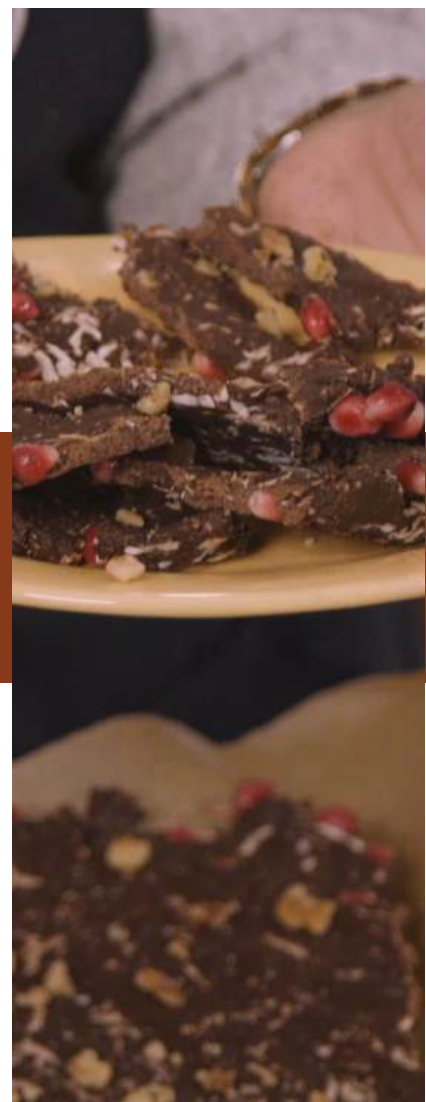


BEST HOLIDAY RECIPES

THE BIBLICAL NUTRITIONIST



Easy & Healthy Holiday Recipes
to Savor and Share with Loved Ones!

CHOCOLATE AVOCADO PUDDING/TART

Indulge in this creamy, guilt-free dessert that's as versatile as it is delicious! Made with ripe avocados and rich cocoa, this pudding can stand alone or be transformed into a decadent tart. Sweeten it your way with honey, maple syrup, or low-glycemic options like monk fruit or stevia.



CHCOLATE AVOCADO PUDDING/ TART

Crust from Healthy
Treasures Cookbook



Ingredients

- 2 ripe avocados
- ½ cup cocoa powder
- ¼ cup maple syrup or honey
or stevia/monk fruit
- ¼ tsp vanilla extract
- A pinch of salt
- Blend until smooth

Or:

- 8 oz dark unsweetened
chocolate
- 2 ripe avocados
- ¼ cup milk of choice
- 2 tsp honey or other
sweetener or more (I use
date paste)
- 1 tsp vanilla extract

Directions

- 1 Follow crust directions as indicated in the Healthy Treasures Cookbook.
- 2 Can leave pudding as is and layer on top of crust and then add whipped cream or mix pudding with whipped cream and layer on crust.



RHONDA'S HEARTY BREAKFAST COOKIES

Start your day with these wholesome and customizable breakfast cookies! Packed with whole grains, healthy fats, and natural sweetness, they're perfect as a grab-and-go snack or a hearty treat to pair with your morning coffee.



RHONDA'S HEARTY BREAKFAST COOKIES

Perfect grab-and-go snack or
a hearty treat

Ingredients

- $\frac{3}{4}$ cup oil or melted butter (can use less if using mashed bananas or applesauce)
I like olive oil
- 3 ripe bananas- mashed or 1 cup applesauce
- $\frac{1}{2}$ cup honey or maple syrup (I generally don't use sweetener. Sometimes I will add a little stevia or monk fruit)
- 2 eggs (or 2 Tbs. ground flax seed and 6 Tbs. water)
- 1 tsp salt
- 1 tsp cinnamon (optional)
- 1 tsp baking soda
- 1 tsp vanilla (omit for Daniel fast)
- $\frac{1}{2}$ cup buttermilk (Use nut milk or water for Daniel fast)
- $\frac{1}{4}$ cup ground flax seed
- 1 tsp cinnamon
- 2 cups whole wheat flour
- 2 cups whole rolled oats
- Add ins:
 - $\frac{1}{2}$ cup- 1 cup of your choice:
 - Nuts, pumpkin seeds, chocolate chips, raisins, dried cranberries, finely chopped apples



Directions

- 1 Preheat oven to 350 degrees.
- 2 Mix together dry ingredients. Add oil, buttermilk, vanilla, mashed bananas or applesauce, sweetener, and eggs.
- 3 Mix until the ingredients are well incorporated.
- 4 Fold in choice of add ins (nuts, pumpkins seeds, chocolate chips, etc).
- 5 Place a heaping tablespoon of dough onto a greased baking pan and bake for 12-14 minutes or until bottom of cookie begins to brown.
- 6 Let cool for 2-3 minutes before placing on a cooling rack.

SUGAR COOKIES (WHOLE WHEAT, LOW SUGAR)

These buttery, wholesome cookies strike the perfect balance between simple ingredients and delicious flavor. Sweetened naturally with sucanat or raw sugar and spiced with a hint of cinnamon, they're a delightful treat for any occasion.



SUGAR COOKIES (WHOLE WHEAT, LOW SUGAR)

Adapted from
Heavenlyhomemakers.com



Ingredients

- 1 cup melted butter
- ½ cup sucanat or raw sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- ½ teaspoon Real Salt
- ¼ teaspoon cinnamon
- 3½ cups of whole wheat flour (give or take)

Directions

- 1 Set your oven to 350°F (175°C) and line a baking sheet with parchment paper or lightly grease it.
- 2 In a large mixing bowl, combine the melted butter and sucanat or raw sugar. Mix until smooth and well blended.
- 3 Beat in the eggs one at a time, then stir in the vanilla extract.
- 4 In a separate bowl, whisk together the baking powder, salt, cinnamon, and 3 cups of whole wheat flour. Gradually add the dry mixture to the wet ingredients, stirring until combined. Add the remaining ½ cup of flour as needed to form a soft but workable dough.
- 5 Scoop out tablespoon-sized portions of dough, roll them into balls, and place them on the prepared baking sheet. Flatten slightly with your fingers or the back of a spoon.
- 6 Bake in the preheated oven for 10–12 minutes, or until the edges are lightly golden. Allow the cookies to cool on the baking sheet for 2–3 minutes before transferring them to a wire rack to cool completely.



EASY WHOLE WHEAT CINNAMON ROLLS

Soft, fluffy, and naturally sweetened, these cinnamon rolls are a wholesome twist on a classic favorite. Made with whole wheat flour and sucanat, they're perfect for breakfast, a holiday treat, or any time you crave a cozy indulgence.



EASY WHOLE WHEAT CINNAMON ROLLS

I think a cranberry filling
would be amazing or
pomegranate!

Ingredients

- 1 cup warm water
- 2 Tablespoons yeast
- 2 teaspoons honey
- 2½ cups milk
- ½ cup butter
- ½ cup honey
- 4 teaspoons sea salt
- 8 cups whole wheat flour
- CINNAMON FILLING:
- ½ cup melted butter
- ¾ cup sucanat
- ½ Tablespoon ground cinnamon



Directions

- 1 In a large bowl, mix warm water, yeast, and 2 teaspoons honey. Set aside to activate. Meanwhile, melt butter in a saucepan, then stir in ½ cup honey, salt, and milk. Heat to 120°F, remove from heat, and combine with the yeast mixture.
- 2 Gradually add 8 cups of flour, 2 cups at a time, stirring until a soft dough forms. Knead for 5–10 minutes.
- 3 Punch down the dough to release air, then divide it in half. Roll one half into a rectangle about ¼ inch thick.
- 4 Brush the rectangle with half the melted butter and sprinkle with half the sucanat-cinnamon mixture. Roll tightly, slice into ½-inch pieces, and place in a greased baking dish. Repeat with the second half of the dough.
- 5 Add remaining cranberry mixture to blender and blend just a second or two to break up the cranberries.
- 6 Let the rolls rise for 30 minutes. Bake at 350°F for 25 minutes, or until golden brown. Enjoy warm!



OLD FASHIONED SPICE CAKE

This moist and spiced prune cake is a nostalgic treat that brings comfort with every bite. Made with wholesome ingredients like prunes, sucanat, and warm spices, it's a flavorful dessert perfect for family gatherings or an afternoon indulgence.



OLD FASHIONED SPICE CAKE

Otherwise known as Prune Cake

Ingredients

- 1 cup pitted prunes (chopped)
- 1 cup buttermilk
- 1 cup olive oil
- ½ cup sucanat or date paste (can add stevia or monk fruit)
- 3 eggs
- 2 cups soft wheat, spelt, or barley
- 1 tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- 1 tsp ground cloves
- 1 tsp allspice
- 1 tsp nutmeg
- 2 tsp vanilla extract

Glaze

- ½ cup buttermilk
- ½ cup sucanat
- ½ tsp baking soda
- 6 tbs butter
- 1 tsp vanilla extract



Directions

- 1 Place 1 cup prunes in a medium sauce pan and cover with water. Bring to a boil and cook until soft. Remove from heat and drain, and mash on a plate.
- 2 In a large bowl add oil, sweetener, and eggs mixing well. In another bowl, combine flour, soda, salt, spices and stir together.
- 3 Pour the prunes and milk into a large bowl with sweetener, eggs, and oil. Add dry ingredients and mix well. Add vanilla extract.
- 4 Pour into a 9 x 13 cake pan. Bake at 325 degrees for 45 minutes or until center is done. Pour glaze over cake while it is still warm.



MINI APPLE CIDER DONUTS

These delightful mini donuts are soft, spiced, and packed with apple cider flavor—perfect for a cozy treat! Made with spelt and whole wheat flour, applesauce, and maple syrup, they're a wholesome twist on a classic favorite.



MINI APPLE CIDER DONUTS

Makes 30 small donuts

Ingredients:

- 1/3 cup milk
- 1 tsp vinegar
- 1 1/2 cups spelt flour
- 1/2 cup whole wheat flour
- 1 1/2 tsp baking powder
- pinch salt
- 2 tsp cinnamon
- 1/4 tsp ginger
- 2 egg whites
- 1/3 cup apple cider
- 1 tbsp. coconut oil
- 3 tbsp. apple cider
- 2 tbsp. maple syrup
- 1/2 cup applesauce



Directions

- 1 Preheat oven to 350°F. Mix milk and vinegar in a small bowl and set aside to curdle (use 1/3 cup buttermilk if available).
- 2 In a medium bowl, whisk together all dry ingredients: spelt flour, whole wheat flour, baking powder, salt, cinnamon, and ginger.
- 3 In a large bowl, combine all wet ingredients: curdled milk, egg whites, apple cider, coconut oil, maple syrup, and applesauce. Mix well.
- 4 Gradually add dry ingredients to the wet ingredients, stirring gently until just combined. Avoid overmixing to keep donuts light.
- 5 Scoop batter into a greased donut pan (or muffin tin) and bake for about 6 minutes, or until firm and springy to the touch. Baking time may vary by pan size.
- 6 Let donuts cool slightly before removing from the pan. Optionally, roll in cinnamon and sugar for a classic finish. Enjoy!



APPLE CINNAMON POPCORN

This sweet and crunchy snack is the perfect blend of warm cinnamon spice, buttery popcorn, and chewy dried apples with the satisfying crunch of pecans. Lightly sweetened with sucanat, it's an irresistible treat for movie nights, autumn gatherings, or anytime you crave a unique twist on classic popcorn.



APPLE CINNAMON POPCORN

perfect blend of warm
cinnamon spice, buttery
popcorn, and chewy dried
apples with the satisfying
crunch of pecans

Ingredients:

- 2 cups dried apples, chopped
- 10 cups popcorn, freshly popped
- 2 cups pecans, chopped
- 4 tbsp. butter, melted
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 tbsp. sucanat – any variety
- 1/4 tsp. vanilla



Directions

- 1 On stove melt butter, add cinnamon and sucanat. Cook till dissolved.
- 2 Pour butter mix over popped popcorn. Stir till well coated. Mix in apples and pecans
- 3 Put in a single layer on a baking sheet- bake at 250° for 30 minutes – checking every 10 minutes to see if set.
- 4 Let cool on parchment paper on top of cooking rack (this prevents the small particles to drop down).



FREEZEN PLEAZEN CHOCOLATE BARS

These no-bake chocolate bars are a deliciously satisfying treat, packed with protein and healthy fats. The perfect balance of almond meal, cocoa powder, and protein powder is complemented by sweet dates, coconut, and walnuts for added crunch. Simply freeze for a chilled, indulgent snack that's both nourishing and satisfying.



FREEZEN PLEAZEN CHOCOLATE BARS

a deliciously satisfying treat,
packed with protein and
healthy fats

Ingredients:

- 1 cup almond meal
- 2/3 cup unsweetened cocoa powder
- 1 or 2 scoops protein powder
- 8 chopped dates
- 1/3 - 1/2 cup coconut oil
- 1/4 cup agave syrup or honey
- 1/2 cup coconut
- 1/2 cup chopped walnuts
(save for topping)



Directions

- 1 Chop dates and process almonds in a food processor until finely chopped (avoid turning into butter).
- 2 In a bowl, combine ground almonds, chopped dates, cocoa powder, and protein powder.
- 3 Melt coconut oil and mix it with agave or honey, then add to the dry ingredients and stir well.
- 4 Blend in shredded coconut. Press mixture into a lined cookie sheet, creating a thin candy bar layer.
- 5 Top with chopped walnuts, press them in, score the mixture for easy cutting, and freeze until firm. Enjoy!



CHOCOLATE AMARANTH MUFFINS (GF)

These soft and delicious mini muffins are a delightful blend of rich cocoa, sweet banana, and moist zucchini, with the added crunch of walnuts and chocolate chips. Sweetened naturally with sucanat or molasses granules, these muffins are a healthier, flavorful treat perfect for breakfast, snacks, or dessert.



CHOCOLATE AMARANTH MUFFINS GF

Inspired from
BreadBeckers.com

Ingredients:

- 1-1/2 cups coconut or amaranth flour
- 2 tbsp cocoa powder
- 1/4 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 cup sucanat or molasses granules
- 1/2 cup olive oil or lemon oil
- 2 eggs
- 1 tsp vanilla extract
- 1 ripe banana, mashed
- 1 cup grated zucchini
- 1/4 cup chocolate chips
- 1/4 cup chopped nuts if desired



Directions

- 1 Preheat oven to 400F
In a large mixing bowl, combine flour, cocoa, baking powder, baking soda, salt, and cinnamon.
- 2 In the bowl of an electric mixer, beat sucanat, olive oil, eggs, vanilla, and banana until fluffy. On low speed, add the flour mixture 1/2 cup (125 mL) at a time, until thoroughly combined. Stir in the zucchini, chocolate chips, and walnuts.
- 3 Scoop batter into the prepared muffin cups, filling 3/4 full.
- 4 Bake for 20 minutes, until a toothpick inserted in the center comes out clean. Let cool in the pan 5 minutes before removing from the pan. The muffins may appear very wet on the surface but will firm up nicely once cooled. Makes 24 to 36 mini muffins



PUMPKIN PUDDING

This creamy, comforting pumpkin pudding is a perfect fall treat. Made with sucanat, pumpkin puree, and a hint of molasses, it's rich and flavorful with a smooth texture. Topped with whipped cream or vanilla yogurt and served in baked pumpkins for a festive touch, this dessert is sure to impress.



PUMPKIN PUDDING

A delicious blend of pumpkin, molasses, and creamy goodness.

Ingredients:

- 1/2 cup sucanat, honey crystals or sucanat natural
- 3 tablespoons cornstarch – non-GMO; tapioca flour can be used
- 1 1/2 cups half-and-half or almond milk
- 3 large egg yolks
- 1 tablespoon molasses
- 1/2 teaspoon salt
- 1/2 cup boiling water
- 1/2 cup pumpkin puree
- 1/2 cup heavy cream or vanilla flavored yogurt



Directions

- 1 Preheat oven to 400°F.
- 2 In a heat-proof bowl, combine sucanat and cornstarch. Set over simmering water, then add half-and-half, egg yolks, molasses, and salt, whisking constantly until thickened.
- 3 Slowly add boiling water while whisking, then stir in pumpkin puree and cook for 2 minutes.
- 4 Remove from heat and let cool slightly.

Whip heavy cream to soft peaks or use vanilla-flavored yogurt for topping.
- 5 Serve pudding in baked pumpkins, topped with whipped cream or yogurt, and garnish with puff pastry leaves if desired.



PUMPKIN HUMMUS

This creamy, flavorful dip blends pumpkin puree, garlic, and a hint of spice with sunflower seed butter for a nutritious twist. Perfect for serving with vegetables, crackers, or chips.



PUMPKIN HUMMUS

Inspired by Old Farmer's Almanac, 2012 and adjusted for nutrition by Annette Reeder

Ingredients:

- 4 garlic cloves
- 1 $\frac{3}{4}$ cup pumpkin puree
- $\frac{1}{4}$ cup fresh cilantro or 1 tablespoons dried
- $\frac{1}{4}$ cup lime juice
- $\frac{1}{4}$ cup sunflower seed butter
- 2 tablespoons oil: olive or your favorite
- 3 teaspoon cumin
- 1 teaspoon salt or to taste
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon chipotle pepper (ground or flakes) optional
- Toasted pumpkin seeds for garnish



Directions

- 1 Put the garlic cloves into a food processor and pulse to chop fine. Add the pumpkin, cilantro, lime juice, butter, pumpkin, oil, cumin, salt, chili powder, and pepper. Blend until smooth.
- 2 Transfer to a bowl, cover and refrigerate for at least 8 hours.
- 3 Garnish with pumpkin seeds and drizzle with additional oil before serving.
- 4 Serve with vegetables, crackers or chips (non-GMO)



Healthy Treasures COOKBOOK



FABULOUS NUTRITIOUS RECIPES & HELPFUL COOKING TIPS



ANNETTE REEDER

The Biblical Nutritionist

If you loved these delicious recipes, you'll find even more wholesome, flavorful dishes in the **Healthy Treasures Cookbook!** It's packed with easy-to-make meals that nourish your body and satisfy your taste buds. Grab your copy and discover your next favorite recipe!

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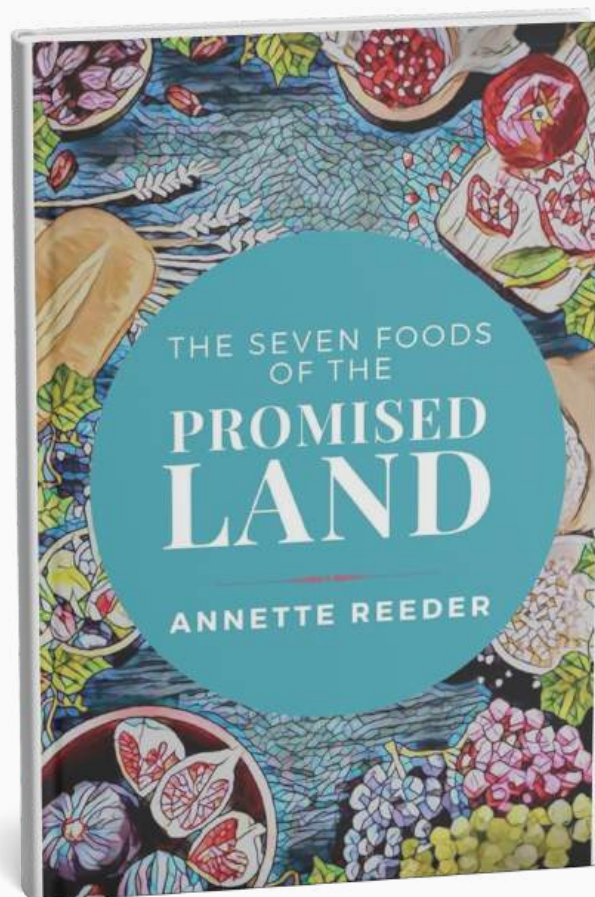
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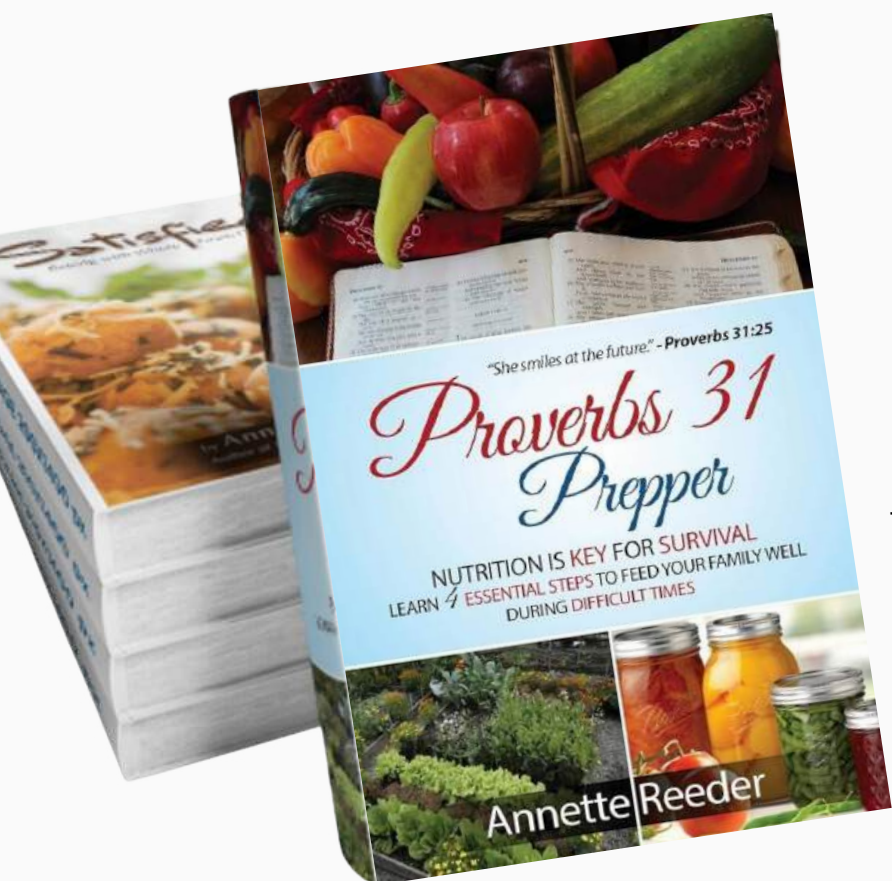
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