serve immediately.

Serving Size: 4 Servings



HEALTHY FESTIVE BEVERAGES

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CACAO HOT CHOCOLATE



Ingredients

- 2 cups
unsweetened
almond milk
- 2 tbsp raw cacao
powder (or cocoa)
- 1-2 tbsp maple
syrup
- 1/4 tsp vanilla
extract
- A pinch of sea salt

Directions

- 1) In a saucepan, heat almond milk over medium heat.
- 2) Whisk in cacao powder until smooth and well combined.
- 3) Add maple syrup, vanilla, and sea salt, continuing to whisk until hot.
- 4) Pour into mugs and serve warm.

Optional: top with dairy-free whipped cream or a sprinkle of cacao nibs.

Serving Size: 2-4 Servings

CRANBERRY SPRITZER



Ingredients

- 1 cup pure cranberry juice (unsweetened)
- 2 cups sparkling water or club soda
- 1 lime, sliced
- Fresh cranberries for garnish (optional)
- Ice cubes

Directions

- 1) Fill glasses with ice cubes.
- 2) Pour 1/4 cup cranberry juice into each glass.
- 3) Squeeze in a slice of lime.
- 4) Top with sparkling water.
- 5) Stir. Garnish with fresh cranberries and an additional lime slice. Serve immediately.

Serving Size: 2-4 Servings

GINGER TURMERIC LATTE



Ingredients

- 2 cups unsweetened almond milk
- 1 tsp ground turmeric
- 1/2 tsp fresh ginger, grated (or 1/4 tsp ground ginger)
- 1 pinch black pepper
- 1 tsp maple syrup
- 1/4 tsp vanilla extract
- Sprinkle of cinnamon

Directions

- 1) In a saucepan, heat almond milk over medium heat.
- 2) Add turmeric, ginger, black pepper, and maple syrup.
- 3) Whisk continuously until hot and well combined.
- 4) Pour into a mug, add vanilla, sprinkle with cinnamon (optional) and serve.

Serving Size: 2-4 Servings

POMEGRANATE MINT COOLER



Ingredients

- 1 cup
pomegranate
juice
(unsweetened)
- Sparkling water
- Fresh mint leaves
- Pomegranate
seeds for garnish
- Lime slices

Directions

- 1) Fill glasses with ice.
- 2) Pour pomegranate juice halfway into each glass.
- 3) Top with sparkling water. Stir.
- 4) Garnish with mint, pomegranate seeds, and a slice of lime.

Serving Size: 2-4 Servings

SPICED APPLE CIDER



Ingredients

- 4 cups
unsweetened
apple cider
- 2 cinnamon
sticks
- 4 whole cloves
- 2 star anise
- 1 orange

Directions

- 1) Combine apple cider, cinnamon sticks, cloves, and star anise in a pot.
- 2) Heat on low-medium until warmed through.
- 3) Strain out spices.
- 4) Serve in mugs garnished with a cinnamon stick and orange slices.

Serving Size: 4-6 Servings

A top-down view of several gingerbread cookies decorated with white icing, green bows, red and pink candies, and white icing trim. They are arranged on a wire rack over a brown paper surface. The background includes a grey fabric and a red and white striped string.

HEALTHY FESTIVE DESSERTS

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CRANBERRY OATMEAL COOKIE



Ingredients

- 1 1/2 cups gluten-free rolled oats
- 1/2 cup almond flour or gluten-free all-purpose flour
- 1/2 cup dried cranberries
- 1/4 cup maple syrup
- 1/4 cup coconut oil, melted
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- A pinch of sea salt

Directions

- 1) Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2) In a bowl, combine all ingredients until well mixed.
- 3) Drop by spoonfuls onto the prepared baking sheet, slightly flattening each cookie.
- 4) Bake for 12-15 minutes or until the edges are golden.
- 5) Allow to cool on the baking sheet for 5 minutes, then transfer to a wire rack. Store in an airtight container.

Serving Size: 12-15 cookies

ALMOND JOY ENERGY BALLS



Ingredients

- 1 cup pitted dates
- 1 cup raw almonds
- 1/2 cup unsweetened shredded coconut
- 2 tbsp cocoa powder (or cacao)

Directions

- 1) In a food processor, blend dates, almonds, shredded coconut, and cocoa powder until a sticky mixture forms.
- 2) Using your hands, roll the mixture into bite-sized balls.
- 3) Roll in shredded coconut and place on a parchment-lined tray or plate.
- 4) Chill in the refrigerator for at least 1 hour before serving. Store in an airtight container in the fridge.

Serving Size: 18-20 energy balls

GINGERBREAD COOKIES



Ingredients

- 2 cups almond flour or gluten-free all-purpose flour
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp baking soda
- A pinch of sea salt

Directions

- 1) Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2) In a bowl, combine all ingredients to form a dough.
- 3) Roll dough between two sheets of parchment paper to 1/4-inch thickness.
- 4) Use cookie cutters to cut into desired shapes.
- 5) Place cookies on the prepared baking sheet.
- 6) Bake for 8-10 minutes or until the edges are slightly golden.
- 7) Allow to cool on the baking sheet before transferring to a wire rack. Store in an airtight container.

Serving Size: 12-15 cookies

PUMPKIN PIE



Ingredients

- 2 cups almond flour
- 1/4 cup coconut oil, melted
- 2 tbsp maple syrup
- A pinch of sea salt

Filling Ingredients:

- 1 (15 oz) can pumpkin puree
- 1/4 cup maple syrup
- 1/4 cup unsweetened almond milk
- 2 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 2 tbsp chia seeds or flaxseed meal (or 1 egg)

Directions

- 1) Preheat oven to 350°F (175°C). Combine crust ingredients and press into a pie dish. Bake for 10 minutes and set aside.
- 2) In a blender, combine filling ingredients and blend until smooth.
- 3) Pour the filling into the pre-baked crust.
- 4) Bake for 40-45 minutes or until the filling is set and a knife inserted comes out clean.
- 5) Cool completely before slicing. Store in the refrigerator. Optional: Serve with dairy-free whipped cream or vanilla ice cream.

Serving Size: 8 slices

BAKED APPLES



Ingredients

- 4 large apples, cored
- 1/2 cup chopped walnuts
- 2 tsp cinnamon
- 1/4 cup maple syrup
- 1/4 cup water
- 1/4 cup raisins

Directions

- 1) Preheat oven to 375°F (190°C). Core apples and dig center out.
- 2) In a bowl, mix walnuts, cinnamon, raisins, and half of the maple syrup.
- 3) Fill each apple core with the walnut mixture.
- 4) Place apples in a baking dish. Drizzle with remaining maple syrup and add water to the base of the dish.
- 5) Bake for 30-40 minutes or until apples are tender.
- 6) Serve warm. Optional: top with dairy-free vanilla ice cream or yogurt.

Serving Size: 4 servings

A HEALTHY LIFESTYLE CAN BE EASY AND ENJOYABLE.

Hi! I'm Elizabeth Girouard – Integrative Nutrition Health Coach and Certified Workplace Wellness Ambassador for women who are tired of yo-yo dieting and the constant mind chatter about food.

If you struggle with cravings and have tried every quick fix and fad diet out there... I totally understand. I too was a serial dieter and started dieting at the young age of 12. My transformation came when I finally learned to fuel my body with nutrient rich foods, rather than to punish and control it with restrictions.

Through my proven programs, including the [Three Day Soup Reset](#), and more than ten years of health coaching experience, you will learn to take consistent actions to get off the dieting roller-coaster and tune into your body. You will discover what foods work best for you to fuel your body, and finally maintain consistent energy and feel like the best version of yourself.

The holidays can be tough on your waistline. Enjoy these gluten and dairy free healthier alternatives, so you don't have to sacrifice your health and wellness goals.

Here's to enjoying your holidays with mindfulness!

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Wellness*

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TO BOOK A CALL

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