

how to handle the holidays

easy crock pot chicken

serves 10



INGREDIENTS:

- * 1 1/2 pounds boneless, skinless chicken thighs, cubed
- * 1/2 teaspoon salt
- * 1/4 teaspoon freshly ground black pepper
- * 1 small onion, finely diced
- * 2 carrots, chopped
- * 2 cups dry coleslaw mix
- * 1 (15-ounce) can cannellini beans, drained and rinsed
- * 1 (14 1/2-ounce) can fire roasted diced tomatoes
- * 1 cup frozen peas
- * 2 cups chicken broth
- * 1/2 teaspoon fresh thyme
- * 1 bay leaf

DIRECTIONS:

1. Evenly season chicken with 1/4 teaspoon salt and 1/8 teaspoon black pepper
2. Place the onion, carrots, coleslaw mix, cannellini beans, fire roasted tomatoes, peas, chicken broth, 1/2 teaspoon fresh thyme, and bay leaf in the crock pot and stir
3. Cover & cook until chicken is fully cooked, on high for 3 to 4 hours or on low for 7 to 8 hours
4. Remove and discard the bay leaf. Season with additional salt & pepper to taste.

Serve over whole wheat couscous.

variations

Try mixing up ingredients!

Add some carrots

Use different herbs

Try different beans

Make it your own

how to handle the holidays

baked kale chips

serves 4



INGREDIENTS:

- * 1 bunch torn kale leaves (stems removed)
- * 2 tablespoons olive oil
- * Salt
- * Lemon zest (from 1 lemon)

DIRECTIONS:

1. Heat oven to 350 degrees
2. Arrange kale on two rimmed baking sheets
3. Drizzle evenly with olive oil and toss
4. Season with salt. Bake, rotating trays once, until crisp, 12 to 15 minutes
5. Toss with lemon zest.

Kale

Dense in nutrients including vitamins A, C, and K, fiber, and calcium, kale is one of the healthiest foods you can eat.

how to handle the holidays

almond muffins

makes 24 mini muffins



INGREDIENTS:

- ★ 1 ½ cups almond meal
- ★ ½ cup spelt flour
- ★ 1 tablespoon baking powder
- ★ 1/8 teaspoon sea salt
- ★ 1/3 cup agave nectar
- ★ ½ cup mashed banana
- ★ ¼ cup organic milk, almond milk, rice milk, or soy milk
- ★ 2 organic eggs
- ★ ¼ cup organic canola oil or almond oil
- ★ 1 ½ teaspoons almond extract
- ★ ½ teaspoon vanilla extract

Preheat the oven to 350 degrees.

Prepare mini muffin tins by generously oiling each cup, or use paper liners.

Chocolate Ganache

- 1 cup chocolate chips
- ½ cup vanilla almond milk

Put chocolate chips in a medium bowl. Slowly heat the milk to boiling.

Pour the boiling milk over the chips and let sit for 1-2 minutes, until the chocolate is softened.

Whisk the chips and milk together for about 2 minutes, incorporating to a velvety gloss.

Refrigerate the ganache for at least 1 ½ hours until solidified.

Combine the almond meal, spelt flour, baking powder, and salt in a bowl and stir with a whisk until very well combined. Separately, combine the agave nectar, mashed banana, milk, eggs, oil, almond extract, and vanilla and whisk until smooth. Add the wet mixture to the dry and mix well with a rubber spatula.

Spoon the batter into the muffin cups, filling each about three-quarters full. Bake for 13-15 minutes, until a muffin springs back when touched in the center. Let cool on a wire rack for 15 minutes, and then gently run a knife or small offset spatula around the sides of the muffins to loosen them before turning them out.

Chocolate Cupcakes: replace ¼ cup of the flour with ¼ cup unsweetened cocoa powder. Omit the almond extract. Ice with Chocolate Ganache.

Note: depending on the size of the muffin tins, you may get twice as many muffins as recipe states.

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mix-n-match trail mix



CHOOSE YOUR NUTS:

keep them raw or roast yourself

almonds
cashews
pecans
peanuts
walnut
pignolis

CHOOSE YOUR SEEDS:

keep them raw or roast yourself

chia
flax
sunflower
pumpkin
sesame

CHOOSE YOUR DRIED FRUIT:

use organic to ensure that you are not eating sulfites/sulfates

cranberry
blueberry
raisins
apricots
figs
gogi berries

CHOOSE YOUR SEASONING:

cayenne
cinnamon
ginger
nutmeg
salt
pepper
cardamon
clove

ADD INS:

70% dark chocolate chunks
unsweetened shredded coconut

Add 1 cup of nuts, seeds, fruit & add ins to a mixing bowl & blend. Add seasoning to taste.

Grab-n-go

portion out the trail mix into snack size zip lock bags for a great, satisfying on the go snack.