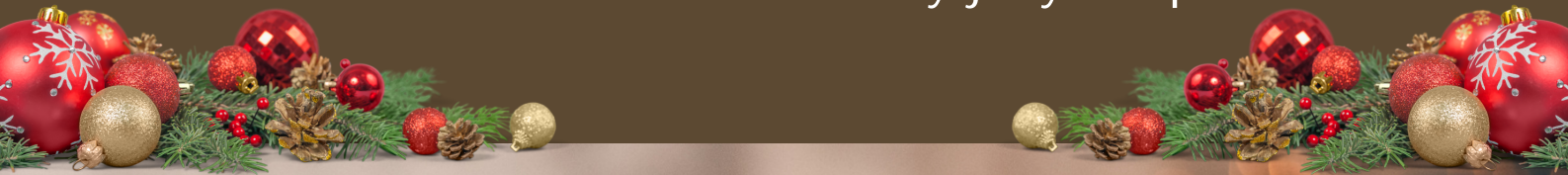




DR. LIFESTYLE

Holly Jolly Recipes

Feel like you're in a winter wonderland with these delicious and healthy jolly recipes!





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Vegan Cornbread

Ingredients:

- 1 tsp apple cider vinegar
- 1 cup soy milk
- 1/4 cup applesauce
- 1 cup cornmeal
- 3/4 cup oat flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 2 tbsp maple syrup of choice



A delicious snack that is gluten-free and healthy!

Directions:

1. Preheat oven to 400° F and prepare a baking pan with parchment paper.
2. In a bowl, combine apple cider vinegar, soy milk, maple syrup, & applesauce.
3. Mix together: cornmeal, oat flour, baking powder, and salt in a bowl. Add the wet mixture in and mix thoroughly.
4. Pour mixture into baking pan and bake for 20 minutes.
5. Once done, allow to cool for 3-4 minutes and cut into squares!



Perfect for the holiday sweet tooth craving!



Beetroot Hummus

Ingredients:

- 1 15 oz. can chickpeas (drained)
- 7 oz cooked beetroots (cubed and drained)
- 2 tbsp tahini sauce
- 1 lemon (zest and juice)
- 3 tbsp olive oil
- 1 garlic clove, pressed
- 1 tsp ground cumin
- 1 tsp salt
- black pepper



Directions:

1. Blend all ingredients in a food processor. Blend until completely smooth.
2. Add more salt and lemon juice to taste.
3. Top off the hummus with walnuts. Serve alongside crackers, pita bread, or crunchy vegetables such as celery, bell peppers, cucumbers, broccoli, and carrots.



Beetroots are packed with fiber, potassium, iron, & vitamin C! They improve blood flow and can lower blood pressure.



Cream Cheese Stuffed Dates with Walnuts

Ingredients:

- 10 Medjool dates
- 4 tbsp vegan cream cheese
- 6 walnuts, toasted & crushed
- 2-3 sprigs fresh rosemary, chopped
- 2 tsp maple syrup

Dates are rich in antioxidants! They also promote gut health, bone health, heart health, and provide a natural energy boost!

Directions:

1. Cut the Medjool dates length wise and remove pits.
2. In a bowl, mix together cream cheese, rosemary, and walnuts.
3. Stuff the dates with this mixture and distribute evenly.
4. Place dates into refrigerator and let sit for ~ 1 hour.
5. When ready to serve, garnish with crushed walnuts and drizzle maple syrup on top. Garnish with freshly chopped rosemary.



You can use other toppings such as lemon or orange zest, vegan bacon bits, and pistachios!



Vegan Tzatziki



Ingredients:

- 1 cup unsweetened coconut yogurt
- 1/4 cup grated cucumber (drained)
- 1 large garlic clove (minced)
- 2 tbsp fresh dill (chopped)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/4 tsp salt
- ground pepper to taste

Directions:

1. Roughly grate cucumber with skin on. Strain the cucumbers to remove excess water. Make sure they are mostly dry.
2. Add coconut yogurt to a bowl with cucumber, minced garlic, dill, salt, pepper, lemon juice, & olive oil. Combine fully.
3. Add more garlic, lemon, or salt to taste.
4. Allow for tzatziki to cool in refrigerator for at least an hour before serving.

A perfect vegan dip that pairs great with pita bread, any vegetable, and crackers!



Butternut Squash (Air Fryer)



A great side dish for the holiday season!
Can also be used as a topping in a salad!

Ingredients:

- 4 cups chopped butternut squash (1-inch cubes)
- 2 tbsp extra virgin olive oil
- 1 tbsp maple syrup
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp ground chipotle chili pepper

Directions:

1. Cut butternut squash into 1-inch cubes
2. Mix butternut squash cubes with all ingredients listed above. Make sure to evenly coat all the cubes.
3. Air fry cubes for ~20 minutes on 400°F. Make sure squash cubes are tender and have a crispy coat. At the 10 minute mark, shake the cubes around so they can evenly fry.
4. Allow to rest for ~3 minutes and serve.

Try different toppings such as granola,
pumpkin seeds, & pecans.



Crispy Polenta Fries

Ingredients:

- 1 1/2 cup instant polenta
- 4 1/2 cup water
- 1 1/2 tsp salt
- 1 tbsp fresh thyme
- 1/2 tbsp fresh sage (chopped)
- 1 tbsp fresh rosemary (chopped)
- 1 tbsp olive oil



Directions:

1. Add the water into a medium-size pot and bring to a boil. Add the salt.
2. As soon as the water starts to boil, turn the heat down and slowly add the polenta while whisking to avoid lumps.
3. Keep stirring and cook for around 5 to 10 minutes (check your polenta package instructions). Then add the chopped herbs, a bit of pepper, and mix well.
4. Lightly oil a baking dish (9×13 inch) or line it with parchment paper, and spread the polenta in an even single layer. Let it cool down for 30 minutes to an hour (you can also chill overnight). You can speed up the process by putting the baking dish in the fridge or freezer.
5. Preheat the oven to 430F (220C). Once the polenta is set, remove it from the tray and cut them into fries with a sharp knife.
6. Place the fries on a baking tray, brush them with olive oil, spread them in an even layer, and sprinkle with extra fresh herbs. Bake in the oven for 15 minutes, turn them around, and bake for another 15 minutes until golden and crispy.
7. Sprinkle with some sea salt flakes black pepper, and serve them hot with some dips as a side or tasty appetizer.

Polenta is a great source of fiber and protein. It is also gluten-free, has vitamin A, and is low in fat & calories!



Spiced Feta, Pistachio & Clementine Salad

Ingredients:

- 180 g crumbled vegan feta
- 250 g greek vegan yogurt
- 1/2 tsp chili flakes
- 2 tbsp za'atar
- 70 ml extra virgin olive oil
- 1 tbsp honey
- 2 tbsp white wine vinegar
- 1 large banana shallot (sliced into rings)
- 150 g arugula
- 4 clementines, peeled and sliced horizontally
- 1/2 small bunch of mint
- 40 g pistachios, chopped
- 50 g pomegranate seeds

Directions:

1. Put the feta in a bowl with the yogurt and 1/2 tsp salt and mash together well with a fork. Put in a sieve set over a bowl for 3 hrs, then chill overnight. Once chilled, roll into 12 balls the size of walnuts. Mix together the chilli and za'atar, then roll the feta balls in the mixture to coat. Put in the fridge to chill for 30 mins. Will keep chilled in a container for up to three days covered in a layer of olive oil.
2. Mix the oil with the honey, vinegar and some seasoning to taste. Toss the shallots, rocket and clementine slices together with the mint. Arrange on a plate with the feta balls on top and drizzle over the dressing. Scatter with the chopped pistachios and pomegranate seeds.



Pistachios are high in fiber and minerals, and clementines are rich in antioxidants and vitamin C!



Fiesta Salad

Ingredients:

- 1 cup bell peppers (diced, all colors)
- 1 jalapeno pepper (seeded, diced)
- 2 avocados (chopped)
- 1 15.5 oz can of black beans (drained, rinsed)
- 1 15.5 oz can of pinto beans (drained, rinsed)
- 1 cup canned corn
- 1/4 cup red onion
- 2 medium tomatoes (seeded and diced)
- 2 tbsp fresh minced cilantro
- 1/8 cup lime juice
- Pinch of cayenne pepper
- 1 tsp sea salt



Directions:

1. Chop & prepare all vegetables. Place them all together in a large bowl.
2. Add cilantro, lime juice, cayenne pepper, & sea salt. Mix together thoroughly.
3. Allow flavors to marinate for ~ 5 minutes.
4. Serve as a salad, a topping for a big crispy corn tortilla, tortilla chips, or inside a wrap!

A great salad that will be devoured at your holiday gathering!



Apple Cranberry Coleslaw

Ingredients:

- 1 14 oz bag 3-color coleslaw mix
- 1 large apple (chopped)
- 1/2 cup dried cranberries
- 1/2 cup chopped walnuts
- 4 green onions, sliced

Dressing:

- 3/4 cup avocado mayo
- 3/4 cup plain vegan yogurt, not Greek
- 6 tbsp honey
- 3/4 tsp dried, ground ginger

Directions:

1. Combine coleslaw ingredients in a large bowl.
2. In a small bowl, combine dressing ingredients and mix well.
3. Pour dressing over coleslaw and stir until evenly coated.



Cranberries are high in antioxidants! They can also lower the risk of certain cancers and can improve immune function!



Brussels Sprouts Grain Bowl

Ingredients:

- 1/2 butternut squash (peeled and chopped into 2 cm cubes)
- 1 tbsp olive oil
- 170 g halved brussels sprouts
- 1 tbsp tahini
- 2 tsp maple syrup
- 1 lemon (zested & juiced)
- 50 g pumpkin seeds
- 200 g pouch cooked grains (quinoa)
- 2 tbsp hummus
- handful of soft herbs (coriander, parsley, mint, dill, or mixture, roughly chopped)

Directions:

1. Heat the oven to 200C/180C fan/gas. Toss the squash in half the oil on one end of a baking tray. Season. Roast for 20 mins, stirring halfway. Add the sprouts to the other end of the tray, drizzle with the rest of the oil, season and roast for 15 mins more until the squash is tender and the sprouts crisp.
2. Mix the tahini, maple syrup, lemon juice and zest together in a small bowl to make a dressing, adding a drizzle of water to loosen if it's too thick. Toast the pumpkin seeds in a dry frying pan over a low heat until they start to pop.
3. Heat the grains following pack instructions, then divide between two bowls. Top with the roasted veg, the hummus, pumpkin seeds and herbs. Drizzle with the dressing and toss everything together just before serving.



Butternut squash is high in vitamins, minerals, and disease-fighting antioxidants! It is also low in calories!



Vegan Meatloaf

Ingredients:

- 1 tbsp extra-virgin olive oil
- 1/2 yellow onion, finely chopped
- 2 stalks celery, finely chopped
- 1 medium carrot, peeled and finely chopped
- 1 cup finely chopped baby bella mushrooms
- 2 (15-oz) cans chickpeas, drained and rinsed
- 1 cup panko bread crumbs
- 1/4 cup freshly chopped parsley, plus more for garnish
- 2 tbsp low-sodium soy sauce
- 1 tbsp vegan Worcestershire sauce
- 1/4 cup ketchup
- 1/4 cup barbecue sauce
- 1/2 tsp smoked paprika
- kosher salt
- freshly ground black pepper



Directions:

1. Preheat oven to 375° and line a 5"-x-8" loaf pan with parchment paper. In a large skillet over medium heat, heat oil. Add onion, celery, carrot, and mushrooms and cook, occasionally stirring, until vegetables are soft and most of the liquid has cooked out, 6 to 8 minutes.
2. Using a potato masher in a large bowl or food processor, mash the chickpeas until rough paste forms (a few large pieces of chickpea are okay). Transfer to a large bowl if using a food processor.
3. Add cooked vegetables, bread crumbs, parsley, soy sauce, and Worcestershire sauce to the bowl with chickpeas. In a medium bowl, whisk together the ketchup and barbecue sauce. Add half of this mixture to the bowl with the chickpeas. Season with paprika, salt, and pepper, and stir until all ingredients are evenly incorporated.
4. Transfer the chickpea mixture to the prepared loaf pan, packing the mixture in gently. Smooth the top, brush with half the remaining ketchup mixture and bake for 30 minutes. Remove from oven, brush with remaining ketchup mixture, and bake 30 minutes more.
5. Let cool for 10 minutes, then garnish with parsley and serve.



Broccoli Cauliflower Casserole

Ingredients:

- 1 tsp extra virgin olive oil
- 2 lb cauliflower (about 1 medium head), cut into small florets
- 2 cup water, divided
- 1 lb broccoli (about 2 large heads), cut into small florets
- 1/2 cup coarsely chopped sun-dried tomatoes
- 3 scallions, white and green parts separated, finely chopped
- 1 clove garlic, finely chopped
- 1 tbsp cornstarch
- 1 (1 oz) vegan ranch powder packet
- 1 tsp crushed red pepper flakes (or a similar spice of your choosing)
- 1/2 tsp Kosher salt
- 1/4 tsp freshly ground black pepper
- 2 cups coarsely shredded or torn fresh vegan mozzarella
- 3/4 cup grated vegan Parmesan

Directions:

1. Preheat oven to 350°. Grease a 13"-by-9" baking dish with extra virgin olive oil.
2. In a large heatproof bowl, combine cauliflower and 1 cup water. Microwave until tender, about 5 minutes. Drain and repeat with broccoli and remaining 1 cup water.
3. In a large bowl, using a rubber spatula, stir tomatoes, white scallion parts, half of green scallion parts, garlic, cornstarch, ranch powder, red pepper flakes, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.
4. Add broccoli and cauliflower, folding to combine (it's okay if veggies are warm).
5. Fold in 1 1/2 cups vegan mozzarella. Pour into baking dish, spreading in an even layer. Sprinkle with vegan Parmesan and remaining 1/2 cup vegan mozzarella.
6. Bake casserole 20 minutes. Turn oven to broil and broil on high until cheeses are browned, 4 to 6 minutes. Top with remaining green scallion parts and serve.



A warm and creamy meal to enjoy with loved ones!



Cranberry & Lentil Bake

Ingredients:

- 25g dried cranberries
- 1 tbsp red wine
- 125g cooked puy lentils
- 2 tsp olive oil
- ½ onion, finely chopped
- ½ garlic clove, crushed or finely grated
- 1 tbsp chopped sage
- ½ tbsp chopped parsley
- ¼ tsp smoked paprika
- pinch ground cloves
- 1 tsp tomato purée
- 1 tsp soy sauce
- 1 tsp cornflour

Directions:

1. Heat oven to 200C/180C fan/gas 6. Oil and line the base of a 200ml ovenproof ramekin with a circle of baking parchment. Put the cranberries in a small pan with the wine and cook for a couple of mins over a medium heat until the cranberries are plump and the wine syrupy. Pour into the base of the ramekin and set aside.
2. Put the lentils in a bowl and roughly mash about half of them with a fork. Heat the oil in a small pan and cook the onion for 6-8 mins over a medium heat until softened. Stir in the garlic, herbs, paprika and cloves and cook for another minute. Turn off the heat and add the lentils, tomato purée, soy and cornflour, stir everything together well, then spoon into the ramekin, pressing down gently with the back of a spoon. Can be chilled for two days, or freeze for up to two months, with the ramekin covered. Defrost in the fridge before cooking.
3. Put the ramekin on a baking tray and bake for 15 mins. Leave to cool for 1 min, then turn out onto a plate.



Lentils are known to lower cholesterol and protect against diabetes and colon cancer! Cranberries are rich in antioxidants and support heart health!



Turmeric Chickpea Soup

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium onion - chopped
- 4 garlic cloves - no skin
- 2 teaspoons turmeric
- 1 large carrot - chopped
- 1 large celery stalk - chopped
- 1 cup butternut squash - in cubes (or sweet potatoes, or extra carrots)
- 1 teaspoon thyme leaves - or 1/2 teaspoon dry thyme
- 2 cans chickpeas - (15 oz) drained
- 4 cups vegetable broth
- 4 cups dark leafy greens - finely chopped (kale, collard greens, spinach, Swiss chard)
- 2 tablespoons lemon juice - optional
- salt & black pepper to taste

Directions:

1. Heat the extra-virgin olive oil in a large pot over medium heat. Add the chopped onion. Cook for 2-3 minutes until the onion is tender and translucent. Then add the garlic, carrot, celery, and sauté' for a minute.
2. Add the rinsed chickpeas, butternut squash cubes, thyme, turmeric, vegetable broth, salt, and pepper. Bring to a boil, reduce the heat and let the soup simmer for 10 minutes.
3. Transfer the soup into a blender. Blend the ingredients until very smooth. Be careful, as the soup will be very hot. You can also use an immersion blender, but the soup won't be as creamy.
4. Pour the soup back into the pot, add the lemon juice and the leafy greens and cook on low heat for another 8-10 minutes, until the greens are tender.
5. If the soup is too thick for your liking, add more broth or a bit of water to thin it down. Adjust salt and pepper to taste.
6. Serve hot with roasted chickpeas or toasted bread slices, and top with fresh thyme leaves and parsley.



Turmeric helps with arthritis, digestive issues, respiratory infections, & liver disease! Plus, chickpeas are a great plant-based protein!



Chocolate Chia Pudding

Ingredients:

- 2 cups plant-based milk
- 1/3 cup chia seeds
- 1/4 cup cacao powder
- 1 tsp vanilla extract
- 1/4 cup maple syrup
- 1 carton fresh blueberries
- 1/4 cup sliced almonds
- 1/4 cup goji berries
- cinnamon powder



A delicious
snack for
the holiday
spirit!

Directions:

1. In a jar or bowl, mix together cacao powder, vanilla extract, maple syrup, vanilla extract, & the plant-based milk.
2. Add chia seeds to the mixture and stir thoroughly.
3. Refrigerate until the chia seeds swell (~2-3 hours).
4. When ready to serve, put into individual containers and top it off with almonds, blueberries, goji berries, & cinnamon powder.

Chia seeds are high in fiber!
Studies show that it can improve
heart health, reduce cholesterol
levels, & promote good
digestive health!



Vegan Earl Grey Chocolate Shakes

Ingredients:

- 1 1/2 cup almond milk
- 3-4 earl grey tea bags
- Strip of orange zest
- Maple syrup
- 1 tsp vanilla extract
- 4-6 scoops of non-dairy chocolate ice cream
- 1 cup of ice
- shaved dark chocolate



A healthy holiday treat!
Vegan ice cream is significantly lower in fats than regular ice cream!

Directions:

1. In a saucepan, boil almond milk with the tea and orange zest. Remove the saucepan from the heat and allow to steep for 10 minutes.
2. Strain the mixture and allow to cool completely in the fridge for about 30-45 min.
3. In a blender, add the cooled mixture along with maple syrup, vanilla, vegan chocolate ice cream, & ice. Blend until you get a creamy & smooth texture.
4. Pour into 4 glasses a top it off with shaved dark chocolate and other healthy toppings of your choice!



Pumpkin Mousse



Can be enjoyed on its own or as a delicious dip alongside a platter of fruit! This recipe is gluten-free, oil-free, & refined-sugar free!

Ingredients:

- 1/2 cup organic coconut cream
- 1 cup canned pumpkin puree
- 2 tbsp maple syrup
- 1 tsp cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- pecans & crumbled dates

This creamy, vegan pumpkin mousse is a quick and healthy recipe for the holidays!



Directions:

1. In a bowl, mix together coconut cream, pumpkin puree, maple syrup, and spices. Mix until completely smooth.
2. Divide mixture into two separate jars. Allow mixtures to firm up in the refrigerator for 2-3 hours.
3. When ready to serve, top it off with coconut whipped cream or dairy-free vanilla yogurt. Also add the crumbled dates and pecans as toppings.



Vegan Tiffin

Ingredients:

- 75g coconut oil, plus extra for the tin
- 200g vegan dark chocolate (at least 70%), roughly chopped
- 2 tbsp maple syrup
- 200g vegan ginger nuts
- 100g dried cranberries
- 50g pistachios, toasted and chopped

Directions:

1. Lightly oil a 20cm square brownie tin with coconut oil and line the base with baking parchment. Melt the chocolate with the coconut oil and maple syrup in the microwave in 30-second bursts until smooth and glossy.
2. Break the ginger nuts into small pieces in a bowl, then add the dried cranberries and pistachios. Scrape in the chocolate mixture and give everything a good mix to combine, then spoon the tiffin into the tin. Use the back of the spoon to smooth out the top and press it down, then chill in the fridge for 2 hrs or until set hard. Once set, cut into 25 mini squares. Will keep for a week in the fridge.

A healthy and scrumptious holiday dessert!



Dark chocolate is very nutritious and a great source of antioxidants. It can improve blood flow and lower blood pressure. Pistachios are bursting with fiber, minerals, and unsaturated fat!



Corn Pudding

Ingredients:

- 5 mashed bananas
- 1/3 cup vegan butter
- 1/8 cup maple syrup
- 1/2 cup plant milk
- 4 tablespoons cornstarch
- 1 (15.5 oz) can whole kernel corn
- 2 (14.75 oz) cans cream-style corn



Directions:

1. Preheat oven to 400 degrees F. Grease a 2-quart casserole dish.
2. In a large bowl, lightly beat bananas. Add syrup, plant milk, and melted vegan butter. Add the cornstarch and whisk until fully incorporated. Add corn and creamed corn. Mix well. Pour mixture into the prepared casserole dish.
3. Bake in the oven for one hour at 400 degrees F. Enjoy!



A great comfort food that will pair greatly with other holiday meals!



Berry Crisp



A beautiful dessert to share with loved ones!

Ingredients:

• Crisp

- 1/2 cup oat flour
- 1/3 cup shredded coconut
- 1/2 cup chopped walnuts
- 3 tbsp almond butter
- 2 tbsp maple syrup

• Berries

- 6 cups mixed berries (fresh or frozen)
- 2 tbsp maple syrup
- 2 tbsp chia seeds
- 1 tbsp lemon juice

• Vanilla Cream

- 3 cups frozen banana chunks
- 3 tbsp oat milk
- 2 tsp vanilla extract

Directions:

1. Preheat oven to 350°F. Add fruit to a 8x8 inch dish. Add in chia seeds and lemon juice. Mix thoroughly to combine.
2. In a separate bowl, mix together: oat flour, coconut, & walnuts. Add almond butter and maple syrup. Mix until combined.
3. Evenly distribute the crisp topping over the fruit. Bake this combination for 35 minutes until the crisp is golden brown. Cool for 10 minutes.
4. To make banana cream, blend banana chunks with oat milk and vanilla. Add more milk accordingly if it is too thick. Serve alongside the Berry Crisp.



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