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The Fit Life Healthy Holiday Treats Collection

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Cranberry Apple Crisp

2 servings
30 minutes

Ingredients

1 Apple (medium, chopped)
1/2 cup Frozen Cranberries
1 1/2 tbsps Monk Fruit Sweetener (divided)
1/2 cup Oats
1/4 cup Whole Wheat Flour
1 tbsp Unsweetened Applesauce
1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	195
Fat	2g
Carbs	51g
Fiber	8g
Sugar	11g
Protein	5g
Sodium	3mg
Vitamin C	8mg
Calcium	35mg

Directions

1. Preheat the oven to 350°F (175°C).
2. In an oven safe dish, mix together the apple, cranberries, and 1/3 of the sweetener.
3. In a bowl combine the remaining ingredients together and add on top of the apples and cranberries.
4. Bake in the oven for 20 to 25 minutes or golden brown. 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 pecans or walnuts.
Additional Toppings: Top with vanilla ice cream.

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Decadent Chocolate Peppermint Truffles

10 servings
20 minutes

Ingredients

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)

Nutrition

Amount per serving	
Calories	133
Fat	7g
Carbs	17g
Fiber	2g
Sugar	13g
Protein	1g
Sodium	61mg
Vitamin C	0mg
Calcium	17mg

Directions

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

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.
Alternate coatings: Cocoa powder, chopped nuts, coconut

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No Bake Cheesecake Cups

4 servings
35 minutes

Ingredients

90 grams Digestive Biscuit
1/2 cup Cream Cheese, Regular
2 tbsps Honey
1/4 cup Coconut Cream
1/4 tsp Vanilla Extract
1/2 cup Raspberries

Nutrition

Amount per serving	
Calories	264
Fat	16g
Carbs	27g
Fiber	2g
Sugar	14g
Protein	4g
Sodium	256mg
Vitamin C	4mg
Calcium	40mg

Directions

1. Pulse the digestive biscuits in a food processor or blender until finely ground. Divide them evenly between cups.
2. In a medium bowl, whisk together the cream cheese, honey, coconut cream, and vanilla until fluffy and smooth.
3. Spoon the cream cheese mixture over the crumbled biscuits. Let it set in the fridge for at least 15 minutes. Top with raspberries and enjoy!

Notes

Leftovers: Cover the cups with plastic wrap and refrigerate for up to three days.
Serving Size: One serving is equal to approximately 1/2 cup of cheesecake.
No Digestive Biscuits: Use graham cracker instead.
More Flavor: Add almond extract and/or lemon zest to the cream cheese mixture.
No Raspberries: Use blueberries, strawberries, or blackberries instead.
Digestive Biscuit: One biscuit is approximately 15 grams or 1/2 oz.

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Super Seed Chocolate Bark

8 servings
40 minutes

Ingredients

80 grams Dark Chocolate
2 tsps Coconut Oil
1/4 cup Pumpkin Seeds
1/4 cup Sunflower Seeds
2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	130
Fat	11g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	4g
Sodium	3mg
Vitamin C	0mg
Calcium	14mg

Directions

1. Line a plate or baking sheet with parchment paper.
2. Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.
Serving Size: One serving is equal to approximately 1/4 cup of bark.
More Flavor: Add sea salt or vanilla extract.
No Seeds: Use chopped nuts instead.

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Clementine Sponge Cake

8 servings
1 hour 30 minutes

Ingredients

6 Clementines (peeled)
6 Egg
1/2 cup Maple Syrup
1 tsp Baking Powder
2 cups Oat Flour
2 tbsps Rosemary (sprigs, for garnish)
1 tbsp Arrowroot Powder (for garnish, optional)

Nutrition

Amount per serving	
Calories	257
Fat	6g
Carbs	41g
Fiber	4g
Sugar	17g
Protein	11g
Sodium	117mg
Vitamin C	27mg
Calcium	108mg

Directions

1. Place the peeled clementines in a pot and cover with water. Bring the water to a simmer and cook for 1 hour. Drain the water and transfer the clementines to a blender. Blend into a purée and set aside to cool.
2. Preheat the oven to 375°F (190°C). Line a 9-inch springform cake pan with parchment paper.
3. In a mixing bowl, whisk together the eggs, clementine purée, maple syrup and baking powder. Gently fold in the oat flour until well combined. Transfer the batter to the pan.
4. Bake for 25 to 30 minutes, or until golden brown and a toothpick comes out clean. Garnish with rosemary sprigs and a dusting of arrowroot flour. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container or food wrap for up to one week. Freeze for up to two months.
Serving Size: One serving equals one slice. A 9-inch springform pan yields eight servings.
More Flavor: Add vanilla extract and/or almond extract.
Additional Toppings: Top with ice cream, yogurt, coconut whipped cream or jam.
No Oat Flour: Use almond flour instead.