

Christmas Treats

Created by Tanya Jones Naturopath



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Thank you for downloading the Christmas treats ebook.

My name is Tanya and I'm a Naturopath specialising in gut health, chronic disease and using Personalised Health Planning.

The holiday season can make it challenging to stay on track with your health goals. That is why I have rounded up 5 sweet holiday recipes and provided you with healthier versions.

I can't wait to see your holiday kitchen adventures! Be sure to tag me on Instagram or Facebook so I can see what you are up to.

And hey, this is just the beginning of what I have to offer. You can check out the rest of my services on my website at www.tanyajonesnaturopath.com, and be sure to stay tuned for big things coming soon in 2023!

Enjoy the ride and take care of yourself!

Tanya

Peanut Butter Crunch Balls TJN

7 ingredients · 1 hour 15 minutes · 20 servings



Directions

1. In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
2. Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
3. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
4. Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
5. Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
6. Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

Notes

Serving Size

By default, this recipe creates 20 balls, and for nutrition calculations, we consider one ball to be one serving.

No Maple Syrup

Use raw honey instead.

No Peanut Butter

Use almond butter instead.

Ingredients

- 3/4 cup** All Natural Peanut Butter
- 1/4 cup** Maple Syrup
- 1/4 tsp** Sea Salt
- 3/4 cup** Oat Flour
- 1 cup** Rice Puffs Cereal
- 50 grams** Dark Chocolate
- 1 tsp** Coconut Oil

No Oat Flour

Use Almond meal instead

No Rice Puffs

Use Cacao nibs instead

Chocolate Dipped Figs with Flaky Sea Salt

3 ingredients · 25 minutes · 4 servings



Directions

1. Line a baking sheet with parchment paper.
2. In a microwave-safe dish, melt the chocolate, working in 30-second intervals until the chocolate is smooth and melted.
3. Dip each fig into the chocolate and place on the parchment-lined pan. Top with sea salt. Place in the fridge for 20 minutes. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to four chocolate-dipped figs.

Ingredients

99 grams Dark Chocolate

8 Fig (cut in half)

1/8 tsp Sea Salt (flaky)

Chocolate Nutty Baked Pears

7 ingredients · 35 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
3. In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
4. Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

Serving Size

One serving is equal to one pear half.

Nut-Free

Omit the walnuts and top with nut-free granola or use pumpkin seeds.

No Pomegranate

Use fresh cranberries instead.

Ingredients

- 3 Pear (sliced in half, cored)
- 1/4 tsp Cinnamon
- 1/4 cup Walnuts (chopped)
- 1 1/2 tpsps Maple Syrup
- 2 tbsps Pomegranate Seeds
- 1 tbsps Dark Chocolate Chips (for drizzling)
- 1/2 tsp Coconut Oil (for drizzling)

Cinnamon Ginger Energy Balls

7 ingredients · 15 minutes · 12 servings



Directions

1. Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
2. Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size

One serving is equal to one ball.

Leftovers

Store in an airtight container in the fridge up to one week. Store in the freezer for longer.

Ingredients

- 3/4 cup Pitted Dates
- 1/2 cup Almonds (raw)
- 1/4 cup Cashews (raw)
- 1/2 tsp Cinnamon (ground)
- 1/4 tsp Ground Ginger
- 1/2 tsp Vanilla Extract
- 1/4 tsp Sea Salt

TJN Gingerbread Protein Cookies

10 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

Notes

No Cookie Cutter

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder (Recommend NuZest Lean Clean Protein)
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsps Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)