



HEALTHY HOLIDAY CLASS

Freedom Kitchen Cooking Series



Photo credit: Lisa Gendza

PECAN PIE BARS

A healthier alternative to pecan pie

INGREDIENTS

Crust

- 1.5 cups Almond flour
- 1/4 cup Coconut flour
- 1/4 cup Coconut oil
- 1/3 cup Maple syrup
- 1 tsp vanilla
- 1/4 tsp salt

Filling

- 1/2 cup Coconut oil
- 1/4 cup Coconut syrup
or maple syrup
- 2/3 cup Coconut sugar
- 1 tsp Vanilla
- 1 tbsp Almond milk
- 2 cups Pecans, chopped

DIRECTIONS

1. Preheat oven to 350F and prepare an 8×8 inch pan with grease or parchment paper.
2. In a mixing bowl, combine almond flour, coconut flour, maple syrup, melted coconut oil, vanilla, and salt until well combined. Press into baking dish.
3. Bake for 15–17 minutes or until slightly golden brown then let crust cool.
4. In a saucepan, heat coconut oil, coconut sugar, coconut syrup, until boiling (about 3–4 minutes), stirring consistently.
5. Let bubble for two minutes, add vanilla, and then turn off heat.
6. Stir in almond milk and pecans.
7. Pour mixture over cooled crust and bake in oven for 20–22 minutes.
8. Let cool before cutting into bars.

CLASS DISCUSSION

Healthy swaps: replacing the wheat flour (GI 77) with almond flour (GI 1) significantly reduced the glycemic load. Swapping coconut syrup (GI 35) for maple syrup (GI 55) also reduces impact. Most importantly, we ditched the corn syrup and cut into bars for portion control.





Photo credit: Lisa Tenzel

NO BAKE PECAN PIE

Easy and light pie replacement

INGREDIENTS

- 1 c Pecans, toasted
- 1 c Oats
- 15 Medjool Dates
- Pinch salt
- Filling.
- 3 c Pecans, toasted
- 15 Medjool Dates
- 1 t Cinnamon
- 1/3 c Maple Syrup
- 1 t Vanilla paste
- 1 c Water
- Pinch salt

DIRECTIONS

1. Use an 8x8, 9" pie plate, or 2-4" springform pans.
2. Lightly toast all 4 cups of pecans
3. Remove pit from all 30 Medjool dates
4. Use a high speed blender or food processors to process the crust: 1 c pecans with oats, 15 medjool dates and a pinch of salt.
5. Press the crust into a baking dish or pie plate.
6. Set aside a handful of pecans to decorate your pie(s)
7. Next in the food processor make the filling with remaining ingredients.
8. Pour into your baking dish or pie plate and then decorate/garnish with pecans.
9. Refrigerate until you serve.

CLASS DISCUSSION

This checks all the boxes: it's a "whole food" dessert, health conscious, and vegan. Best of all you can make this in a pinch to take with you for holiday gatherings.





Photo credit: Lisa Jendza

FENNEL APPLE SALAD

Festive salad for improved digestion

INGREDIENTS

- 2 Fennel bulbs
- 2 Apples
- 1 c Pomegranate seeds
- 1/2 c chopped walnuts
- Garnish: Fennel greens

Dressing

- 1/2 c Orange juice
- 3 T Apple cider vinegar
- 2 T Olive oil
- 1-2 T Dijon mustard

DIRECTIONS

1. Use a knife, grater or mandoline to thinly slice fennel. Grate or julienne the apples. Toss them together in a serving bowl.
2. Whisk together dressing, add just prior to serving.
3. Assemble salad: shredded fennel and apple, pomegranate seeds, walnuts, dressing, and garnish with fennel greens.

CLASS DISCUSSION

This is a colorful and festive way to prime the digestive system. Fennel has long been known to support the digestive system. Walnuts support our brain and are considered a “good mood” food.





Photo credit: Lisa Jendryaszek

BRUSSELS SPROUT SALAD

Raw brussel sprouts adorn this salad

INGREDIENTS

- 4 c Brussels Sprouts,
shredded
- 4 c Spring mix
- 1/3 c Pecans, chopped
- 1/3 c Dried cranberries

Dressing

- 2 T Dijon mustard
- 2 T Apple cider vinegar
- 1/4 c Olive oil
- 2 T Maple Syrup
- 1 Clove Garlic

DIRECTIONS

1. Using a mandoline or knife, shred brussels sprouts.
2. Toss with spring mix. Refrigerate until ready to serve.
3. Prepare the dressing by combining the dijon, apple cider vinegar, oil, maple syrup, and garlic. Shake or mix well.
4. To serve, add dressing and toss with pecans and cranberries.

CLASS DISCUSSION

Adding brussels sprouts to salads may not be a common practice but you will see they are an easy addition, adding the Vitamin C and a healthy dose of fiber.





Photo credit: Lisa G. Liza

ROASTED FENNEL SIDE

Beautiful in-season salad or side

INGREDIENTS

- Spring Mix
- 1 Fennel bulb
- 1 Apple
- 6 Figs
- 2 T Olive oil
- 2 t Maple syrup
- Salt to taste
- Dressing
- 3 T Olive oil
- 2 T Apple cider vinegar
- 1 T Maple syrup
- 1/4 t Cinnamon
- 1/4 t Salt
- Garnishes
- Walnuts
- Pumpkin Seeds

DIRECTIONS

1. Preheat oven to 425
2. Quarter fennel bulb (save greens), core/slice apples, half figs. Toss with olive oil and spread out on baking sheet. Salt and then roast.
3. Roast for 15 minutes, remove figs, flip fennel and apples and roast another 15 minutes.
4. Toss with maple syrup and set aside.
5. Make dressing.
6. Assembly just prior to serving: spring mix, tossed with dressing, topped with roasted fennel, apple and figs, garnished with walnuts and pumpkin seeds.
7. Optional: walnuts and pumpkin seeds could be toasted.

Notes: fennel greens can be used for juicing, in salads, or soups.

CLASS DISCUSSION

If we believe there is an intelligence in nature, then we'd look no further than eating foods that in "in-season." Fennel is in-season and boasts many health benefits, including Vitamin C.





Photo credit: Lisa Jendza

BRUSSELS SPROUT SIDE

Colorful and flavorful side dish

INGREDIENTS

- 3 c Brussels Sprouts
- 1/4 c Coconut oil
- 1/2 c Onion, diced
- 3 garlic cloves
- 1 T Italian herbs
- 1/2 t Red pepper flakes
- Pinch salt
- 1/4 c Cilantro, chopped
- 1/2 Lemon, juiced
- 1/3 c Pistachios, toasted

DIRECTIONS

1. Shred brussels sprouts using a mandoline or knife.
2. Add oil to skillet and caramelize onions.
3. Add garlic, then herbs, pepper flakes, and brussels sprouts
4. Toss for 3 minutes, add salt, fresh cilantro, and lemon juice.
5. In serving dish toss with toasted pistachios.

CLASS DISCUSSION

Beyond roasting brussels sprouts, this creative dish created a Caribbean Chef, Rhoda St Luce, show how versatile they can be. These cruciferous vegetables fill us with their high fiber content!





Photo credit: Lisa Jendza

COCOJITO

Healthy fat-infused mocktail

INGREDIENTS

- 1 cup Coconut milk
- 1/3 cup Agave nectar
- 2 Limes, peeled
- 1/3 cup Mint leaves
- 4 cups Ice

DIRECTIONS

1. Blend all ingredients until smooth.
 2. Garnish glasses with sprigs of mint or lime slices.
- Note: agave sweetener could be replaced with honey or maple syrup.*

CLASS DISCUSSION

There are essential fats and essential proteins (there is no such thing as an essential carbohydrate). This mocktail provides for healthy fats. The marketing for alcohol is deceptive, it is not healthy.

