



## December Recipe Book 2024

Created by EpicLuv



# Loaded Smashed Potatoes

6 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Bring a pot of salted water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
3. Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the bottom of a mug. Rub the oil into each smashed potato.
4. Bake in the oven for 10 minutes or until the potatoes are crispy on the edges.
5. Top each smashed potato with greek yogurt, bacon, and parsley. Season with salt and pepper. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one cup.

### More Flavor

Add hot sauce.

### No Greek Yogurt

Use sour cream instead.

## Ingredients

- 2 cups Mini Potatoes
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 tbsps Plain Greek Yogurt
- 1 slice Bacon, Cooked (chopped)
- 1 tbsp Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

# Apple Spice Oatmeal Cookies

11 ingredients · 30 minutes · 12 servings



## Directions

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1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the flour, oats, baking powder, cinnamon, sea salt, and walnuts. Mix well.
3. In a separate bowl, combine the ground flax, egg, coconut sugar, melted coconut oil, and diced apple.
4. Add the wet mixture to the dry and mix well to form a dough.
5. Use a 1/4 cup to scoop balls of the dough onto the baking sheet and press down lightly. Bake for 15 minutes. Let cool and enjoy!

## Notes

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### Apple Size

For this recipe, one apple is equal to approximately one cup of finely diced apple.

### Leftovers

Store in an airtight container in the fridge for up to 7 days or in the freezer for longer.

### Nut-Free

Use pumpkin or sunflower seeds instead of walnuts.

### Serving Size

One serving is equal to one cookie.

## Ingredients

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- 1 cup All Purpose Gluten-Free Flour
- 1 1/2 cups Oats (rolled)
- 2 tsps Baking Powder
- 1 tbsp Cinnamon
- 1/4 tsp Sea Salt
- 1/4 cup Walnuts (chopped)
- 2 tbsps Ground Flax Seed
- 1 Egg
- 1/2 cup Coconut Sugar
- 1/2 cup Coconut Oil (melted)
- 1 Apple (finely chopped)

# Orange Creamsicle Overnight Oats

8 ingredients · 8 hours · 1 serving



## Directions

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1. Combine all ingredients in a bowl and mix well. Transfer to a sealable jar or container and refrigerate overnight or for at least eight hours. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately 1 3/4 cups.

### Make it Vegan

Use plant-based protein powder and dairy-free yogurt.

### More Flavor

Use vanilla or orange yogurt.

## Ingredients

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- 1/3 cup Oats
- 1 cup Plain Greek Yogurt
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1 Navel Orange (peeled and chopped)
- 2 tsps Raw Honey
- 1/2 tsp Vanilla Extract
- 1 tsp Orange Extract (optional)

# Orange, Carrot & Turmeric Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Add a splash of milk or water if needed. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 1 1/4 cup.

### Make it Vegan

Omit the collagen powder and use a dairy-free yogurt.

### More Protein

Add a scoop of vanilla protein powder.

## Ingredients

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- 1 Navel Orange (small, peeled)
- 1 Carrot (small, peeled, chopped)
- 1/2 cup Plain Greek Yogurt
- 1 tsp Ground Flax Seed
- 1/4 tsp Turmeric
- 2/3 oz Collagen Powder

# Maple Sage Roasted Beets & Squash

7 ingredients · 45 minutes · 4 servings



## Directions

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1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Combine the squash, beets, pecans, and sage onto the baking sheet. Toss the ingredients with oil and maple syrup to coat. Season with salt.
3. Bake in the oven for 40 minutes or until fork-tender. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately one cup.

### No Pecans

Use walnuts or hazelnuts instead.

## Ingredients

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- 1/2 Acorn Squash (medium, cubed)
- 4 Beet (medium, cubed)
- 3/4 cup Pecans
- 2 tbsps Fresh Sage (chopped)
- 1 tsp Extra Virgin Olive Oil
- 2 tbsps Maple Syrup
- 1/2 tsp Sea Salt

# Decadent Chocolate Peppermint Truffles

7 ingredients · 20 minutes · 10 servings



## Directions

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1. Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
2. Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
3. Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
4. In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to seven days.

### Serving Size

One serving is equal to approximately two truffles.

### Additional Toppings

Top with crushed up candy cane or shredded coconut flakes.

### More Flavor

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

## Ingredients

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- 1 cup Pitted Dates (packed)
- 3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 1/2 tsp Peppermint Extract
- 3 tbsps Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1/4 tsp Sea Salt (large flakes, for topping)

# Roasted Squash Pasta with Brown Butter & Kale

10 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Place the squash on the prepared baking sheet and drizzle with half of the oil and season with salt and pepper. Transfer to the oven and cook for 25 to 30 minutes, tossing halfway through, until roasted and cooked through.
2. Meanwhile, cook the spaghetti according to the package directions. Once done, drain and reserve some of the pasta water.
3. Melt the butter in a large pan over medium-low heat. Let it foam and lightly brown, about three to five minutes, stirring frequently. Remove the butter and set aside.
4. Add the remaining oil to the pan. Add the sage and cook until crispy, stirring often, about one to two minutes. Remove the sage with a slotted spoon and set aside. Add the kale to the pan and cook until wilted, about two minutes.
5. Add the pasta to the pan, along with the reserved water, brown butter, and squash. Cook for a few minutes until a sauce forms, stirring frequently. Remove from the heat and stir in the parmesan cheese.
6. Divide the pasta evenly between serving plates and top with the sage and pecans. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### Additional Toppings

Chili flakes.

### More Flavor

Add a squeeze of lemon juice.

## Ingredients

**3 cups** Butternut Squash (peeled, seeds removed and cubed)

**3 tbsps** Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

**9 ozs** Whole Wheat Spaghetti

**1 cup** Water (reserved from cooking pasta)

**3 tbsps** Butter

**1/3 cup** Fresh Sage

**4 cups** Kale Leaves (finely shredded)

**1/3 cup** Parmigiano Reggiano (finely grated)

**1/4 cup** Pecans (toasted, finely chopped)



# Sheet Pan Chicken Thighs & Beets

7 ingredients · 50 minutes · 2 servings



## Directions

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1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Season the chicken and beets with oil, salt, and pepper. Add them to the baking sheet.
3. Place the baking sheet in the oven and cook for 20 minutes. Add the onion to the sheet and coat well with the residual juices. Cook for another 20 minutes or until the chicken is cooked through and the beets are tender. Garnish with parsley, and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is one chicken thigh and one cup of beets.

### More Flavor

Add minced garlic, fresh thyme leaves and/or paprika.

## Ingredients

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- 10 2/3 ozs Chicken Thighs with Skin (bone-in)
- 6 Beet (medium, peeled, cut into wedges)
- 1 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/2 Yellow Onion (medium, sliced)
- 1/2 tsp Parsley (chopped)

# Rice & Lentil Stuffed Squash

10 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut the squash in half and scoop out the seeds and strings. Season the flesh of the squash with one-third of the salt and place it flesh side down on the baking sheet. Bake for 35 to 40 minutes, or until the squash is tender.
3. Meanwhile, cook the rice according to package directions.
4. Add the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have started to soften, about 3 minutes. Add the mushrooms, thyme, and remaining salt. Continue to cook for another 3 to 5 minutes until the mushrooms start to soften.
5. Wilt in the kale leaves then add the cooked lentils and rice. Stir to combine.
6. Spoon the rice and lentil mixture into the baked squash. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to half a squash and approximately one cup of the lentil and rice filling.

### Additional Toppings

Fresh herbs, red pepper flakes or fresh ground black pepper.

### No Acorn Squash

Use a different variety of squash or sweet potato.

### No Vegetable Broth

Use water instead.

## Ingredients

- 2 Acorn Squash (large)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Brown Rice
- 1/2 cup Vegetable Broth
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 6 Cremini Mushrooms (large, sliced)
- 1 tbsp Thyme (fresh)
- 1 cup Kale Leaves (finely chopped)
- 1 cup Lentils (cooked, rinsed)

# Za'atar Roasted Beets & Eggplant

6 ingredients · 35 minutes · 3 servings



## Directions

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1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Toss the eggplant, beets, oil, and za'atar together in a bowl. Spread the vegetables out on the baking sheet and roast for 25 to 30 minutes or until the edges are brown and starting to get crispy.
3. Add the vegetables to a bowl and garnish with parsley and hemp seeds. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is 3/4 cup.

### More Flavor

Add garlic and/or shallots to the vegetables before roasting. Plate the vegetables on top of hummus for added creaminess.

### Additional Toppings

Dried cranberries or chopped, pitted dates.

## Ingredients

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- 1/2 Eggplant (medium, chopped)
- 2 Beet (medium, peeled, cubed)
- 2 **tsps** Extra Virgin Olive Oil
- 2 **tbsps** Za'atar Spice
- 1 **tbsp** Parsley (chopped)
- 1 **tbsp** Hemp Seeds