



Christmas Treats Recipe Pack

10 easy, healthy and yummy Christmas treat recipes.

wendyswaytohealth.com



Hi, I'm Wendy. I'm the founder of Wendy's Way to Health, and I'll teach you how to get healthier without dieting, restricting food groups, or crazy exercise regimes.

If you love these healthy Christmas treats recipes, let me tell you how to get your hands on more of my healthy living content.

Subscribe to my email list (if you haven't already): [JOIN THE WENDY'S WAY EMAIL COMMUNITY](#).

My email community members get free recipes every fortnight, as well as VIP access when I run sales and when I launch new products & services.

If you have any questions, or need any help, please email customer.service@wendyswaytohealth.com

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GF

Gluten Free

DF

Dairy Free

LC

Low Carb (20g- serve)

MP

Meal Prep/Freezer Friendly

HP

High Protein (20g+ per serve)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts





Festive Chai Hot Chocolate

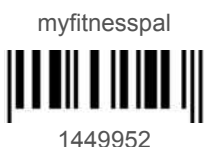
Serves 4

4 cups almond milk
4 tbsp. cocoa powder
1 tsp. vanilla extract
3 tbsp. maple syrup
⅛ tsp. ground cardamom
⅛ tsp. ground allspice
⅛ tsp. ground nutmeg
¼ tsp. ground cloves
½ tsp. ground cinnamon
½ tsp. ground ginger

What you need to do

1. Place all the ingredients in a medium-sized pot over medium-high heat. Bring to a rolling boil and whisk until all the ingredients are blended smoothly.
2. Reduce the heat and gently simmer for 3 minutes.
3. Pour into cups and serve immediately.

◆ **Serving suggestion:** whipped cream/coconut cream, cocoa powder (not included in nutritional breakdown).



GF	DF	LC	V	Q	N	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	91	3	13	2	3

*Nutrition per serve





Orange Spiced Hot Chocolate

Serves 4

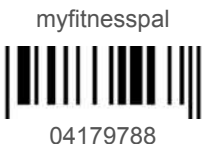
3 cups almond milk
1 cup orange juice, fresh
4 tbsp. cacao powder or cocoa powder
4 tbsp. maple syrup
1 tsp. ground cinnamon
½ tsp. ground ginger
pinch of salt

To garnish:

8 tbsp. whipped cream or coconut cream
½ tsp. cocoa powder
1 tsp. orange zest

What you need to do

1. Place the almond milk and orange juice into a small pot, over a medium/low heat. Add the cocoa powder, maple syrup, cinnamon, ginger and salt, and stir until the cocoa has completely dissolved.
2. Serve in cups topped with coconut cream, cocoa powder and orange zest.



GF	MP	V	Q	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 min	137	4	25	2	3

*Nutrition per serve





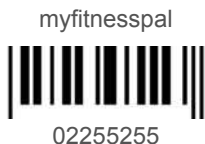
Eggnog Protein Smoothie

Serves 1

1 scoop (25g) vanilla
protein powder
1 cup almond milk
1 banana, frozen
1 tbsp. almond butter
1 medjool date
1 tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. almond extract
¼ tsp. vanilla extract

What you need to do

Place all the ingredients into a high-speed blender and blitz until smooth. Pour into a serving glass and serve immediately.



GF	DF	HP	V	Q	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)	
5 mins	0 min	396	12	50	29	6	

*Nutrition per serve





Easy Chocolate Truffles

Serves 20

200g (7oz.) dark chocolate, chopped (minimum 70% cocoa)

150 ml double cream

Extra cocoa or cacao powder, dessicated coconut, or extra melted dark chocolate for dusting/coating

Fillings:

Orange rind, chopped nuts, dried fruit, your favourite liqueur, such as Cointreau, whatever you would like in your truffle centres

What you need to do

1. Break the chocolate into small pieces and combine with the cream in a medium sized bowl. Heat over a saucepan of simmering water. Keep the heat low and stir until the chocolate is completely melted and you have a smooth mixture.
2. Remove from the heat, stir in your desired filling such as chopped nuts, or orange rind and Cointreau.
3. Cover the bowl with cling film and place in the fridge for 30-60 minutes, until the mixture is firm, but not completely set.
4. Remove from the fridge and roll into balls. Place on a tray lined with baking paper and put the truffles back into the fridge for another hour.
5. Coat the truffles by rolling in dessicated coconut, cocoa powder or melted chocolate and put back in the fridge for 2-3 hours to set.

myfitnesspal



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GF	LC	MP	V	Q		
Prep	Cook/chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins/ 4 hrs	79	8.5	3	1	1

*Nutrition per serve





Christmas Pudding Protein Balls

Serves 12

1 cup pitted medjool dates
½ cup raisins
4 tbsp. vanilla protein powder
½ cup pecans
1 tbsp. orange juice, fresh
1 tsp. orange zest
½ tsp. ground cinnamon
¼ tsp. ground allspice
1 tbsp. cocoa powder

Decoration:

½ tbsp. dried cranberries
¼ cup white chocolate chips
(traditional, dairy-free or vegan)
1 tbsp. pumpkin seeds

What you need to do

Place the dates, raisins, protein powder, pecans, orange juice, orange zest, cinnamon, allspice and cocoa powder in a food processor and blitz until smooth.

Roll the dough into 12 balls, place on a tray and chill for 30 minutes in the refrigerator.

Cut the dried cranberries into thirds, then roll in your fingers to form balls for berry decorations.

Melt the white chocolate and pour a little over each of the balls, pushing the chocolate outwards so that it drips down the side of the ball.

Place 2 cranberry balls and 2 pumpkin seeds on top of the chocolate to decorate. Place the balls on a tray and refrigerate for at least 30 minutes allowing the chocolate to harden.

Store the balls in an airtight container in the refrigerator for up to 4 days.

GF	LC	MP	V	Q
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	4 hrs	125	5	19	3	2

*Nutrition per serve

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Peanut Butter Christmas Cookies

Serves 14

⅓ cup peanut butter
 4 tbsp. coconut oil, melted
 ⅓ cup maple syrup
 1 tsp. vanilla extract
 2 cups almond meal
 ½ tsp. baking soda
 ¼ tsp. salt
 ¼ cup dark chocolate buttons
 (traditional, dairy-free or
 vegan)

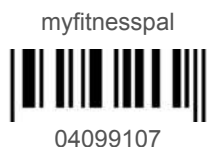
What you need to do

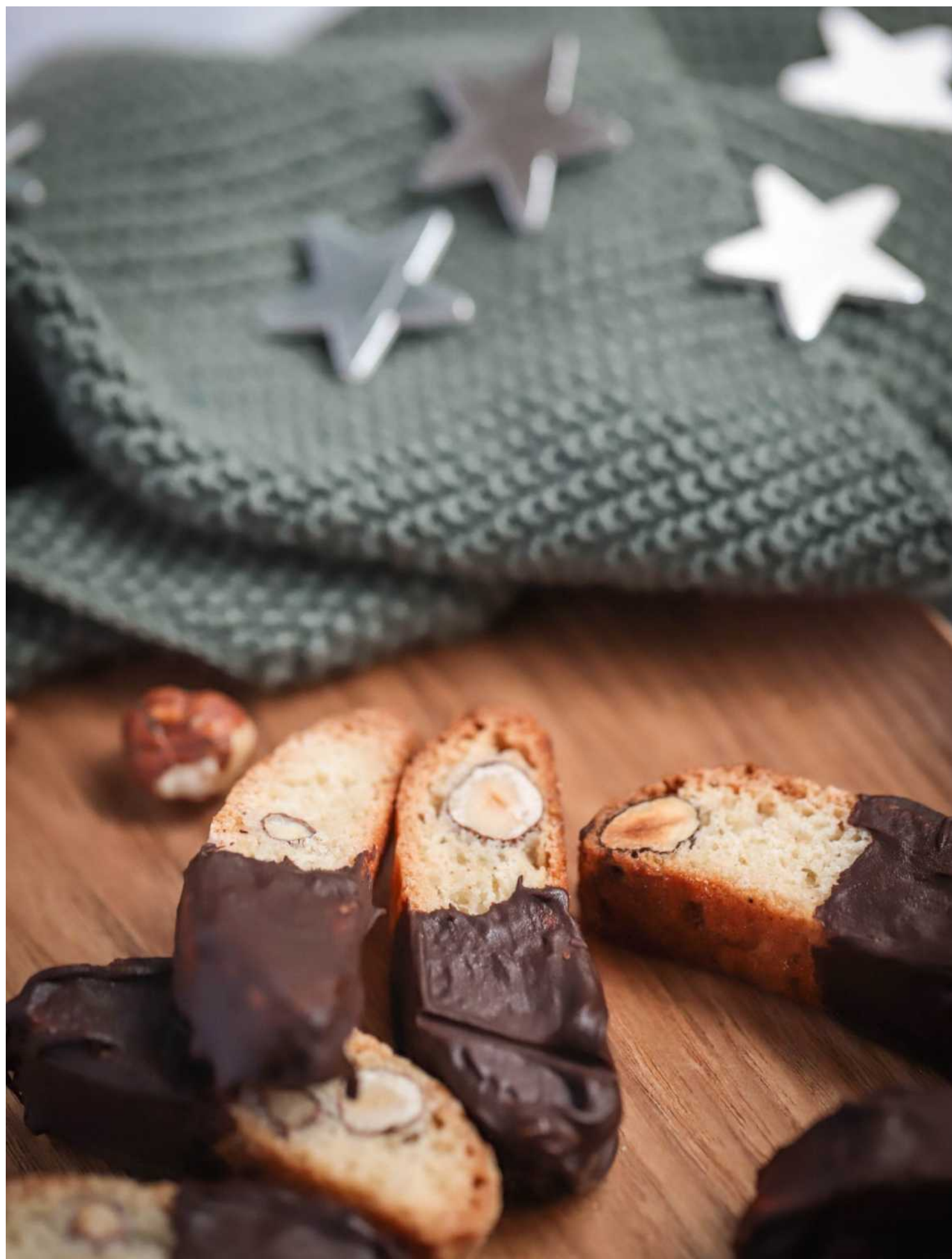
1. Preheat the oven to 180°C (350°F). Line a baking sheet with baking paper.
2. In a small bowl, mix together the peanut butter, coconut oil, maple syrup, and vanilla extract until well combined.
3. In a large bowl, mix the almond meal, baking soda and salt.
4. Fold the wet ingredients into the dry and stir until fully mixed and a dough has formed.
5. Scoop out the dough and roll into 14 balls, placing them on the baking sheet.
6. Place the baking sheet into the hot oven and bake for 10-12 minutes or until the cookies are lightly golden.
7. Remove the sheet from the oven and use the back of a spoon to gently press down a well in the center of the cookies, placing a few chocolate buttons in the well.
8. Place the cookies onto a wire rack to cool completely.

◆ Store in an airtight container for up to 5 days.

GF	LC	MP	V	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	10 mins	209	16	12	5	2

*Nutrition per serve





Christmas Biscotti

Serves 16

Dry ingredients:

1 cup plain (all purpose) flour
⅓ cup superfine demerrara sugar
½ tsp. baking powder
½ tsp. ground cinnamon
½ tsp. ground ginger
pinch of salt
zest of one unwaxed orange
¼ cup hazelnuts, chopped roughly

Wet ingredients:

1 tbsp. coconut oil
3 tsp. almond milk
½ tsp. almond extract

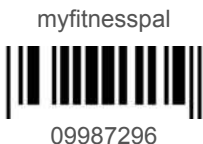
Garnish:

60g (2 oz.) dark chocolate (traditional, dairy-free, or vegan), melted

What you need to do

1. Preheat the oven to 170°C (340°F). Line a baking sheet with baking paper.
2. Mix all the dry ingredients together (except the hazelnuts) in a mixing bowl and set aside.
3. Melt the coconut oil and whisk it with the milk and almond extract.
4. Add the wet ingredients to the dry ingredients and mix gently until roughly combined. The dough should be not too dry or too sticky. If it's too dry, add a touch more milk and if it's too wet, add a touch more flour.
5. Mix the chopped hazelnuts gently into the dough, making sure they are distributed evenly.
6. Roll the dough into a long, thick log and then transfer it to the baking sheet and flatten it into a 1½ x 10 inch (3-4 cm x 25 cm) log.
7. Bake in the oven for 30-35 minutes, until the surface of the log is firm and lightly browned.
8. Remove the log from the oven and set onto a wire rack to cool for 15-20 minutes. Cut into ½ inch slices with a knife. Place the slices on a baking sheet cut side down and return them to the oven. Bake for 15-20 minutes (the longer you bake them the harder they get).
9. Remove the baking sheet from the oven and place the biscotti on a wire rack to cool completely. Melt the chocolate, dip the biscotti into the melted chocolate and arrange to dry on a wire rack.

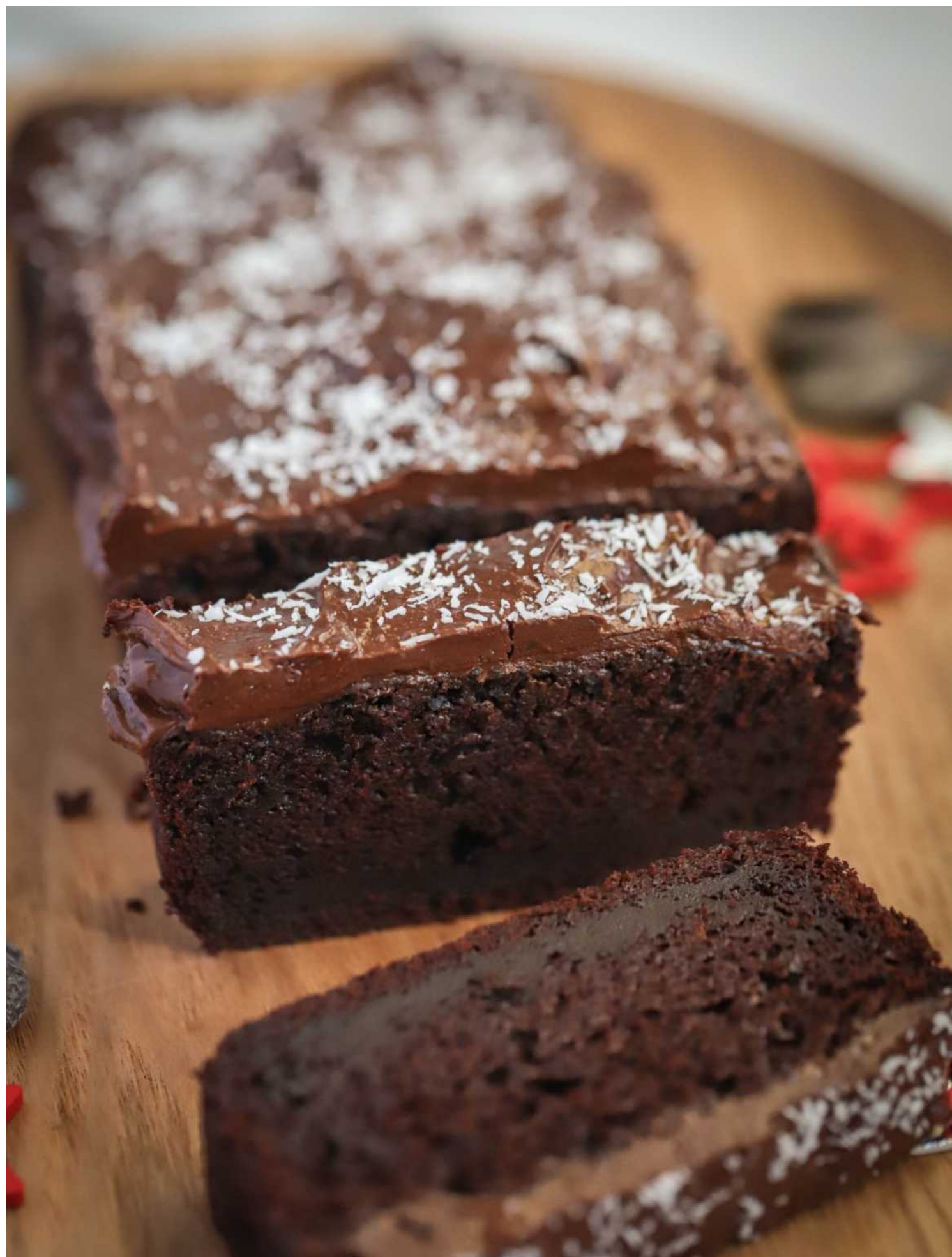
◆ Store the biscotti in an airtight container for 3-4 weeks.



DF	LC	MP	V	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	85	4	13	1	2

*Nutrition per serve





Beetroot Chocolate Bread

Serves 12

Cake:

4 tbsp. hot coffee
4 tbsp. coconut oil
200g (6.5 oz.) raw beetroot,
peeled, sliced
 $\frac{3}{4}$ cup plant-based milk,
lukewarm
1 cup coconut sugar
 $\frac{3}{4}$ cup cocoa powder
 $\frac{1}{2}$ tsp. salt
1 tsp. baking powder
 $\frac{3}{4}$ tsp. baking soda
 $1\frac{1}{4}$ cups plain (all-purpose)
flour

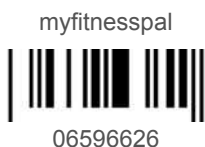
For the frosting:

100g (3½ oz) 70% dark
chocolate (traditional, dairy-
free, or vegan)
 $\frac{1}{3}$ cup + 1 tbsp. full fat
coconut milk, canned

What you need to do

1. Heat the oven to 180°C (355°F). Line a loaf tin with baking paper.
2. Pour the hot coffee over the coconut oil to melt it.
3. Place the coffee mixture, sliced beetroot and lukewarm milk into a high-speed blender and blitz until smooth. Transfer the beetroot mixture to a large mixing bowl and stir in coconut sugar.
4. In a separate bowl, sift together the cocoa powder, salt, baking powder, baking soda and flour.
5. Fold the dry ingredients into the wet ingredients, mixing gently with a spoon, then transfer into the prepared loaf tin.
6. Bake in the oven for 55-60 minutes, until a toothpick inserted into the centre comes out clean. Remove the tin from the oven and set aside on a wire rack to cool completely before icing.
7. Warm the coconut milk in a small pot until almost boiling. Break up the chocolate into small pieces and place it in a large bowl.
8. Pour the milk over the chocolate and let it sit for 5 minutes. Stir gently until well combined, smooth and glossy. Set aside to thicken before covering the top of the cake with the icing.

◆ Store in an airtight container in the refrigerator for up to 4 days.



DF	LC	MP	V	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	55 mins	167	10	20	3	6

*Nutrition per serve





Jumbo Party Mince Pie

Serves 20

For the mince:

1 large apple, peeled & grated
 1¼ cups mixed dried fruit (eg raisins, cranberries, apricots)
 400g (14 oz.) jar black cherries in kirsch
 ¾ cup skinless hazelnuts, roasted & roughly chopped
 1 orange, zested & juiced
 1 tsp. ground cinnamon
 1 tsp. ground ginger
 1 tsp. ground allspice
 ¾ cup dark brown sugar

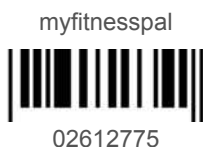
For the pastry:

3½ cups plain (all purpose) flour
 1 cup coconut oil, straight from the fridge
 1½ tbsp. icing sugar
 ⅓ cup ice-cold water
 ¼ cup almond milk, for brushing

What you need to do

1. Preheat the oven to 180°C (360°F).
2. Place all the mince ingredients in a casserole dish and add half of the kirsch from the jar of cherries. Mix everything together, then cover with foil. Cook in the oven for 35-40 minutes, until all the sugar has melted, and the liquid has reduced. Set aside to cool completely.
3. Place the flour and coconut oil in a food processor and pulse to form breadcrumbs. Add the sugar and pulse to combine, then pour in the water and pulse until the pastry comes together. Add extra water if the pastry looks a little dry, then tip the dough onto a clean surface and pat into a disc with your hands. Wrap in cling film and chill in the fridge for at least 30 minutes.
4. Take the pastry out of the refrigerator. Cut off one-third of the pastry and keep covered under a tea towel. Roll out the bigger portion of the pastry in a circle on a well-floured surface to a thickness of ¼ inch (5mm) and place it over a greased tart tin.
5. Adjust the pastry to fit into the tin, fitting into the corners, taking care not to stretch it. Trim off any excess dough. Lightly prick the base of the pastry with a fork. Cover the pastry with baking paper and bake in the oven for 30 minutes.
6. Remove the pie base from the oven, discard the baking paper and bake for a further 5 minutes.
7. Now, transfer all the mince into the pie base. Roll out the remaining pastry to ¼ inch thickness. Cut out stars and place them on top. Brush with almond milk.
8. Place the pie back into the oven for a further 15-20 minutes, until the pastry on top is crisp and golden. Remove from the oven and set aside on a wire rack to cool a little before slicing and serving.

◆ Store leftovers in an airtight container for up to 30 days.



DF	MP	V	N			
Prep/chill	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins/ 30 mins	1 hrs & 10 mins	259	12	36	2	5

*Nutrition per serve





Silky Hazelnut Mousse

Serves 6

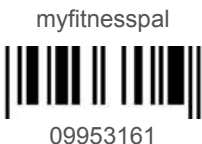
100g (3½ oz.) 70% dark chocolate (traditional, dairy-free, or vegan), chopped
4 tbsp. canned coconut milk, full fat
½ cup smooth hazelnut butter
3 tbsp. maple syrup
⅔ cup aquafaba (chickpea brine)
½ tsp. lemon juice
pinch of salt

Topping:

2 tbsp. chopped hazelnuts

What you need to do

1. Melt the chopped chocolate in a glass bowl suspended over a pot of simmering hot water.
2. Gently stir in the coconut milk. Add in the hazelnut butter and maple syrup, and stir again. Keep the bowl over the warm pot until ready to use.
3. Place the aquafaba, lemon juice and salt in a large bowl. Whip the aquafaba until it reaches stiff peaks. This will take about 5 minutes with an electric mixer to reach this consistency.
4. Add a third of the chocolate mixture to the bowl of aquafaba. Using a slow folding motion, gently incorporate it into the aquafaba. Add the other two thirds in the same way. The mixture will deflate a little, but that's normal.
5. Transfer into glasses and place in the fridge to set overnight.
6. When ready to serve, top with chopped hazelnuts.



GF	MP	V	N			
Prep	Cook/chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	5 mins/ overnight	269	17	27	3	3

*Nutrition per serve

