



Happy Healthy Holidays

YOUR GUIDE TO THRIVING
THIS HOLIDAY SEASON

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COACHING



☆ Happy Holidays! ☆

I'm thrilled to bring you my Happy Healthy Holidays Guide.

In the past, your holiday season may have been filled with high-calorie, low-fiber eating, but this year you can change that by giving yourself the gift of health!

So many people wait until January 1st to make their wellness resolutions but that isn't how we do it when we're together.

In the past, you may have overlooked your health as you gathered with friends and family to celebrate the holidays but this year you can change that. You can ring in the New Year healthier and happier than ever. I have made enjoying a healthy holiday season simple by sharing my very favorite healthy recipes. These recipes have been taste-tested and approved by my friends and family.

The holiday season can be a celebration of healthy living. It's possible to maintain a healthy weight and even lose weight, stay sane, and feel joyful during the holiday season. As you count your blessings during this special time of year, I hope you will count your health at the top of the list. Lifelong good health is the greatest gift you can give yourself and the people you love.

Wishing you the happiest of holidays!

Peggy

☆ All for one and ONE GOAL for all ☆

Waiting for January 1st to make lifestyle changes only postpones your progress. Every moment that lapses before 2024 rolls in is a lost opportunity for growth and transformation for you. Don't waste time!

By starting now, you'll have a head start on what you want to achieve in 2024 and on your journey towards success.

Your holiday goal becomes your mantra. Tricky situations and unhealthy food could potentially thwart your progress. Let your holiday goal guide you. Let it help you make the healthiest choices, the ones that are not yet automatic.

The holiday goal that I have for each of you is an easy one.

“To have a healthier holiday season than ever before.”

I know that is a vague goal. It doesn't satisfy the criteria for creating a SMART goal. You know, SMART goals are specific, measurable, attainable, realistic, and timebound.

This is an open-ended goal. It leaves LOTS of room for improvement without a time frame.

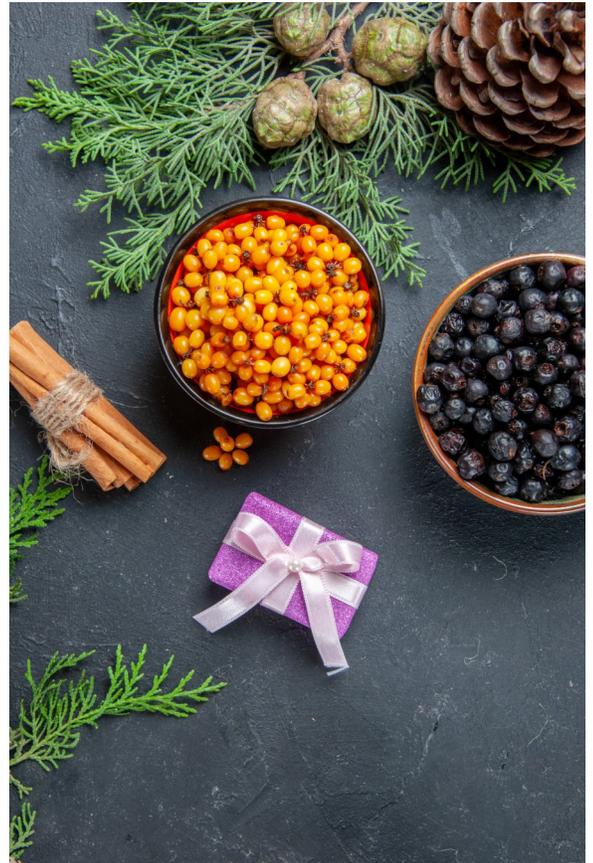
Here's what I want you to do. Every time there's an opportunity for food or movement, or really anything, ask yourself, “Will this move me close to my goal?” If the answer is yes, then eat it or do it. If the answer is no, then put the cookie, candy, pie, second-helping down. If there's a chance for movement, ask the same question. If the answer is yes, then do it.



☆ Happy Healthy Holiday Tips ☆

The basics

- **Spend 8 hours in bed.** You should be asleep for 7. Sleep should always be your priority. Sleep is the most important thing you do. Don't sacrifice sleep for anything!
- **Drink 2 cups of water before meals.** You'll eat 100 fewer calories.
- **Drink 64 ounces of water a day.** It's the best thing you can do for your brain.
- **Walk for 10 minutes at least once every day.** I will give you extra credit for walking for 10 minutes 2 or 3 times a day. Preferably after meals.
- **Dilute poor choices.** On the days that you have no holiday events, be super diligent to eat well and move more. Your low-fat, high-fiber, nutritious meals will dilute the times when you indulge.



Eat before you go

At the event

- **Be intentional.** If you choose to eat calorie-dense food, savor it. Eat it slowly. Appreciate the flavors. Don't scoff it down or eat with your mouthful.
- **Don't hang out near the food.** When people are mingling around the room, do your mingling away from the food table. When you can't see and smell the goodies, you're less likely to pick at it.
- **Place a few small servings on a plate** and eat only off the plate. Don't go back for seconds.
- **And then fill your fork.** Chew and swallow your food before you begin to fill the fork for your next mouthful. Keeping your fork empty until the current bite of food is on its way to your stomach will slow you down. You'll enjoy your food, and you'll eat fewer calories.

Appetizers

Cashew hummus

INGREDIENTS

- 1 cup raw, unsalted cashews
- 2 Tablespoons lemon juice
- 1/4 teaspoon onion powder
- 1/3 to 1/2 cup water
- 5 Tablespoons nutritional yeast
- 2 teaspoons Dijon mustard
- 2 cloves garlic, or to taste

DIRECTIONS

1. Add cashews to blender and blend until fine. Be careful not to over blend and release the oils. You may need to pulse the blender and scrape the sides to crush the nuts evenly.
2. Add the rest of the ingredients and blend, scraping down the sides of the blender container as necessary.



Ranch Dip

INGREDIENTS

- 1/2 box firm silken tofu
- 1 Tablespoon dried parsley
- 1 teaspoon apple cider vinegar
- 3 heaping Tablespoons vegan mayo
- 1 teaspoon Dijon mustard
- Salt & pepper to taste
- 1 large garlic clove
- A few shakes of salt-free seasoning
- 1/3 to 1/2 cup of plain plant milk of choice

DIRECTIONS

1. In a food processor or blender, put all the ingredients except the salt, pepper, and plant milk. Scrape the sides of the container as necessary to get everything blended smoothly.
2. Add in enough plant milk to thin to desired consistency.
3. Taste and season with salt and pepper.



Beverages

Spiced Apple Cider

INGREDIENTS

- 1-quart apple cider
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3 ounces spiced rum (optional)
- Cinnamon sticks for garnish

DIRECTIONS

1. In a small saucepan over medium heat, warm the apple cider, spices, and rum (if using). Whisk periodically to keep the spices from clumping.
2. When it's as hot as you want it, pour into two mugs and garnish with cinnamon sticks. Serve warm.



Yuletide Nog

INGREDIENTS

- 1 cup oat milk
- 1/4 cup cashew or almond butter
- 3 tablespoons maple syrup
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/4 teaspoon vanilla

DIRECTIONS

1. Blend all ingredients in a high-speed blender until smooth and serve with grated nutmeg on top.



Soups

Curried Carrot Soup

INGREDIENTS

- 5-6 large soup carrots, washed/peeled, chopped into ½-inch pieces
- 2 large leeks, white parts only, washed, chopped
- ¼ teaspoon baking soda
- ½ teaspoon curry powder
- 2 cups water
- 2 cups low sodium vegetable broth
- Salt and pepper to taste
- ½ cup pistachios for garnish, shelled

DIRECTIONS

1. Sauté carrots and leeks in a few tablespoons of water for 10 min over medium flame.
2. Stir in baking soda and curry. Add water and broth. Simmer for 30 minutes. Puree until smooth. Sprinkle with pistachios when serving.



Celery Root Soup

INGREDIENTS

- 3 stalks celery, chopped into ½-inch pieces
- 2 large celery roots, peeled, chopped into ¾ to 1-inch cubes
- 2+ Tablespoons water for sautéing
- 2 quarts low-sodium vegetable broth
- 1 bay leaf
- Freshly ground black pepper

DIRECTIONS

1. Sauté the celery, celery root, and onion in 2+ tbsp water for 10 min, stirring often, until vegetables are soft. Add the broth and bay leaf bring to a boil, then reduce the heat and simmer for 30 minutes. Turn off heat and let cool for 15 min with the lid on.
2. Transfer the soup to a blender and blend on high. Season with pepper (and salt if you must).
3. Ladle into bowls.



Soups

Delicata Squash Bisque

INGREDIENTS

- 3 pounds delicata squash (2 pounds after prepping)
- Olive oil spray for roasting
- 4 cups vegetable broth
- Black pepper
- 1-1/2 teaspoons sea salt
- 1 teaspoon thyme
- Cashew Cream**
 - 1 cup raw unsalted cashews
 - 1 cup vegetable broth, divided

DIRECTIONS

1. Preheat oven to 400°F.
2. Halve squash and scrape out the seeds. Place the squash on a rimmed baking sheet, cut side up, and brush lightly with oil. Bake for 30-40 minutes until tender and beginning to brown.
3. While squash is roasting, put the cashews and 1/2-cup veggie broth in the blender. Begin pulsing to incorporate, eventually turning the blender all the way on.



Delicata Squash Bisque

DIRECTIONS CONTINUED

4. With the blender running, slowly add the other 1/2-cup of broth. Once all the broth is added (1 cup total), let the blender run for 1-2 minutes until the mixture is very, very smooth. Set the cashew cream aside. If your blender can't get the cream completely smooth, strain it before adding it to the soup.
5. Remove squash from the oven. Using a spatula, scoop out the pulp from the peel and transfer it to a large soup pot. Break up the squash into chunks with a spoon or your spatula and add 4 cups of veggie broth, thyme, and black pepper. Bring to a boil then turn down the heat and let it simmer for 20 minutes, covered.
6. Working in batches if needed, blend the soup until very smooth, being careful not to overfill your blender. Note: only fill a blender container halfway with hot liquids, and be aware of the steam when you remove the lid.
7. Return the blended soup to the pot and add all but 1/4 cup of the cashew cream. Season with salt and pepper. Ladle soup into bowls and garnish with extra cashew cream drizzled on the top and some fresh black pepper. Add a little swirl of cashew cream on top of each serving.

Salads

Apple Almond Quinoa Salad

SALAD INGREDIENTS

- 1/2 cup quinoa
- 1 cup vegetable broth, or water
- 1/3 cup sliced almonds
- 2 tablespoons sunflower seeds
- 3 cups fresh spinach
- 1/3 cup dried cranberries
- 1 Granny Smith apple or favorite variety of apple
- 1 teaspoon lemon juice

DRESSING

- 2 tablespoons olive oil
- 1/4 cup raspberry wine vinegar
- 1-2 tablespoons maple syrup
- 2 tablespoons seedless raspberry jam
- 2 teaspoons Dijon mustard
- 1/4 teaspoon onion powder
- Salt and pepper optional

DIRECTIONS

1. Rinse quinoa.
2. In a small pot combine the quinoa and vegetable broth or water.

Apple Almond Quinoa Salad

DIRECTIONS CONTINUED

3. Follow package directions to cook the quinoa.
 4. Meanwhile, add the sliced almonds and sunflower seeds in a single layer to a completely dry skillet (don't add any oil) and place on medium-high heat (don't want it too hot or they will burn). Stir the nuts and seeds every 15 seconds for about 1-2 minutes or until the color slightly darkens and they start to smell good. Watch these carefully as they can go from perfectly toasted to burnt quickly!
 5. Chop up the apple and toss it with the lemon juice.
 6. Remove the quinoa and allow to completely cool.
 7. Mix together the spinach, dried cranberries, chopped apple, and completely cooled quinoa.
 8. Toss with the dressing and top with the toasted almonds and sunflower seeds.
 9. To make the dressing: Combine all of the ingredients in an immersion blender or small food processor. Start with 1 tablespoon of maple syrup and add more if needed.
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Salads

Walnut Cranberry Kale Salad

SALAD INGREDIENTS

- 1 bunch kale, washed, and torn/cut into bite sized pieces
- ½ yellow bell pepper, cut into small pieces
- 1 carrot diced or shredded
- ½ cup walnuts, chopped
- ¼ cup dried cranberries

DRESSING

- 2 T low-sodium soy sauce or tamari
- 2 T maple syrup
- 3 T toasted sesame seeds
- Smidge of water for thinning

DIRECTIONS

1. Combine all salad ingredients.
2. Combine dressing ingredients with whisk and pour over salad.



Harvest Salad with Balsamic Pomegranate Reduction

SALAD INGREDIENTS

- 1 package baby greens, chopped
- 1 red pear, chopped
- 1/2 cup dried cherries, blueberries or cranberries
- 1 package baby spinach, chopped
- 1 apple, chopped
- 1/2 cup pomegranate seeds
- 1/2 cup raw pecans, broken into pieces
- 1/2 pint fresh blueberries

DRESSING

- 1 cup pomegranate juice
- 1 cup white or regular balsamic vinegar

DIRECTIONS

Combine salad ingredients in a large salad bowl and toss.

For dressing, combine juice and vinegar in a small saucepan over high heat, stirring occasionally.

Bring to a low boil, and then reduce heat to a medium low. Stir occasionally and continue to simmer until juices reduce to half and become syrup. Approximately 20 minutes



Sides

Pumpkin Sage Pasta

INGREDIENTS

- 8 ounces of whole-grain pasta
- 1 medium shallot
- 3-4 garlic cloves
- 10 leaves fresh sage
- 3/4 cup canned pumpkin puree
- 3/4 cup vegetable broth
- 1/2 cup unsweetened almond milk
- 2 Tablespoons nutritional yeast
- 1/2 cup toasted pecans
- Salt and freshly ground pepper

DIRECTIONS

1. Bring a large pot of water to a boil. Add pasta. Cook until al dente; drain into a colander.
2. Mince the shallot, garlic, and sage. Heat 1 Tablespoon of vegetable broth in the pasta pot over medium heat. Add the shallot and garlic; stir for 3 minutes until softened.
3. Add the pumpkin, vegetable broth, almond milk, nutritional yeast, and half of the sage.
4. Reduce heat to medium-low and cook for 10 minutes, stirring frequently, until the sauce is slightly thickened and reduced.
5. Season with salt and pepper to taste.
6. Add the pasta to the sauce and mix well. Sprinkle each serving with the remaining sage and toasted pecans. Optional: you can also grate a sprinkle of fresh nutmeg over each serving.



Roasted Brussels Sprouts

INGREDIENTS

- 2 pounds Brussels sprouts, trimmed, and halved or quartered
- 3 red pears, cored and cut into wedges
- 6 shallots, quartered
- 6 sprigs of fresh thyme, leaves removed from stem
- 1 teaspoon olive oil
- Sea salt and ground pepper
- 2 Tablespoons fresh lemon juice

DIRECTIONS

1. Put Brussels sprouts, pear slices, shallots, thyme, olive oil, salt, and pepper in a large Ziploc bag and shake. You can put this in the fridge early in the day and roast at dinnertime. Or you can prep all the veggies and toss with oil and seasonings in a bowl instead of the plastic bag and roast immediately.
2. To roast: Preheat oven to 425°F. Line two rimmed baking sheets with parchment paper. Spread the sprout mixture in a single layer on each sheet. Roast until Brussels sprouts are tender and browned, 30 to 35 minutes, rotating pans halfway through. Toss with lemon juice and serve warm.



Dessert

Chocolate Peppermint Truffles

INGREDIENTS

- 2 cups pitted dates
- 1 cup walnuts, chopped
- 2 cups rolled oats
- 1 cup shredded unsweetened coconut
- 2 Tablespoons cocoa powder
- 2 teaspoons vanilla extract
- 1/2 teaspoon peppermint extract
- 2 Tablespoons agave
- 1-2 Tablespoons cocoa powder

DIRECTIONS

1. In a food processor, blend dates into small pieces. Add the walnuts, oats, coconut, and cocoa powder. Pulse until the mixture resembles breadcrumbs. Add the extracts and agave.
2. Pause the machine and check the texture by taking a small amount into the palm of your hand and rolling into a ball. If the mixture does not bind, add a small amount of extra agave.
3. Roll mixture into palm-sized balls and roll in cocoa powder.
4. Chill, and store in the refrigerator, tightly covered.



Pumpkin Pie Squares

INGREDIENTS

- 12 medjool dates, pitted, diced (about 1 cup diced)
- 1/4 cup water
- 1 1/2 cups rolled oats (ground into flour in the blender or vitamix)
- 2 teaspoons pumpkin pie spice
- 1 15 oz. can pumpkin puree
- 1 1/2 teaspoons vanilla extract
- 1/2 cup plant milk of choice

DIRECTIONS

1. Bring a large pot of water to a boil. Add pasta. Cook until al dente; drain into a colander.
2. Mince the shallot, garlic, and sage. Heat 1 Tablespoon of vegetable broth in the pasta pot over medium heat. Add the shallot and garlic; stir for 3 minutes until softened.
3. Add the pumpkin, vegetable broth, almond milk, nutritional yeast, and half of the sage.
4. Reduce heat to medium-low and cook for 10 minutes, stirring frequently, until the sauce is slightly thickened and reduced.
5. Season with salt and pepper to taste.
6. Add the pasta to the sauce and mix well. Sprinkle each serving with the remaining sage and toasted pecans. Optional: you can also grate a sprinkle of fresh nutmeg over each serving.



Dessert

Vegan TiraMisu

INGREDIENTS

- Enough Ladyfingers to line the pan twice (2 layers)
- 1/2 cup Kahlua
- 1 cup strong brewed coffee, cold (you can use decaf if you wish)
- 1/2 cup cocoa powder
- 2 containers Tofutti cream cheese
- 1 cup raw, unsalted cashews
- Water
- 1-1/2 teaspoons vanilla
- 1 teaspoon flour
- 2 teaspoons corn starch
- 1 cup powdered sugar, sifted

DIRECTIONS

1. Cream filling instructions:
2. Soak cashews in water overnight.
3. For speedy soaked cashews, you can boil them gently for 30 min.
4. Discard soaking water and place in blender.
5. Add enough fresh water to not quite cover the cashews. If you add too much water, the cream will be too runny. Better add too little than too much. You can always add water to thin. Blend until smooth. Consistency should be that of whipped cream.



Vegan TiraMisu

DIRECTIONS CONTINUED

6. Put Tofutti cream cheese in a big bowl. Add about a quarter of the cashew cream and beat until incorporated to lighten the cream cheese.
7. Add the rest of the cashew cream and vanilla and beat until thoroughly incorporated.
8. Add flour, cornstarch, and sifted powdered sugar to the bowl. Beat on a slow speed until incorporated, then beat at a higher speed until smooth.

To assemble cake:

1. Line the bottom of a 10x8 or 12x8 pan with one layer of Ladyfingers.
2. Carefully pour the coffee over the cookies, soaking them without creating a pool of liquid underneath them.
3. Spread half the cream filling on top. Dust with cocoa powder.
4. Top with another layer of Ladyfingers. This time, drizzle them with Kahlua.
5. Spread remaining cream on top. Dust again with cocoa.
6. Let set in fridge overnight (for best results) or eat it right away. Yummy!

