



LiveNaturally

HOMIE

*for
the*

Holidays

A roundup of recipes from some of
our favorite cookbooks and chefs.



MINI
PUMPKIN BUNDT
CAKES WITH
LEMON GLAZE

PG. 36

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Breakfast



Chocolate Zucchini Muffins

These delicious muffins can help curb carb cravings in your keto phase, and they have added nutritional benefits too. **BY LINDSAY BOYERS, VEGAN CHEF**

SERVINGS: 32 MUFFINS | GLUTEN-FREE, VEGETARIAN

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PHOTO CREDIT:
JAMES STEFIUK

INGREDIENTS

½ cup coconut flour
⅓ cup unsweetened cocoa powder
1 tsp instant coffee granules
½ cup golden monk fruit sweetener
1 tsp baking soda
1 tsp baking powder
¼ tsp sea salt
¼ cup grass-fed butter melted
4 large eggs
1 tsp vanilla extract
2 cups shredded zucchini strained
½ cup stevia-sweetened chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°. Line each well of a muffin tin with paper liners.
2. Combine coconut flour, cocoa, coffee granules, sweetener, baking soda, baking powder and salt in a large mixing bowl.
3. Combine remaining ingredients, except chocolate chips, in a medium bowl.
4. Fold wet ingredients into dry ingredients, stirring just enough to incorporate ingredients. Stir in chocolate chips.
5. Pour equal amounts of batter into each well. Bake for 12 minutes or until a toothpick inserted in the center comes out clean.
6. Remove from oven and allow to cool for 5 minutes. Remove muffins from tin and transfer to a cooling rack. Cool completely before storing in an airtight container at room temperature for up to 1 week.

Herbed-Gruyère Scrambled Eggs with Easy Almond-Flour Biscuits

This keto-friendly breakfast will fuel you for the day.

BY TAFFINY ELROD, PROFESSIONAL CHEF, COOKING INSTRUCTOR AND FOOD WRITER

SERVINGS: 4 | GLUTEN-FREE, VEGETARIAN

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PHOTO CREDIT:
AARON COLUSSI

INGREDIENTS

Biscuits:

2 cups lightly packed almond flour

2 tsp baking powder

½ tsp fine sea salt

4 tsp (½ stick) cold, unsalted
butter; cubed

2 large eggs, beaten

Eggs:

8 large eggs

2 Tbsp heavy cream

2 Tbsp finely chopped chives

1 tsp fine sea salt

½ tsp ground black pepper

4 Tbsp unsalted butter

1 cup (4 ounces) grated Gruyère or
Swiss cheese

INSTRUCTIONS

1. Preheat oven to 425°. Place almond flour, baking powder and sea salt in a food processor. Pulse to combine. Add butter, and pulse to cut into flour mixture until it looks like coarse sand.
2. Add the two beaten eggs to processor; blend until ingredients come together to form a soft dough.
3. Grease a 9-inch cake pan. Using an oiled ¼-cup measuring cup, scoop out 8 biscuits, shaping them slightly as you remove from the cup. Place them evenly on a greased pan.
4. Bake biscuits 15–20 minutes, until they are golden and firm to the touch.
5. While biscuits are baking, crack eggs into a large mixing bowl, and whisk until whites and yolks are completely mixed. Stir in heavy cream, parsley, chives, salt and pepper.
6. Melt butter in a large, nonstick skillet over low heat. Pour eggs into pan, and gently stir with a silicone spatula or wooden spoon as eggs begin to set. Sprinkle cheese over the top, and gently stir it in. Continue to cook eggs over low heat until almost fully set but still slightly moist, 2–3 minutes.
7. Divide eggs among four plates, and serve with a hot biscuit. Or serve with a keto-friendly Mission Carb Balance Flour Tortilla.

Chai French Toast

French toast takes on warming chai spices and a rich vanilla cream sauce.

BY CANYON BAKEHOUSE, GLUTEN-FREE BREADS

SERVINGS: 8 | GLUTEN-FREE, VEGETARIAN



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PHOTO CREDIT:
CANYON BAKEHOUSE

INGREDIENTS

French Toast:

- 2 eggs
- ½ cup milk
- ½ tsp cinnamon
- ¼ tsp cardamom
- ¼ tsp ginger
- ¼ tsp nutmeg
- 1 Loaf Canyon Bakehouse Heritage Honey White Bread
- ¼ cup butter

Vanilla Cream Sauce:

- 1 cup milk
- 1 cup heavy cream
- 1 vanilla Bean, pulp scraped and reserved
- ½ cup cane Sugar
- 5 egg yolks

INSTRUCTIONS

1. In a small mixing bowl, whisk together the eggs, almond milk and spices.
2. Heat a large skillet or griddle and add 1 Tbsp. butter.
3. Working one at a time, coat each slice of bread with the batter on both sides before adding to the skillet. Cook for 1-2 minutes, flipping midway through, until golden brown.
4. To make the cream sauce, combine the milk, heavy cream, vanilla pulp, sugar and egg yolks in a saucepan. Whisking constantly, bring the mixture to a low simmer and allow it to thicken slightly.
5. Strain the mixture through a mesh sieve and set aside to cool.
6. Serve the French toast stacked and topped with sauce. Garnish with a sprinkle of cinnamon and nutmeg, if desired.

Apple Ginger Sausage with Sautéed Kale

Apples and ginger take center stage in this sweet and mildly spicy breakfast sausage.

BY GENEVIEVE DOLL, NATURAL CHEF AND LIVE NATURALLY RECIPE DEVELOPER

SERVINGS: 4 | GLUTEN-FREE

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PHOTO CREDIT:
AARON COLUSSI

INGREDIENTS

½ pound ground turkey
½ pound ground pork
1 tsp salt, divided
Freshly ground pepper
1 medium Gala apple, medium dice (about 1 cup)
2 tsp grated ginger
1 large bunch kale
1 Tbsp unsalted butter
Juice of ½ lemon, more to taste

INSTRUCTIONS

1. Preheat oven to 425°. Line a baking sheet with parchment paper.
2. In a large bowl, place turkey and pork. Sprinkle $\frac{3}{4}$ tsp of the salt and pepper over top; then add apple and ginger. With lightly oiled hands, mix only until incorporated.
3. Form mixture into eight patties, about $\frac{3}{4}$ -inch thick, and place on baking sheet. Bake 15–17 minutes, until firm to touch and juices run clear.
4. Meanwhile, remove stems from kale. Roughly chop into bite-sized pieces. Kale stems can be saved and added to a freezer bag of vegetable scraps, to later be used for vegetable broth.
5. Melt butter in a large skillet over medium heat. Add kale and remaining $\frac{1}{4}$ teaspoon salt. Sauté 4 minutes, until leaves are bright green and volume has reduced by about half. Season with lemon juice, adding more to taste.
6. Serve sausage over a mound of greens.

Appetizers



Baked Sweet Potato Zucchini Tots

Veggie skeptics will be converted. These bite-sized, low-carb, high-fiber tots are perfect to dip in your favorite condiments! **BY ARMAN LIEW, AUTHOR OF CLEAN SNACKS**

SERVINGS: 4 | GLUTEN-FREE, VEGETARIAN, VEGAN

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PHOTO CREDIT:
ARMAN LIEW

INGREDIENTS

2 medium sweet potatoes steamed and cooked

1½ cups finely shredded zucchini approximately 2 large

½ tsp red pepper flakes, plus more if needed

½ tsp garlic powder, plus more if needed

½ tsp onion powder, plus more if needed

Salt and pepper to taste

½ cup almond flour

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Line a large baking tray with parchment paper and set aside. In a large mixing bowl, mash your cooled sweet potatoes.
2. Remove any excess liquid from the shredded zucchini. Add the zucchini to the sweet potatoes. Add the spices and mix very well.
3. In a small mixing bowl, add the almond flour, along with some extra spices. Using your hands, form small tots with the vegetable mixture. Roll the mixture into the almond flour mixture until evenly coated. Arrange on the tray.
4. Bake for 20 minutes before flipping and continuing to bake for an extra 20 minutes, or until golden brown.
5. Cool briefly before enjoying!

EXCERPTED FROM CLEAN SNACKS: PALEO VEGAN RECIPES WITH KETO OPTIONS © 2019 BY ARMAN LIEW.
PUBLISHED BY COUNTRYMAN PRESS.

Rosemary Delicata Squash Dip

Delicata squash is a fall and winter favorite, sweet and tender with an edible skin—no need to peel. This dip will come together quickly after squash is roasted. **BY GENEVIEVE DOLL, NATURAL CHEF AND LIVE NATURALLY RECIPE DEVELOPER**

SERVINGS: 3 CUPS | GLUTEN-FREE, VEGETARIAN, VEGAN

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PHOTO CREDIT:
JENNIFER OLSON

INGREDIENTS

2 delicata squash
(about 1 ½ pounds)

3 Tbsp olive oil, divided

1 tsp salt, divided

1 cup vegetable stock

1 tsp chopped rosemary, more for garnish

Pita chips and olives for serving

INSTRUCTIONS

1. Preheat oven to 425°. Remove ends of squash, and slice lengthwise. Use a spoon to scrape out seeds. Slice halves into ½-inch half-moons.
2. Place on a parchment-lined baking sheet, and toss with 1 Tbsp olive oil and ¼ teaspoon salt. Spread in a single layer, using a second baking sheet if needed. Bake 20 minutes, until squash begins to brown and is easily pierced with a fork.
3. Transfer to a food processor, and blend with stock, remaining 2 Tbsp olive oil and ¾ teaspoon salt. Process until smooth. Add rosemary; blend until well combined.
4. Transfer to a serving bowl, and garnish with chopped rosemary. Serve with pita chips and olives.

Spiced Goat Cheese Stuffed Dates

Quick and simple to make and eye-catching, too. They can be made a day ahead and stored in the refrigerator overnight. Wait to garnish until serving. **BY GENEVIEVE DOLL, NATURAL CHEF AND LIVE NATURALLY RECIPE DEVELOPER**

SERVINGS: 25 | GLUTEN-FREE, VEGETARIAN, VEGAN

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INGREDIENTS

25 Medjool dates
4 ounces goat cheese room temperature
1 tsp orange zest
½ tsp cinnamon
½ tsp cardamom
Pinch of salt
2 Tbsp pistachios roughly chopped
Pomegranate seeds for garnish

INSTRUCTIONS

1. Remove stems, and slice dates lengthwise to remove pit and create an opening for filling.
2. In a small bowl, mix goat cheese, orange zest, cinnamon, cardamom and salt with a spatula until well combined.
3. Fill each date with about 1 tsp spiced goat cheese. Garnish with chopped pistachios and pomegranate seeds.

Note:

Having a small gathering? Stuff one-dozen dates and save remaining goat cheese to use as a spread on your favorite sandwich.

White Bean Crostini

For even faster prep, serve dip style in a decorative bowl, with baguette slices on the side, and let guests plate their own. **BY GENEVIEVE DOLL, NATURAL CHEF AND LIVE NATURALLY RECIPE DEVELOPER**

SERVINGS: 32 CROSTINI | VEGETARIAN

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PHOTO CREDIT:
JENNIFER OLSON

INGREDIENTS

2 (15-ounce) cans cannellini beans
½ cup vegetable stock
1 Tbsp salted butter
1 medium garlic clove, minced
¾ tsp salt
2 tsp lemon juice
1 large baguette
Lemon zest, for garnish
Thyme leaves, for garnish
Red pepper flakes, for garnish

INSTRUCTIONS

1. Preheat oven to 400°.
2. Drain and rinse beans.
3. Heat a medium pot over medium heat and add beans, broth, butter, garlic and salt. Bring to a simmer, and reduce heat to medium low.
4. Simmer for about 7 minutes, until liquid is partially reduced.
5. Meanwhile slice baguette on diagonal into ½-inch slices. Toast on a baking sheet for 5-6 minutes until slightly crispy.
6. Remove beans from heat and mash with a potato masher. Stir in lemon juice. Consistency should be soft and spreadable. Season to taste.
7. Spread about 1 tbsp beans on each slice of baguette. Garnish with lemon zest, thyme and red pepper flakes.

Roasted Grapes with Honey Goat Cheese

When you need a fast appetizer or healthy dessert that will grab guests' attention, try this one.

BY KIMBERLY LORD STEWART, LIVE NATURALLY RECIPE DEVELOPER

SERVINGS: 6 | VEGETARIAN

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PHOTO CREDIT:
AARON COLUSSI

INGREDIENTS

3 bunches of purple grapes
2 Tbsp extra-virgin olive oil
1 Tbsp balsamic vinegar
Salt and pepper
Dried thyme
4 ounces honey goat cheese*
Artisan bread, sliced
Honey, for drizzling

INSTRUCTIONS

1. Preheat oven to 450°. Place grapes in a shallow glass baking dish, one you would also use as a serving dish. Brush grapes with olive oil and balsamic vinegar.
2. Sprinkle with salt, pepper and dried thyme.
3. Heat a medium pot over medium heat and add beans, broth, butter, garlic and salt. Bring to a simmer, and reduce heat to medium low.
4. Bake in oven 15–20 minutes, until sizzling and grape skins just begin to pop.
5. *If you can't find honey goat cheese at your store, make your own! In a food processor, blend until smooth 4 ounces soft goat cheese, $\frac{1}{8}$ cup honey, 1 tsp fresh lemon zest and 1 Tbsp fresh lemon juice.

Chai Spiced Nuts

A festive snack with four kinds of nuts and seven spices.

BY KATIE CULPIN, AUTHOR OF *VEGAN HOLIDAY COOKBOOK*

SERVINGS: 4 CUPS | GLUTEN-FREE, VEGETARIAN, VEGAN



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INGREDIENTS

Mixture of nuts (14 ounces total):

- 1 cup pecans
- 1 cup macadamia nuts
- 1 cup cashews
- 1 cup walnuts

Coating:

- 3 Tbsp maple syrup
- 1 tsp cinnamon powder
- 1 tsp cardamom powder
- ¼ tsp nutmeg powder
- ¼ tsp ginger powder
- ¼ tsp clove powder
- 1 tsp orange zest

INSTRUCTIONS

1. Preheat oven to 350°.
2. Mix all of the nuts in a bowl. Drizzle with maple syrup and mix through. Mix cinnamon, cardamom, nutmeg, ginger and clove powders in a small bowl. Add these to nuts and mix through. Add orange zest and stir.
3. Spread nuts on a baking tray lined with parchment paper. Make sure they are spread out well and not clumping. Bake 10 to 12 minutes, making sure not to burn them. Let nuts cool completely before eating.

EXCERPTED FROM *VEGAN HOLIDAY COOKBOOK: FESTIVE PLANT-BASED MEALS AND DESSERTS FOR THE THANKSGIVING AND CHRISTMAS TABLE* © 2020 BY KATIE CULPIN. PUBLISHED BY SKYHORSE PUBLISHING.

Hummus Holiday Bowl

Beetroot gives this hummus its beautiful red color.

BY KAROLINE JÖNSSON, AUTHOR OF *HAPPY VEGAN CHRISTMAS*

SERVINGS: 4 POUNDS | GLUTEN-FREE, VEGETARIAN, VEGAN



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PHOTO CREDIT:
KAROLINE JÖNSSON AND NORSTEDTS, STOCKHOLM



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INGREDIENTS

4 medium raw beetroots (beets), scrubbed and cut into wedges

1 garlic clove, skin on and cut in half

1/3 cup olive oil, plus extra for drizzling

4 cans (14 oz) cooked chickpeas (garbanzo), drained

Juice of 1 lemon

1 tsp sesame oil

1 tsp dried thyme

Salt and black pepper

Toppings:

Olives, chioggia, beetroots, thyme, rosemary, unhulled white and black sesame seeds

INSTRUCTIONS

1. Preheat oven to 425°.
2. Place beetroots in an ovenproof dish with garlic. Drizzle a little olive oil over the top and roast 30 minutes or until the beetroots have softened. Leave to cool slightly; then squeeze garlic out of its skin.
3. Put all ingredients in a blender, preferably a high-speed one, or use a stick blender. If you use a blender with a bowl you may need to do this in two batches, since this is a real mega batch. Add 3/4 cup water and blend until smooth and creamy. Season to taste with salt and pepper.
4. The hummus in the picture is topped with olives, thinly sliced chioggia beetroot, thyme, rosemary and unhulled white and black sesame seeds.

EXCERPTED FROM *HAPPY VEGAN CHRISTMAS: PLANT-BASED RECIPES FOR FESTIVE SCANDINAVIAN FEASTS* © 2019 BY KAROLINE JÖNSSON. PUBLISHED BY PAVILION.

Südes



Roasted Root Vegetable Salad

Delicious as an appetizer salad or side dish for tofu or tempeh dishes, or portobello mushrooms. Serve over grains, too.
BY MARK REINFELD, CO-AUTHOR OF *THE ULTIMATE AGE-DEFYING PLAN* & FOUNDER OF THE VEGAN FUSION CULINARY ACADEMY

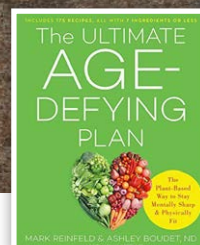
SERVINGS: 4 | GLUTEN-FREE, VEGETARIAN, VEGAN



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PHOTO CREDIT:
SHUTTERSTOCK



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INGREDIENTS

2 Tbsp melted coconut oil or olive oil

½ cup water or vegetable stock

6 cups assorted root vegetables, chopped (parsnip, beet, sweet potato, carrot, Jerusalem artichoke, celeriac, or other root vegetables)

½ cup fennel bulb, chopped

1 Tbsp minced garlic

2 tsp sea salt, or to taste

½ tsp black pepper, ground to taste

¼ tsp crushed red pepper flakes

2 Tbsp fresh herbs, minced (parsley, dill, and/or basil)

1 Tbsp wheat-free tamari or soy sauce, or to taste

1 Tbsp balsamic vinegar

INSTRUCTIONS

1. Preheat oven to 400°. Rinse vegetables well and chop into ½-inch cubes. Combine vegetables, oil, fennel, garlic, salt, pepper and crushed red pepper flakes in a 9" x 13" casserole dish and mix well.
2. Bake until all vegetables are cooked through, approximately 35 minutes, stirring occasionally.
3. Remove from the oven, cool for 5 minutes, add remaining ingredients and mix well before serving.

RECIPE COURTESY OF DA CAPO LIFELONG PRESS AND CHEF MARK REINFELD OF VEGAN FUSION AND THE DOCTOR AND THE CHEF (WWW.DOCTORANDCHEF.COM).

Green Bean Casserole

An updated vegan version of this classic dish that is still as embarrassingly good as its predecessor.

BY ISA CHANDRA MOSKOWITZ, AUTHOR OF *THE SUPERFUN TIMES VEGAN HOLIDAY COOKBOOK*

SERVINGS: 8 | VEGETARIAN, VEGAN



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PHOTO CREDIT:
VANESSA REES AND JOSHUA FOO



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INGREDIENTS

- 1 cup raw cashews, soaked in water for at least 2 hours and drained
- 3 cups vegetable broth
- ½ cup all-purpose flour
- 2 Tbsp nutritional yeast flakes
- 2 Tbsp olive oil
- 1 pound green beans, trimmed and cut into 2-inch pieces
- 1 small onion, finely chopped
- 1 tsp salt, plus a pinch
- 4 cups sliced mushrooms
- 1 Tbsp onion powder
- Freshly ground black pepper
- 1 (6 oz) can fried onions

INSTRUCTIONS

1. Preheat the oven to 375°. Lightly grease a 9 by 13-inch casserole dish.
2. Combine the cashews, broth, flour and nutritional yeast in a blender. Puree until completely smooth; this can take up to 5 minutes depending on the strength of your machine. Periodically stop the machine to prevent it from overheating, and scrape down the sides of the blender jar with a rubber spatula to make sure you get everything.
3. Meanwhile, heat a large sauté pan over medium-high heat. Heat the olive oil; then sauté the green beans and onion with a pinch of salt until the green beans are softened, about 5 minutes. Add the mushrooms and sauté 7 to 10 minutes more. The mushrooms should have released most of their moisture.
4. Add the blender mixture to the pan, along with the onion powder, remaining 1 tsp salt, and a few grinds of black pepper. Cook, stirring often, until thickened, about 10 minutes. Add half of the fried onions.
5. Transfer the green bean mixture to the casserole and top with the remaining fried onions. Bake until browned and bubbly, 22 to 25 minutes. Let cool for a few minutes before serving.

EXCERPTED FROM *THE SUPERFUN TIMES VEGAN HOLIDAY COOKBOOK: ENTERTAINING FOR ABSOLUTELY EVERY OCCASION* © 2016 BY ISA CHANDRA MOSKOWITZ. PUBLISHED BY LITTLE, BROWN AND COMPANY. PUBLISHED BY PAVILION.

Twice Smashed Sweet Potatoes

A blend of potatoes and squash with tangy toppings.

BY CHEF ADAM SACKS, JOHNSON & WALES UNIVERSITY

SERVINGS: 8 | GLUTEN-FREE, VEGETARIAN, VEGAN

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PHOTO CREDIT:
JENNIFER OLSON

INGREDIENTS

1 sweet potato, peeled
and cubed

1 small butternut squash,
peeled and cubed

5 Yukon gold potatoes,
peeled and cubed

¼ cup olive oil

1 Tbsp salt

½ cup caramelized
onions, optional

½ cup shiitake-
mushroom bacon

Caramelized Onions:

3 yellow onions

¼ cup coconut sugar

2 Tbsp oil

**Shiitake-Mushroom
Bacon:**

1 pound shiitake
mushrooms

¼ cup tamari or
soy sauce

1 tsp salt

1 tsp red pepper flakes

½ cup olive oil

¼ cup coconut sugar

INSTRUCTIONS

1. Preheat oven to 350°. Place sweet potato, butternut squash and potatoes in a large pot with cold, salted water. Boil until fork-tender, and strain.

2. Place cooked ingredients in a large bowl, and mash with your hands. Add olive oil and salt to mash, and mix in. Place in a baking dish, and bake 30 minutes.

3. To make onions, add all ingredients to a preheated sauté pan over low heat. Allow onions to slowly caramelize,

and cook down until soft and golden brown. As needed, add water to prevent sticking. Stir occasionally.

4. To make shiitake bacon, add all ingredients to a preheated sauté pan over medium heat. Mix well, and sauté until mushrooms are golden brown on edges and soft. Remove from pan, and place on paper towel to absorb residual grease.

5. Top cooked potatoes with caramelized onions and shiitake bacon.

Colcannon

This Irish cabbage and potato mash is a delicious side dish.

BY KAROLINE JÖNSSON, AUTHOR OF *HAPPY VEGAN COMFORT FOOD*

SERVINGS: 4 | GLUTEN-FREE, VEGETARIAN, VEGAN



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PHOTO CREDIT:
KAROLINA JÖNSSON AND NORSTEDTS, STOCKHOLM



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INGREDIENTS

2 ¼ pounds floury potatoes, peeled
and cut into chunks

5 Tbsp dairy-free spread, plus extra
for frying and topping

$\frac{2}{3}$ cup unsweetened oat milk

1 ¾ cups chopped leek

4 cups chopped white cabbage

Salt and black pepper

INSTRUCTIONS

1. Boil the potatoes in salted water until thoroughly soft.
2. Drain, then mash the potatoes using a potato masher. Add the dairy-free spread and oat milk and stir together to make a smooth mash. Add salt and pepper to taste.
3. While the potatoes are boiling, gently fry the leek and cabbage in dairy-free spread until they have softened but without letting them color.
4. Fold the cabbage mixture into the mash. Pile into a bowl, make a little dip in the middle, add a dollop of dairy-free spread and leave to melt. To finish off, crack some pepper over the mash.

EXCERPTED FROM *HAPPY VEGAN COMFORT FOOD* © 2020 BY KAROLINE JÖNSSON.
PUBLISHED BY PAVILION.

Green Beans with Browned-Butter Almonds, Garlic and Mint

If you're making this in the fall or for the holidays, swap the mint for loads of fresh, chopped flat-leaf parsley.

BY TARA BENCH, AUTHOR OF *LIVE LIFE DELICIOUSLY*

SERVINGS: 6 | GLUTEN-FREE, VEGETARIAN

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PHOTO CREDIT:
TY MECHAM



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INGREDIENTS

- 4 Tbsp (½ stick) unsalted butter
- ½ cup sliced almonds
- 1 pound trimmed haricots verts or regular green beans
- 1 tsp kosher salt
- ½ tsp ground black pepper
- 3 Tbsp chopped mint

INSTRUCTIONS

1. Melt butter in a large skillet over medium-high heat. Add almonds. Stir occasionally until almonds begin to turn brown and the milk solids in the butter turn brown, 5 to 6 minutes.
2. Add the garlic and cover with the haricot verts, salt and pepper. Reduce heat to medium, cover pan with a lid or foil, and steam 3 minutes. Uncover and cook, stirring, until beans are just tender, about 5 minutes.
3. Stir in mint and serve. Top with extra mint if desired.

EXCERPTED FROM *LIVE LIFE DELICIOUSLY: RECIPES FOR BUSY WEEKDAYS AND LEISURELY WEEKENDS* © 2020 BY TARA 'TEASPOON' BENCH. PUBLISHED BY SHADOW MOUNTAIN.

Orange-Glazed Carrots

Jazz up your carrots by using orange juice - it helps them keep their sweetness and colour as well as creating the most amazing glaze. I like to use baby carrots for this dish. **BY GAZ OAKLEY, AUTHOR OF VEGAN CHRISTMAS**

SERVINGS: 6 | GLUTEN-FREE, VEGETARIAN, VEGAN



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PHOTO CREDIT:
SIMON SMITH AND PETER O'SULLIVAN

INGREDIENTS

300g (10 ½ oz) carrots
480ml (2 cups) fresh orange juice
240ml (1 cup) vegetable stock
3 Tbsp maple syrup
4 Tbsp olive oil
Handful of fresh thyme
1 tsp sea salt
1 tsp cracked black pepper
Handful of pistachio nuts, to serve

INSTRUCTIONS

1. Peel your carrots if necessary and cut any large ones in half - make sure they're all a similar size. I use baby carrots, so I scrub them clean with a scourer and split any large one lengthways.
2. Put the carrots in a large, lidded saucepan with the rest of the ingredients, cover and place over high heat. If squeezing your own juice, add one of the orange halves to the pan for extra flavour. Cook the carrots until tender - baby carrots take around 8-10 minutes but it will depend on the size.
3. The orange sauce may have already reduced to a glaze-like consistency but if it hasn't lift the carrots out of the pan with a slotted spoon (keep on a plate) and continue to cook until the liquid has reduced to a glaze. Once it has thickened, turn off the heat and return the carrots to the pan. Toss them in the glaze a few times until they are coated, then serve with pistachio nuts sprinkled over.

EXCERPTED FROM *VEGAN CHRISTMAS: OVER 70 AMAZING RECIPES FOR THE FESTIVE SEASON* © 2018 BY GAZ OAKLEY. PUBLISHED BY QUADRILLE.

Vegan Golden Mushroom Gravy

An easy and delicious vegan gravy that will dress up your holiday meals.

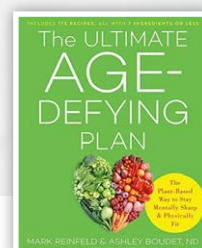
BY MARK REINFELD, COAUTHOR OF THE ULTIMATE AGE-DEFYING PLAN AND FOUNDER OF THE VEGAN FUSION CULINARY ACADEMY

SERVINGS: 4 CUPS | GLUTEN-FREE, VEGETARIAN, VEGAN

VEGAN
PECAN SAGE
HOLIDAY LOAF
PG. 26



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PHOTO CREDIT:
MARK REINFELD

INGREDIENTS

- ¼ cup all purpose gluten-free flour
- ¼ cup safflower oil
- 1 cup onion, half moon slices
- 2 Tbsp garlic, minced
- 1 cup thinly sliced shiitake mushrooms
- 2½ cups water or veggie stock
- ¼ cup nutritional yeast
- ¼ cup soy sauce, try wheat-free tamari
- 1 Tbsp fresh sage, chiffonade
- 2 Tbsp finely chopped Italian parsley
- ¼ tsp fresh ground black pepper
- Sea salt, to taste

INSTRUCTIONS

1. Create a roux by combining flour and 3 Tbsp oil in a small bowl and whisking well.
2. Place remaining Tbsp of oil in a sauce pan on medium high heat. Add onion, garlic and mushrooms, and cook until onions are translucent, approximately 5 minutes, stirring frequently.
3. Add water, nutritional yeast, soy sauce, sage and bring to a boil, stirring frequently. Reduce heat to simmer, add roux and stir constantly until sauce thickens. Add parsley, salt and pepper to taste and stir well before serving.
4. Serve atop a Vegan Pecan Sage Holiday Loaf. (See pg. 26)

RECIPE COURTESY OF DA CAPO LIFELONG PRESS AND CHEF MARK REINFELD OF VEGAN FUSION AND THE DOCTOR & THE CHEF (WWW.DOCTORANDCHEF.COM).

Entrées



Acorn Squash, Chicken Sausage and Sage Brown-Butter Bowl

A simple recipe that celebrates the flavors of the season.. Use your chef's intuition to select a chicken sausage with a flavor profile that will complement the dish. [BY GENEVIEVE DOLL, NATURAL CHEF AND LIVE NATURALLY RECIPE DEVELOPER](#)

SERVINGS: 4 | GLUTEN-FREE

 [SHOP THIS RECIPE ON OUR WEBSITE](#)

PHOTO CREDIT:
AARON COLUSSI

INGREDIENTS

- 2 small acorn squash (about 1 pound each)
- 2 Tbsp olive oil, divided
- 1 (12-ounce) package fully cooked chicken sausage, cut into ½-inch slices
- 5 ounces baby spinach, roughly chopped
- 2 tsp lemon juice
- ¼ cup salted butter
- 1 Tbsp minced sage leaves

INSTRUCTIONS

1. Preheat oven to 425°. Line a medium baking sheet with parchment paper. Slice each squash widthwise, and scoop out seeds with a spoon. Using 1 tablespoon olive oil, brush cut side of squash, and sprinkle lightly with salt. Place cut side down on baking sheet. Roast for 25 minutes, until easily pierced with a fork.
2. Meanwhile, heat remaining 1 tablespoon olive oil in a large sauté pan over medium heat. Add sausage in a single layer, and sauté for about 5 minutes, until lightly browned. Add spinach, and cook for 2 minutes, until wilted. Stir in lemon juice.
3. In a small saucepan, heat butter and sage over medium heat. Cook for 3–4 minutes, stirring occasionally, until butter lightly browns and releases a nutty aroma.
4. Fill each squash with sausage and spinach, and drizzle with brown butter.

Vegan Pecan Sage Holiday Loaf

This hearty dish is full of flavor.

BY MARK REINFELD, COAUTHOR OF THE ULTIMATE AGE-DEFYING PLAN AND FOUNDER OF THE VEGAN FUSION CULINARY ACADEMY

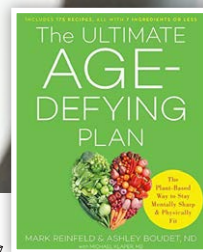
SERVINGS: 6 | GLUTEN-FREE, VEGETARIAN, VEGAN

VEGAN GOLDEN
MUSHROOM
GRAVY
.....
PG. 23



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ON OUR WEBSITE

PHOTO CREDIT:
MARK REINFELD



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INGREDIENTS

- | | |
|---|--|
| 1 cup dry wild and brown rice mix | 2 Tbsp finely chopped flat leaf parsley |
| 1¾ cup vegetable stock or water | ¼ tsp ground black pepper |
| 2 tsp sea salt, divided | 1½ Tbsp wheat-free tamari, to taste, optional |
| 1 Tbsp olive or coconut oil | ½ tsp minced fresh rosemary, optional |
| 1 cup diced onion | 2 Tbsp nutritional yeast, optional |
| ¾ cup thinly sliced celery | 1 tsp smoked paprika or ¼ teaspoon crushed red pepper flakes, optional |
| 5 cloves garlic, pressed or minced | ½ cup gluten-free breadcrumbs, optional |
| 1 cup finely chopped pecans, optionally toasted in a 350° oven for 10 minutes | |
| 1 (15 oz) can cooked lentils (1½ cups cooked) | |
| 2 Tbsp minced fresh sage | |

INSTRUCTIONS

1. Preheat the oven to 350°. Place the rice, vegetable stock and ½ tsp sea salt in a pot over medium high heat. Bring to a boil. Reduce the heat to simmer, cover, and cook until all liquid is absorbed, approximately 50 minutes.
2. Meanwhile, heat a saute pan over medium high heat. Add the oil. Add the onions and celery and cook for 3 minutes, stirring frequently and adding small amounts of water if necessary to prevent sticking. Add the garlic and cook for 3 minutes, stirring frequently.
3. Transfer to a bowl along with remaining ingredients, including the remaining 1½ tsp salt, and mix well. Add the cooked rice mixture and stir well.
4. Transfer to a well-oiled 8-by-8-inch casserole dish and press down firmly. Top with breadcrumbs, if using, and bake 40 minutes.
5. Cool slightly before slicing and serving. Serve with vegan gravy. (See pg. 23)

RECIPE COURTESY OF DA CAPO
LIFELONG PRESS AND CHEF MARK
REINFELD OF VEGAN FUSION AND
THE DOCTOR & THE CHEF (WWW.
DOCTORANDCHEF.COM).

Velvet Vegan Leek and Potato Soup

This soup is finished with a generous glug of extra virgin olive oil to give it that velvety finish, plus a handful of fresh chopped dill. **BY RACHEL PHIPPS, AUTHOR OF *ONE PAN PESCATORIAN***

SERVINGS: 4 | GLUTEN-FREE, VEGETARIAN, VEGAN

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PHOTO CREDIT:
HAARALA HAMILTON

INGREDIENTS

3 leeks (about 13 oz)
2 Tbsp extra-virgin olive oil, plus extra for drizzling
13 oz potatoes
Small handful of dill
4 cups vegetable stock
Freshly ground sea salt and black pepper

INSTRUCTIONS

1. Trim the leeks, and rinse them under the cold tap, gently spreading the leaves at the dark green tops to make sure you wash out any traces of grit from between the leaves. Chop the leeks into roughly 3–4 cm (1½in) rounds.
2. Heat half the olive oil in a large saucepan set over a medium heat. Add the leeks and a large pinch of sea salt and cook for about 10 minutes until the leeks have started to soften and slightly caramelize around the edges.
3. Meanwhile, peel the potatoes and chop them into rough, bite-sized cubes. Finely chop the dill, reserving a few fronds to garnish.
4. Stir the potatoes into the leeks and pour over

the stock. Turn up the heat and bring the pan to the boil. Reduce the heat again to low and allow the soup to simmer for 20 minutes, or until the potatoes are tender and falling apart.

5. Remove the soup from the heat and use a hand-held blender to blitz until velvety smooth. Season to taste with salt and pepper and blend in the remaining 1 Tbsp of olive oil.
6. Stir in the dill and serve straight away. Add an extra couple of dill fronds and a swirl of olive oil on top of each bowl.

EXCERPTED FROM *ONE PAN PESCATORIAN: 100 DELICIOUS DINNERS -- VEGGIE, VEGAN, FISH* © 2020 BY RACHEL PHIPPS. PUBLISHED BY QUERCUS.

Shortcut Roast Chicken & Vegetables

Enjoy the flavors and aroma of roast chicken in less than half the time. Serve with crusty bread to soak up herb butter. **BY GENEVIEVE DOLL, NATURAL CHEF AND LIVE NATURALLY RECIPE DEVELOPER**

SERVINGS: 4 CUP | GLUTEN-FREE

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PHOTO CREDIT:
JENNIFER OLSON

INGREDIENTS

1 pound yellow or red potatoes large dice
3 large carrots ½-inch rounds
1 medium yellow onion large dice
1 large Granny Smith or Honeycrisp apple large dice
4 Tbsp olive oil divided
½ salt divided
Freshly ground pepper
Boneless chicken thighs (about 1½ pounds)
3 Tbsp minced fresh herbs (any combination rosemary, thyme, sage, oregano, parsley)
¼ cup salted butter melted

INSTRUCTIONS

1. Preheat oven to 425°. Place potatoes, carrots, onion and apple on a large rimmed sheet pan. Toss with 2 Tbsp olive oil, ½ tsp salt and pepper. Nestle chicken thighs in vegetables, and sprinkle chicken with remaining 1 tsp salt. Drizzle with remaining 2 Tbsp olive oil.
2. Roast 25 minutes, until vegetables are easily pierced with a fork.
3. Whisk herbs into melted butter, and drizzle over chicken and vegetables.

Desserts



Apple Cranberry Crostata

Looking for a delicious fall dessert? This recipe has the perfect blend of tasty ingredients and it's plant-based too!

BY COUNTRY CROCK

SERVINGS: 32 MUFFINS | VEGETARIAN, VEGAN



PHOTO CREDIT:
COUNTRY CROCK

INGREDIENTS

½ cup Country Crock® Plant Butter with Avocado Oil Stick

1 ½ cups PLUS 2 Tbsp all-purpose flour

5 baking apples peeled and thinly sliced

⅓ cup firmly packed dark brown sugar

1 tsp ground cinnamon

¾ tsp ground ginger

½ tsp ground cardamom

1 cup fresh cranberries

1 Tbsp sanding sugar

INSTRUCTIONS

1. For crust, in medium bowl with pastry blender or two knives cut ½ cup Country Crock Plant Butter into 1 ½ cups flour until coarse crumbs form. Add 4 to 6 Tbsp ice water, 1 Tbsp at a time, until dough forms. Knead dough with floured hands and shape into disc. Wrap in plastic wrap and refrigerate until chilled, about 30 minutes.
2. Preheat oven to 425°. Unwrap dough and roll on lightly floured surface from center to edges to form 13-inch. circle. Arrange dough on parchment lined baking sheet.
3. For filling, combine dark brown sugar, remaining flour, cinnamon, ginger and cardamom in small bowl; set aside. In a large skillet, melt 2 Tbsp Plant Butter over medium-high heat. Add apples and cook until apples are tender, stirring occasionally, about 5 minutes. Remove from heat and let cool slightly. Stir in brown sugar mixture.
4. Fill center of pie crust with apple mixture, leaving 2 inches around edges. Sprinkle cranberries over apple mixture. Fold edges of crust over fruit overlapping when necessary. Brush edges with remaining 1 Tbsp Plant Butter, melted. Sprinkle with sanding sugar. Bake 20 minutes or until crust is golden and fruit is bubbling. Cool 10 minutes on wire rack. Remove and let cool completely.

Chocolate-Dipped Strawberry Macaroons

You can't just have one of these delicious macaroons made with siggi's yogurt, strawberries, and dark chocolate.

BY ELLIE O'BRIEN, FOOD BLOGGER

SERVINGS: 12 | GLUTEN-FREE, VEGETARIAN, VEGAN



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INGREDIENTS

- 1 Tbsp flaxseed meal
- 2 cups shredded unsweetened coconut
- 1 cup freeze-dried strawberries, chopped
- ¼ cup siggi's 2% lingonberry & strawberry yogurt
- 1 ½ Tbsp coconut oil, melted
- ⅔ cup dark chocolate chips
- 1 tsp coconut oil

INSTRUCTIONS

1. Line a baking sheet with parchment paper.
2. In a small bowl, mix flaxseed meal with 2 ½ Tbsp of water. Whisk until well combined and let sit for 5 minutes. Set aside.
3. In a large bowl, add coconut, strawberries, and siggi's yogurt and mix well. Add flax mixture and coconut oil. Stir until combined.
4. Use a tablespoon measure to scoop mixture, tightly pack, then place on prepared baking sheet. Place cookies in the fridge to set for 20 minutes.
5. Heat chocolate chips and coconut oil over a double boiler or in the microwave using low heat until melted, and stir to combine. Dip macaroons in the melted chocolate and place back on the parchment paper. Drizzle macaroons with extra chocolate. Place in fridge until chocolate sets.
6. Store in airtight container in the fridge.

Brownie-Bite Cookies

These cookies are easy to make and freeze for the next party or event.

BY JEFFREY LARSEN, AUTHOR OF *GLUTEN-FREE BAKING AT HOME*

SERVINGS: 40 COOKIES | GLUTEN-FREE, VEGETARIAN

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PHOTO CREDIT
JENNIFER OLSON

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INGREDIENTS

108 grams (¾ cup) potato starch	butter or melted clarified butter (measure melted)
90 grams (1 cup) gluten-free oat flour or cassava flour	113 grams (4 ounces) semisweet chocolate
90 grams (¾ cup) sorghum flour	56 grams (2 ounces) unsweetened chocolate
45 grams (½ cup) almond meal, pecan meal, sunflower meal or hazelnut meal	285 grams (1½ cups) firmly packed brown sugar
1 tsp xanthan gum	1 Tbsp vanilla extract
1½ tsp baking soda	2 eggs room temperature
1 tsp fine salt	½ cup toasted coarsely chopped nuts (optional)
½ tsp powder or instant coffee (optional)	
½ cup unsalted	

INSTRUCTIONS

1. Preheat oven to 350°. Lightly spray a baking sheet with gluten-free nonstick spray, or line with parchment paper.
2. In a bowl, whisk together potato starch, oat flour, sorghum flour, almond meal, xanthan gum, baking soda, salt and, if using, espresso powder.
3. Place butter and chocolates together in a heavy, medium-size saucepan over low heat until chocolate is melted. Remove saucepan from heat, whisk in sugar and vanilla. In the bowl of a stand mixer fitted with paddle attachment or in a large bowl and using a hand mixer, pour in the chocolate/butter/sugar mixture. On low speed, add eggs, one at a time, and continue to mix until mixture is smooth and glossy. Add dry ingredients and mix until all ingredients are fully incorporated, and dough has formed into a tight ball. Fold in nuts (if using) with a rubber spatula.
4. With a 1-ounce cookie scoop or a tablespoon measure, portion out batter (1¼-inch round balls). Arrange balls on prepared baking sheet 2 inches apart.
5. Bake 10–12 minutes, until cookies are domed and crackled on the top. Let sit on baking tray 10 minutes, and then transfer to a cooling rack. Cookies can be stored in an airtight container at room temperature for up to one week or frozen in a resealable plastic bag.

Pecan Pie Bars

The classic pecan pie with a gooey center and half the sugar or a typical pecan pie bar recipe.

BY JENNIFER TYLER LEE, AUTHOR OF *HALF THE SUGAR ALL THE LOVE*

SERVINGS: 20 BARS | VEGETARIAN



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PHOTO CREDIT:
ERIN SCOTT



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INGREDIENTS

For the Crust:

- 1 cup all-purpose flour
- 7 Tbsp unsalted butter, chopped
- 1 Tbsp packed light brown sugar
- ½ tsp salt

For the Filling:

- 1 ¼ cups chopped pecans
- ¼ cup plus 2 Tbsp light corn syrup
- ¼ cup packed light brown sugar
- 4 Tbsp (½ stick) unsalted butter, melted
- 2 tsp pure vanilla extract
- ¼ tsp salt
- 2 large eggs

INSTRUCTIONS

1. Preheat the oven to 350°F. Line an 8 × 8-inch baking pan with parchment paper, leaving about 2 inches of overhang on each side.
2. **Make the crust:** Place the flour in a medium bowl.
3. Place the butter, brown sugar, salt, and 3 tablespoons water in a small microwave-safe bowl or measuring cup. Microwave, stirring at 30-second intervals, until melted and hot, 1 to 2 minutes. Stir, then immediately pour the butter mixture into the flour. Stir until a dough forms and the edges pull away from the bowl. Let the dough cool briefly.
4. When the dough is just cool enough to handle, use your fingers to spread it in an even layer in the prepared baking pan. Bake the crust until lightly golden brown on the edges, 20 to 22 minutes.
5. Meanwhile, make the filling: Spread the pecans on a rimmed baking sheet and toast until golden brown with a nutty aroma, about 5 minutes, watching closely to prevent burning. Let cool briefly.
6. Whisk together the corn syrup, brown sugar, butter, vanilla, and salt in a medium bowl. Beat in the eggs, then stir in the pecans.
7. When the crust comes out of the oven, spread the filling evenly on top and return to the oven. Bake until the filling is set and browned and the crust is firm all the way through, 30 minutes more. Let cool in the pan for at least 15 minutes. Cut into 20 bars. The bars are best served fully cooled.

EXCERPTED FROM *HALF THE SUGAR, ALL THE LOVE*
BY JENNIFER TYLER LEE AND ANISHA PATEL, MD,
MSPH. PHOTOGRAPHS BY ERIN SCOTT. WORKMAN
PUBLISHING ©2019.

Chocolate-Dipped Peanut Butter, Miso and Date Caramels

These decadent caramels hide their healthful status. To make 100 percent vegan, just use vegan chocolate.

BY LINDSAY MAITLAND HUNT, AUTHOR OF *HELP YOURSELF*

SERVINGS: 36 1-INCH SQUARES | GLUTEN-FREE, VEGETARIAN



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INGREDIENTS

1 Tbsp coconut oil, melted plus more for brushing
1 ½ cups tightly packed pitted soft Medjool dates (14 ounces)
½ cup natural peanut butter
2 Tbsp chia seeds
¼ cup flaxseed meal
2 Tbsp white miso paste
¼ tsp ground nutmeg
1 tsp pure vanilla extract
3.5 oz 85% dark chocolate, broken into chunks
1 tsp flaky sea salt

INSTRUCTIONS

1. Brush an 8½ by 4½-inch loaf pan with oil, and line with parchment paper that hangs over each side by 1 inch.
2. In a food processor or blender, combine dates, peanut butter, chia seeds, flaxseed meal, miso, nutmeg and vanilla. Process on high until you have a smooth paste and mixture forms a ball.
3. Scrape paste into prepared pan and pat until smooth. Fold overhanging parchment down and press down with a second loaf pan. (If you don't have one, no worries—the caramels will turn out fine!) Freeze 1 hour.
4. Brush a wire rack with coconut oil and set over a rimmed baking sheet. Line a cutting board with parchment. Turn

caramels out of pan onto cutting board so the bottom is face up. Top with parchment from the pan and roll out to ½ inch thick. Cut caramels into 36 (1-inch) squares.

5. Place chocolate in a microwave-safe bowl and microwave in 15-second bursts, stirring after each, until melted. Stir in melted coconut oil. Use a fork to dip a caramel into melted chocolate. Place on the prepared rack, let set for 5 seconds, and then sprinkle with sea salt. Repeat to coat remaining caramels. Freeze 1 hour before serving.

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LIVENATURALLYMAGAZINE.COM

Paleo Thin Mints

Tastes like the classic Girl Scout cookie. Paleo friendly. With chocolate. What's not to love?

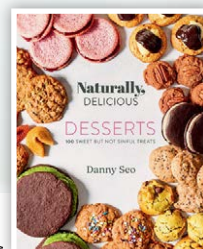
BY DANNY SEO, AUTHOR OF *NATURALLY, DELICIOUS DESSERTS*

SERVINGS: 12 COOKIES | GLUTEN-FREE, VEGETARIAN, VEGAN

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PHOTO CREDIT:
DANNY SEO



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INGREDIENTS

1 cup almond flour
2 Tbsp cocoa powder
Pinch of sea salt
2 Tbsp coconut oil, melted
¼ cup maple syrup
1 tsp peppermint extract, or more to taste
1 cup dark chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°. Line a baking sheet with parchment paper.
2. Place almond flour, cocoa powder and salt in a medium bowl and stir to combine.
3. Fold in coconut oil, maple syrup and peppermint extract until evenly incorporated.
4. Allow batter to rest 10 minutes in refrigerator.
5. Roll 1 Tbsp of cookie batter between palms of hands to form a ball, and place on baking sheet. Press to flatten into approximately an ⅛-inch-thick disk.
6. Bake 10 minutes, and then cool a few minutes on baking sheet before removing to a wire rack.
7. Melt half the chocolate chips in a double boiler. Take off heat and fold in remainder of chocolate to temper the mixture.
8. Dip cookies in chocolate and place back on parchment-lined baking sheet. Or you can drizzle chocolate on top of cookies.
9. Refrigerate cookies 15 minutes to set chocolate coating.

EXCERPTED FROM *NATURALLY, DELICIOUS DESSERTS: 100 SWEET BUT NOT SINFUL TREATS* © 2020 BY DANNY SEO. PHOTOGRAPH BY RIKKI SNYDER. PUBLISHED BY GIBBS SMITH.

Mini Pumpkin Bundt Cakes with Lemon Glaze

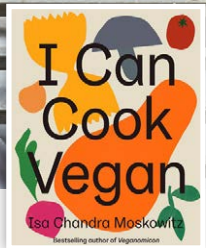
Don't have mini Bundt pans? You can bake these in a muffin tin; just reduce cook time to 20 minutes.

BY ISA CHANDRA MOSKOWITZ, AUTHOR OF *I CAN COOK VEGAN*

SERVINGS: 6 MINI BUNDTS | VEGETARIAN, VEGAN



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INGREDIENTS

For the Cakes:

2 cups (225 g)
pumpkin puree
½ cup (120 ml)
olive oil
1 ¼ cups (250g)
granulated
sugar
¾ cup (180 ml)
unsweetened
nondairy milk
2 tsp pure
vanilla extract
1 ¾ cups (225
g) all-purpose
flour
2 tsp baking
powder

2 tsp pumpkin
pie spice
1 tsp salt

For the Glaze:

2 cups (205 g)
confectioners'
sugar, sifted
½ tsp pure
vanilla extract
3 Tbsp fresh
lemon juice
1 tbsp refined
coconut oil,
melted

INSTRUCTIONS

- 1. MAKE THE CAKES:** Preheat oven to 350°. Lightly grease mini Bundt pans.
- In a large mixing bowl, beat together pumpkin puree, olive oil, sugar, milk, and vanilla until smooth and creamy.
- Sift in the flour, baking powder, pumpkin pie spice and salt. Stir until relatively smooth.
- Use a tablespoon measure to scoop mixture, tightly pack, then place on prepared baking sheet. Place cookies in the fridge to set for 20 minutes.
- Spoon batter into baking pans, filling each one about three-quarters full. Bake 26 minutes, until a toothpick inserted into the center comes out clean. Cakes are done when they are firm and puffy

on top and lightly pulling away from sides of the pan. Let cool in the baking pan and, once you can handle it, invert the Bundts onto a cooling rack to cool. Flip rightside up to cool completely.

- 6. MAKE THE GLAZE:** Place confectioners' sugar in a large bowl. Add vanilla, lemon juice, and coconut oil and stir vigorously, until a thick and smooth but pourable icing forms. If it seems too thick, add warm water by the teaspoon until the desired texture is achieved.
- Pour approximately 2 Tbsp of icing onto each Bundt, letting the excess drip off. Let set in a cool place.

EXCERPTED FROM *I CAN COOK VEGAN*. © 2019
BY ISA CHANDRA MOSKOWITZ. PUBLISHED BY
ABRAMS.

Drinks



Masala Chai

Masala Chai, which translates into spiced tea, personifies the scent and taste that India wakes up to every morning. [BY NAYA TRAVELER, CULINARY ADVENTURES](#)

SERVINGS: 1 CUP | VEGETARIAN

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PHOTO CREDIT:
SHUTTERSTOCK

INGREDIENTS

3 Tbsp loose black tea,
or 6 black tea bags

2 cups water

2 cups whole milk

10 green cardamom pods, cracked

1 whole cinnamon stick

4 cloves

4 black pepper pods

½ tsp fresh ginger, thinly sliced

Packed brown sugar, to taste

INSTRUCTIONS

1. In a small pot, bring water to a boil.
2. Add ginger, cinnamon, cardamom, cloves and pepper. Simmer for about 15 minutes, stirring occasionally, until water reduces slightly.
3. Remove pot from the heat, and add black tea. Steep for several minutes.
4. Return pot to medium heat and add milk. Stir occasionally, making sure the mixture doesn't boil.
5. Stir in sugar to taste.
6. Once the top becomes frothy, remove from heat and steep for a minute.
7. Strain tea into a cup or mug.

Egg Nog

You can achieve the creamy consistency of classic egg nog from cashew nuts instead of eggs for a vegan version

BY KAROLINE JÖNSSON, AUTHOR OF *HAPPY VEGAN CHRISTMAS*

SERVINGS: 1 CUP | VEGETARIAN



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PHOTO CREDIT:
KAROLINA JÖNSSON AND NORSTEDTS

INGREDIENTS

1 cup cashew nuts
8 soft dates
2 cups plant-based milk
½ tsp vanilla powder
1 pinch ground cinnamon
1 pinch grated nutmeg, plus extra
to serve
A little salt
2 Tbsp rum or whisky, optional
Ice cubes

INSTRUCTIONS

1. Soak the cashew nuts for at least 5 hours until softened. Strain off the soaking water and place the cashews in a blender, preferably a high-speed one. Add the dates, milk, vanilla powder, spices and salt and blend until smooth and creamy. Add the rum or whisky to taste.
2. Chill the nog for a few hours, then pour into glasses. Add ice and grate a little extra nutmeg over the top before serving.

EXCERPTED FROM *HAPPY VEGAN CHRISTMAS: PLANT-BASED RECIPES FOR FESTIVE SCANDINAVIAN FEASTS*
© 2019, BY KAROLINE JÖNSSON. PUBLISHED BY PAVILION BOOKS.

Spiced Hot Chocolate

The best hot chocolate ever!

BY GAZ OAKLEY, AUTHOR OF *VEGAN CHRISTMAS*

SERVINGS: 4 | VEGETARIAN, VEGAN



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PHOTO CREDIT
SIMON SMITH AND PETER O'SULLIVAN

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INGREDIENTS

1 liter (4 cups) non-dairy milk

4 Tbsp cacao powder

1 tsp vanilla bean paste

¼ tsp ground ginger

¼ tsp ground cinnamon

4 Tbsp maple syrup

100g (3 ½ oz) dairy-free
chocolate, grated

To serve:

2 tsp cacao powder

Vegan marshmallows (optional)

INSTRUCTIONS

1. Heat all the ingredients for the hot chocolate (except the grated chocolate) together in a saucepan until it reaches a light simmer, then add the chocolate. Whisk until the chocolate has melted – don't let it boil.
2. Serve your hot chocolate in mugs, topped with a sprinkle of cacao powder and vegan marshmallows, if you like.

EXCERPTED FROM *VEGAN CHRISTMAS: OVER 70 AMAZING RECIPES FOR THE FESTIVE SEASON* © 2018 BY
GAZ OAKLEY. PUBLISHED BY QUADRILLE.

So This Is Christmas

This drink is right for any family celebration. Perfect for cold winter months, the champagne keeps you warm and the rosemary reminds you of the crisp, fresh air. **BY AYESHA CURRY, AUTHOR OF *FULL PLATE***

SERVINGS: 1 | GLUTEN-FREE, VEGETARIAN, VEGAN



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PHOTO CREDIT
EVA KOLENKO



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INGREDIENTS

½ oz Rosemary Simple Syrup (see below)

½ oz pomegranate juice

1 tsp pomegranate seeds

Champagne, for topping glass

Rosemary sprig, for garnish

Rosemary Simple Syrup:

½ cup water

½ cup sugar

1 cinnamon stick

1 star anise

2 cardamom pods

2 small fresh rosemary sprigs

INSTRUCTIONS

1. In a champagne flute or highball glass, combine the rosemary syrup, pomegranate juice, and pomegranate seeds. Top off the glass with champagne and add a rosemary sprig for garnish.

Rosemary Simple Syrup:

1. Combine ingredients in a small saucepan over medium heat, stirring until the sugar dissolves.
2. Strain, transfer to a lidded jar and refrigerate; the syrup will keep for up to 2 weeks.

EXCERPTED FROM *THE FULL PLATE: FLAVOR-FILLED, EASY RECIPES FOR FAMILIES WITH NO TIME AND A LOT TO DO* © 2020 BY AYESHA CURRY. PHOTOGRAPH BY EVA KOLENKO. USED WITH PERMISSION OF VORACIOUS, AN IMPRINT OF LITTLE, BROWN AND COMPANY.

Honeycrisp Apple Bourbon Smash

This cider smash is sweet, citrusy and warming.

BY TIEGHAN GERARD, AUTHOR OF *HALF BAKED HARVEST SUPER SIMPLE*

SERVINGS: 1 | GLUTEN-FREE, VEGETARIAN



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PHOTO CREDIT:
TIEGHAN GERARD



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INGREDIENTS

¼ cup apple cider
1 tsp orange zest, plus 2 tbsp
orange juice
1 Tbsp apple butter
2 ounces bourbon
1 tsp balsamic vinegar
optional, but delicious
Ginger beer, for topping
Honeycrisp apple slices, for garnish

INSTRUCTIONS

1. In a cocktail shaker, combine the apple cider, orange zest, orange juice, apple butter, bourbon, and vinegar (if using). Shake well to combine.
2. Add ice to an old-fashioned glass and strain the bourbon smash over it. Top with ginger beer and garnish with apple slices.

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RANDOM HOUSE, LLC.

Mulled Wine in a Crock Pot

The longer you let this cook in a crock pot, the better the flavor!

BY TALIA POLLOCK, AUTHOR OF *PARTY IN MY PLANTS*

SERVINGS: 12 | GLUTEN-FREE, VEGETARIAN, VEGAN

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PHOTO CREDIT
EVA KOZENKO

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INGREDIENTS

- 2 bottles red zinfandel wine
- 2 cups apple cider
- 1 cup (8 oz.) agave (you could try maple syrup!)
- 2 lemons, zested and juiced
- 2 oranges, zested and juiced
- 2 cinnamon sticks
- 4 star anise
- 10 cloves
- 8 ounces brandy

INSTRUCTIONS

1. In your crock pot (or just a regular pot on the stove if you don't have a crock pot!), dump in the wine, cider, agave, lemon and orange juice.
2. In a cheesecloth orcheeseecloth bag, add all the zest.
3. In another one, add all the spices.
4. Add both to the pot!
5. Cook on really really low (if on the stove) or high heat (if in a cockpot) for 2-4 hours. The most heat you want to give the wine is a very low simmer.
6. When you're ready to serve, stir in the cup of brandy and have fun!

RECIPE COURTESY OF TALIA POLLOCK, AUTHOR OF *PARTY IN YOUR PLANTS*

Espresso Martini

Who says you can't get a jolt of caffeine with your cocktail?

BY RAUL POOL, MIXOLOGIST

SERVINGS: 1 | GLUTEN-FREE, VEGETARIAN



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EVA KOLENKO

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INGREDIENTS

1.5 oz Vodka
0.75 oz OM Chocolate Sea Salt
Liqueur
1 oz cold brew coffee
Palo Santo & Papalo Bitters
Cocoa powder, for garnish

INSTRUCTIONS

1. Shake all ingredients with ice. Strain into a martini glass.

RECIPE COURTESY OF ORGANIC MIXOLOGY