



Healthy For the Holidays

13 Recipes for Conscious Holiday Eating



Jo Schaalman and Jules Peláez

Happy Holidays From the Conscious Cleanse!



This is a festive time of year notorious for socializing, eating and drinking.

Stay vibrant with us this holiday season and take our Conscious Eating Holiday Challenge.

JOIN THE CONSCIOUS EATING HOLIDAY CHALLENGE

- 1** Swap out at least one of your favorite traditional recipes for one of our Conscious Cleanse Makeover recipes in this guide.
- 2** Share your food pics with us on **Instagram** and **Facebook** using #HolidayChallenge #CCMakeover #ConsciousCleanse #HealthyfortheHolidays in your posts.

Are you up for the challenge? Let's do this together!

With love and holiday cheer,

Jo & Jules ♥

P.S. - Enjoy the recipes!



The Recipes

Spinach Artichoke Dip

Yield: 4 cups

Ingredients:

- ¾ cups cashews, soaked for 4 hours
- ½ cup water
- 2 large handfuls of spinach
- 2 14-oz cans or jars of artichoke hearts
- 1 TB extra-virgin olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tsp sea salt
- ½ tsp black pepper
- ¼-½ tsp cayenne pepper
- ½TB lemon juice
- 1 cucumber, sliced



Instructions: In a food processor fitted with an S-blade, blend water and soaked cashews until creamy. Set aside in a small bowl. Drain and rinse artichokes and set aside. In a medium saucepan over low heat, cook olive oil and onions, stirring frequently, for 10 minutes or until onions are translucent. Add in garlic, cook for 2 minutes. Stir in artichokes, sea salt, black pepper, and cayenne until warm. Pour contents of saucepan into a food processor; add spinach, lemon juice and creamy cashews, blend until smooth. Serve warm with slices of cucumber. Enjoy!

Sweet Potato Hummus

Yield: 3 cups

Ingredients:

- 2 TB olive oil, divided
- 2 medium size sweet potatoes, halved lengthwise, skin on
- 1 yellow onion, cut in half, skin on
- 6 cloves garlic, skin on, wrapped in tin foil
- 2 TB almond butter
- 2 tsp maple syrup
- 1 tsp freshly squeezed lemon juice
- ½ tsp sea salt
- 1/8 tsp freshly ground pepper
- Dash of cayenne pepper

Instructions: Preheat oven to 400°F. Drizzle 1 tablespoon olive oil onto large baking sheet and spread evenly. Place sweet potatoes and onions, cut sides down, onto oiled pan. Add wrapped garlic cloves to pan. Roast for 45 minutes until sweet potatoes are tender and onions are golden brown. Remove from oven to cool. When cooled, scrape sweet potato meat into a food processor fitted with an S-blade. Discard skins. Slip skins from onions and garlic and discard. Add onions and garlic to food processor and add 1 tablespoon of olive oil, almond butter, maple syrup, lemon juice, salt, pepper and cayenne pepper. Blend until smooth. Serve with fresh veggies.



Roasted Rosemary Green Beans

Makes: 4 servings

Ingredients:

- 1 ½ pounds green beans, trimmed
- 2 TB olive oil
- ½ TB fresh rosemary, finely chopped
- 1 tsp Himalayan sea salt
- ½ tsp freshly ground black pepper

Instructions: Preheat the oven to 425°F. In a large bowl, toss together green beans, olive oil, rosemary, sea salt and pepper until well coated. Spread out evenly on a parchment paper lined baking sheet. Roast until caramelized and tender, for 12 to 15 minutes, stirring once at the halfway point. Serve as a side dish or put on top of your favorite garden green salad.



Maple-Roasted Brussels Sprouts

Yield: 6 servings

Ingredients:

- 1 ½ lbs brussels sprouts, trimmed and cut in half
- ¼ cup olive oil
- ¾ tsp sea salt
- ¼ tsp black pepper
- 2 TB maple syrup
- ½ cup toasted hazelnuts, coarsely chopped (optional)
- 4 slices of cooked bacon, cut into ½-inch pieces (optional)

Instructions: Preheat the oven to 400°F. In a large bowl, toss the brussels sprouts, olive oil, salt and pepper together. Spread the brussels sprouts across a parchment paper lined baking sheet and roast in the oven for 15 minutes. After 15 minutes, stir the brussels sprouts with a large spatula to even out the browning. After 30 minutes, remove the brussels sprouts from the oven and drizzle with the maple syrup, mixing to combine well. Return the brussels sprouts to the oven for another 15 minutes, or until they are tender. Total roasting time will be about 45 minutes. Toss the roasted brussels sprouts with the hazelnuts and/or bacon and serve!



Warm Shiitake and Pine Nut Salad

Yield: 8 servings

Ingredients:

- 6 large handfuls arugula
- 2 cup Shiitake mushrooms, sliced
- 2 TB olive oil
- 1 shallot, minced
- ½ red onion, minced
- ¼ cup balsamic vinegar
- 1 TB honey
- Juice of ½ lemon
- ¼ cup pine nuts
- 2 TB fresh chives

Instructions: In a sauté pan over medium heat, add 1 TB olive oil, and once hot add the mushrooms. Let sit for 90 seconds and then remove from the pan. In the same pan add shallot and red onion and sweat for a minute. Next add the balsamic vinegar and honey, and reduce until it's a light glaze. Add the mushrooms, pine nuts and remaining 1 TB olive oil back to the pan, season with salt, pepper, lemon and chives. Lightly toss the mushrooms with arugula and taste. The arugula should wilt slightly from the heat of the mushrooms.

Best Whipped Sweet Potatoes Ever

Yield: 8 servings

Ingredients:

- 4 large sweet potatoes, peeled and cut into chunks
- ¼ cup coconut oil, melted, divided
- 3 TB full fat coconut milk
- ½ tsp cinnamon, plus more for garnish
- ½ tsp maple syrup

Instructions: Add the potatoes to a large pot and cover with water. Bring to a boil over medium-high heat. Reduce the heat and simmer or until the potatoes are tender, about 8 to 10 minutes, drain well. Place the cooked sweet potatoes, 3 tablespoons of coconut oil, coconut milk, cinnamon and maple syrup into a food processor and process until smooth, stopping to scrape down the sides once if necessary. Garnish with 1 tablespoon of coconut oil and extra cinnamon. Serve warm.

Cauliflower Mashers

Yield: 6 servings

Ingredients:

- 1 head cauliflower
- 2-3 TB olive oil
- 1-2 tsp sea salt
- Pinch freshly ground black pepper
- ¼ tsp ground dried rosemary

Instructions: Steam cauliflower for 7-10 minutes. In a food processor fitted with an S blade, process cauliflower, olive oil, 2 teaspoons sea salt, and black pepper and dried rosemary until well blended. Remove mixture from the food processor, and place in a bowl.



Gluten Free Raw Pecan Mushroom Stuffing

Yield: 6 cups

Ingredients:

- 3 medium-sized portobello mushrooms, chopped
- 1/3 cup plus 3 TB olive oil
- 1/3 cup balsamic vinegar
- 2 cups pecans
- 1 tsp Himalayan sea salt
- 2 tsp fresh thyme, finely chopped
- 2 TB fresh rosemary, finely chopped
- 1 tsp fresh sage, finely chopped
- 1 cup celery, diced
- 1 cup cauliflower, chopped
- 1 ½ cups carrot, shredded
- ½ cup currants

Instructions: Marinate chopped portobello mushrooms in olive oil and balsamic vinegar in covered glass container in the refrigerator overnight (or at least for 2 to 4 hours). In a food processor, pulse cauliflower until it has a rice like texture, with no large pieces. Place in a large mixing bowl. Next combine pecans, sea salt, thyme, rosemary and sage in a food processor until it becomes a fine texture. Add 3 tablespoons of olive oil and blend again. Transfer nut mixture into mixing bowl of cauliflower and combine with a spoon. Add in the marinated mushrooms including a drizzle of the marinade. Stir in celery, carrots and currants until well combined. Adjust the wetness of the stuffing by adding more or less marinade.

Creamy Pumpkin Sage Soup

Yield: 8 servings

Ingredients:

- 2 pie pumpkins or 5 cups canned pumpkin
- 1 TB coconut oil
- ¾ cup shallots, diced
- 3 garlic cloves, chopped
- 4 cups organic vegetable broth
- 1 TB fresh sage, chopped
- Sea salt and pepper to taste



Instructions: Preheat oven to 400°F. Using a sharp knife, cut the pumpkins in half. Scoop out seeds and place on a baking sheet. Bake for 1-1/2 hours until pumpkin edges are slightly brown. Using a large metal spoon, scoop cooked pumpkin flesh into a bowl. In a large pot over medium heat, sauté coconut oil and shallots for 4-5 minutes until tender. Stir in garlic and cook an additional minute. Stir in pumpkin flesh, vegetable broth, sage, salt and pepper, bring to a boil, reduce heat to low, and simmer covered for 15 minutes. In a blender, and working in batches of no more 2 cups, purée soup. Return soup to the pot, and heat through. Season with additional sea salt and pepper as needed. Sprinkle with sage. Enjoy!



Nearly Raw Coco Nutty Pumpkin Pie

Yield: 8-12 servings

Ingredients:

- 2 cups raw pecans
- ¾ cup shredded, unsweetened coconut
- 6 dates, pitted and chopped (about ½ cup)
- ¾ tsp vanilla extract, divided
- ¼ tsp sea salt
- ¼ cup + 1 TB melted coconut oil, divided
- 1 15 oz can of pumpkin (about 1 ½ cup)
- ½ cup almond butter
- 2 TB maple syrup
- 2 tsp ground cinnamon
- ¾ tsp ground nutmeg
- ½ tsp ground ginger
- Pinch of ground cloves & sea salt
- Stevia, 10-20 drops or to taste (optional)

Instructions: To make the crust, in a food processor fitted with the S blade, add pecans, shredded coconut, dates, ¼ teaspoon of vanilla, ¼ teaspoon sea salt, and 1 tablespoon of melted coconut oil. Pulse until the mixture has the consistency of breadcrumbs and pulls away from the sides of the container. Scoop the mixture into a 9-inch pie pan and press evenly onto the bottom and up the sides of the dish. Chill in the refrigerator for 1 to 2 hours. To make the filling, add remaining ¼ cup of melted coconut oil, pumpkin, almond butter, maple syrup, ½ teaspoon vanilla, and spices to a food processor or blender. Blend for a couple of minutes or until silky. Once blended, taste the mixture for sweetness. To make sweeter, add 10 – 20 drops of stevia slowly until you're happy with the flavor. Remove chilled crust from the refrigerator and scrape filling into the crust. Use a spatula to level and smooth filling. Cover with plastic wrap and transfer back to refrigerator and let chill at least 8 hours, or overnight. Serve with a dollop of homemade vegan **coconut whipped cream**.

Pumpkin Fudge

Yield: 30 one-inch pieces

Ingredients:

- ½ cup pumpkin (pumpkin from a can is fine!)
- 1/3 cup almond butter
- 3 TB lucuma powder
- 3 TB maple syrup
- ½ tsp cinnamon
- 1/3 cup melted coconut butter
- 3 TB melted coconut oil
- Sea salt to taste
- Cacao Nibs (optional)

Instructions: Mix pumpkin, almond butter, lucuma powder, maple syrup and cinnamon in a bowl. Melt coconut butter and coconut oil together over low heat or using a double boiler. Pour coconut mixture into the pumpkin mixture, combine well. Line small pan with plastic wrap and press the mixture into the plastic lined container. Top with cacao nibs for chocolate burst. Chill for 3-4 hours. Cut into small pieces and enjoy! Store in freezer.



Raw Chocolate Pecan Pie

Yield: 6 servings

Ingredients for the filling:

- ½ cup pecans
- 1½ cup macadamia nuts
- 1 ½ cup dates, pitted
- 1/3 cup maple syrup
- ¾ cup raw cacao powder
- ½ cup water
- Pinch of sea salt

Ingredients for the crust:

- 2 cups raw pecans
- ½ cup dates, pitted
- ¼ tsp cinnamon
- ¼ tsp vanilla
- Pinch of sea salt

Instructions: To make the crust, blend 2 cups of pecans until fine in a food processor fitted with the s-blade. Add dates, cinnamon, vanilla and sea salt and blend until smooth. Transfer mixture into a pie dish and pat down with your hands until even and smooth. Place in refrigerator while you prepare the filling. To make the filling, blend ½ cup of pecans until fine in a food processor fitted with the s-blade. Add macadamia nuts, dates, maple syrup, cacao, water and sea salt and blend until creamy. Pour filling into pie crust and smooth out using a spatula. Garnish with a few raw pecans on top.

Sweet and Sassy Vegan Egnog

Yield: 8 servings

Ingredients:

- 1 ½ cup raw cashews, soaked for 4 hours
- 3 cups water
- cup dates
- 2 tsp cinnamon
- 1 tsp nutmeg
- ¼ tsp sea salt
- 1 ½ tsp vanilla
- ½ TB maca
- Cinnamon stick for garnish (optional)



Instructions: Soak cashews in water for 4 hours, then drain and discard water. In a high-speed blender combine, cashews, dates, water, cinnamon, nutmeg, sea salt, vanilla and maca. Pour into a festive glass, garnish with a cinnamon stick, if using and enjoy!

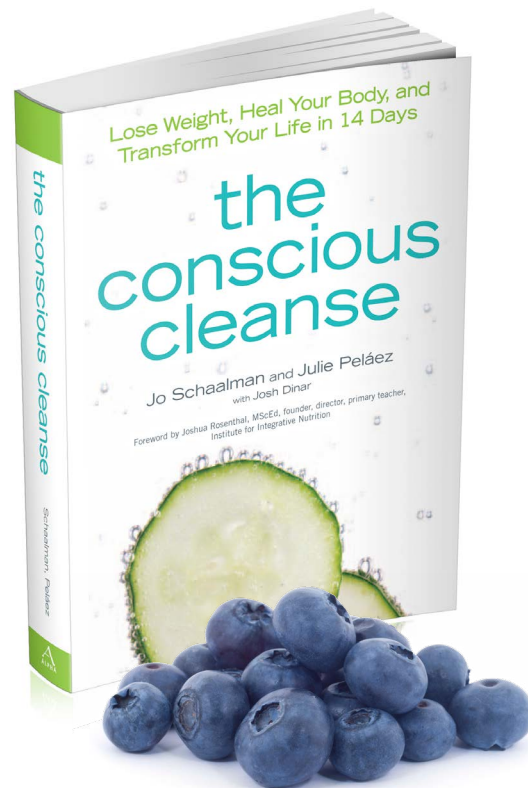


Let Your Vibrancy Show!

Sign up for the next Conscious Cleanse

The Conscious Cleanse is a proven 14-day program that teaches a gentle whole-foods-based approach to eating that allows your body to effectively remove toxins, eliminate waste, and ultimately achieve your optimal nourishment. Expertly led by co-creators, **Jo and Jules**, and a team of **health coaches**, the Conscious Cleanse community inspires every participant to thrive.

For more delicious recipes and tips for vibrant living, please join us for our next live cleanse, order a copy of our best-selling book *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days* or visit our **blog**.



Facebook: facebook.com/ConsciousCleanse
Twitter: twitter.com/consciouscleans
Pinterest: pinterest.com/consciouscleans
Instagram: instagram.com/consciouscleanse

