

FAVEDIETS 

21 Healthy

Christmas

Recipes



Blogger Edition

21 Healthy Christmas Recipes: Blogger Edition

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

This year, plan your Christmas dinner menu with some healthy Christmas recipes. Balancing traditional Christmas food with your healthy eating plan is difficult, plus there are so many options for your healthy Christmas recipe list. Where do you even begin?

That's why FaveDiets.com has teamed up with some of the best food bloggers to create this brand new healthy recipe eCookbook, *21 Healthy Christmas Recipes: Blogger Edition*. This eCookbook has some of the best ideas for healthy Christmas dinner that you will ever try

We have assembled some of the best healthy Christmas recipes around, including healthy Christmas dinner recipes, healthy Christmas cookie recipes and healthy Christmas cakes. This eCookbook has everything from Roasted Pork Loin, Santa's Cookies, Almost Traditional Fruit Cake and a whole lot more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in seasonal healthy Christmas recipes!

For additional healthy Christmas recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy Christmas recipes!

Sincerely,

The Editors of FaveDiets

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Peppermint Mocha Latte 37

Healthy Christmas Dinner Recipes

Gluten-Free Apple Stuffing

By: Carla, [Gluten-Free Recipe Box](#)

Description

This gluten-free stuffing recipe is great for roasting a chicken, as I used it, or for a turkey. It contains apples and optional walnuts. I always suggest trying a new stuffing recipe with a chicken prior to using it in your turkey. The amount I made below was stuffed inside a 5 pound organic chicken, free of antibiotics and hormones, and the rest baked in foil aside the roasting pan. This is on the sweet side, but savory as well!

Ingredients

- 5 cups cubed gluten-free bread (use at least one end)
- 2 tablespoon unsalted butter
- 1 cup yellow onion, chopped
- 2 stalks celery, including leaves, chopped
- 1 large green apple, cored, peeled and cubed to about 1/3" square
- 1 tablespoon flat-leaf parsley, chopped finely
- 1 tablespoon fresh basil, chopped finely
- 2 teaspoon fresh or dry oregano
- 1/2 teaspoon sea salt
- 25 – 30 turns fresh ground black pepper
- boiled chicken/turkey liver, chopped finely
- 2/3 cup organic low-sodium chicken broth
- 1/4 cup chopped walnuts pieces (optional)

Instructions

1. Remove the giblets from the chicken. Add the liver to a sauce pan with enough water to cover it. Boil for about 15 – 20 minutes; set aside to cool.
2. In a skillet, melt the butter; add onion, celery, apples and seasonings; sauté until tender.
3. Chop liver finely; add to skillet; and stir.
4. Add bread cubes and stir.
5. Slowly add chicken broth and stir each time you add a little to distribute liquid. You want to add enough broth to moisten the bread, but not enough to wet all of the bread cubes.
6. Stuff your bird and wrap the left-over stuffing in foil and cook next to the baking pan in the oven.

7. See this link for [how to prepare and roast a stuffed chicken](#).
8. When your bird is done remove the stuffing. Be careful when you open the foil on the foiled stuffing as steam will escape. You can either mix the two stuffings together or serve the one that was in the bird to children who won't appreciate the difference. The stuffing in the foil will be of perfect moisture and the one in the bird will be more moist and flavorful from the drippings.

Notes:

In addition to the instructions at the above link on how to prepare and cook a chicken, I suggest the following:

- To lessen the amount of fat and calories, place the bird on a roasting rack.
- During the roasting, a chicken will not release enough juices to baste with. Use some low-sodium chicken broth. Then that will eventually mix with the fat and juices from the chicken and you will be able to baste with that liquid thereafter. If the skin of the bird holds in all the juices you may have to baste with the chicken broth the entire time.
- Do not use a sweet, red apple in this recipe, as it will make the stuffing, too sweet.
- You can throw in some cooked ground pork or even chopped cooked sausage for additional flavor, if you desire.
- Suggested breads:
 1. Udi's Gluten Free Food
 2. So Good Gluten Free (website coming Nov. 2010)
 3. Carol Fenster's Gluten-free Sandwich Yeast Bread Recipe

Happy Holiday One-Dish

By Karen, [beachbodybound](#)

Description

If you've been following me on [Twitter](#) you may have seen my brilliant idea to do a holiday lasagna -- turkey, stuffing, potatoes, etc. All the trimmings all in one. John (the 4-year-old mini-chef) helped decide what needed to go into it and he opted for no noodles so while this is layered like a lasagna, traditionalists may not consider the name to fit so instead let's just call it a **Happy Holiday One-Dish** 'mkay?

Cooking Time: 20 min

Ingredients

- 8 ounces prepared turkey stuffing
- 1 ounce (or more) mushroom pieces
- 8 ounces turkey gravy
- 6 ounces sliced turkey breast
- 2 ounces jellied cranberry sauce
- 8 ounces prepared mashed potatoes

Instructions

1. Preheat oven to 350 F.
2. Spray loaf pan with non-stick spray (we used the buttery variety).
3. Mix mushrooms and stuffing together.
4. Layer as follows:
 - 1) Stuffing
 - 2) 4 ounces gravy
 - 3) 3 ounces turkey
 - 4) cranberry sauce
 - 5) remaining turkey
 - 6) 2 ounces gravy
 - 7) mashed potatoes
 - 8) 2 ounces gravy
5. Place pan in oven for 15-20 minutes. Even though everything is pre-prepared, the baking time makes it "mesh" better.
6. Cut into 4 equal "slices," serve and enjoy!

Nutrition Information:

Using the *exact brands* we had on hand, each serving ended up a mere 238 calories with 9 grams of fat! Look around and read labels ... you may be able to lighten it up even more!

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Navy Bean and Kale Soup

By Jackie, [Jackie's Kitchen](#)

Description

New holiday traditions have emerged in my immediate family since my brother and I became adults (although we'll always be "the kids" to our parents). Both of us return home for the holidays, and suddenly my parents' house is full again, and there are two extra mouths to feed. I usually assume the role of head chef at this time, in part because my parents are usually hard at work right up until Christmas and with my gluten-free dietary restriction, it is easier on everyone that I take care of things. In assuming this role, I've become responsible for one of the more important dinners of the time, Christmas Eve dinner. Each year, my family knows that they will be sitting down to steaming hot bowls of soup. For some, eating soup on Christmas Eve may sound odd, but in my mind, it makes perfect sense. Christmas day is full of heavy eating and drinking with family and friends. Soup on Christmas Eve is light on the system and provides a healthy dose of important vitamins and nutrients for an immune system boost to overcome the natural stresses (both positive and negative) associated with holiday season.

My favorite soup to make for my family is a navy bean and kale soup, which is a hearty soup. Onion, lots of garlic, fresh carrot, celery, kale, fresh tomatoes, oregano, and rosemary give the soup an incredible freshness, while the beans add that needed starchy component. I recently perfected my recipe with a few tweaks, with the addition of pre-cooked sausage (optional), and am eagerly anticipating sharing the new version with the family this year. I am happy also to be sharing this recipe with you. You'll find the soup to be easy to make and you may want to make extra if you expect to have leftovers. Although complete on its own, if you enjoy bread with your soup, feel free to indulge. That's what the holidays are all about!

Ingredients

- 1 onion, chopped
- 5 cloves garlic, minced
- 1 med-large organic carrot, peeled, halved lengthwise, and sliced rather thin
- 2 stalks organic celery, sliced thin
- 1 bunch organic kale, washed, peeled away from the stems and thick veins, and sliced/chopped thin
- 5 plum tomatoes, diced
- 2 Tbsps. or so fresh oregano, chopped
- 1-2 tsps. fresh rosemary, chopped

Instructions

1. In a large stock pot (don't make the mistake I did and begin with a small sauce/soup pot because the Kale really takes over! :-)), heat 1-2 Tbsps. olive oil and gently sauté the onions, garlic,

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carrots, and celery with a hefty pinch of crushed red pepper flakes over med-low heat, for about 5 minutes.

2. Add 4 cups of chicken broth and about 2 cups of chicken stock (or all broth or all stock--I just used what I had on hand), the kale, the tomatoes, a hunk of parmesan cheese rind (about 3 inches in length), 1 Bay leaf, the oregano, and the rosemary.
3. Bring to a boil, and then reduce the heat to low and simmer gently for about 15 minutes, leaving the pot uncovered to develop the flavors.
4. (**Optional step) After 15 minutes of simmering, add in your pre-cooked sausage, if using. I used a gluten-free/preservative-free pre-cooked chicken chorizo from my local fancy market, which I sliced thin (2 links). You could use any sausage of your liking, however, or omit entirely.
5. Simmer the soup for another 15 minutes or so and then gently stir in 2 15 oz. cans of navy beans (or other white bean), drained and rinsed well. Continue to simmer until the beans have heated through. Season the soup with sea salt and lots of freshly-cracked black pepper.
6. Before serving, remove the Bay leaf (or you can do like my mother used to and just warn everybody about it and see who the lucky winner is) and the cheese rind (it took some doing to find it because it decided to wrap itself up in some kale and hide...). Serve in deep bowls and enjoy alone or with a piece of your favorite bread.

Notes:

This was so very good and so very comforting on a very cold day. The soup is filling, so I would recommend serving smaller portions that you otherwise might think you need to start. I am getting about 8 Jackie-sized portions out of my batch. With or without the sausage, this soup is hearty and plentiful and certainly satisfying. I used very little sausage in the grand scheme of things, and probably could've used even more. Overall though, I can't say enough good things and hope that you have the opportunity to try it out and enjoy it as much as I did!

Roasted Pork Loin with Apricot Stuffing and Rosemary Potatoes

By: Jennie, [Jennie's Veggies](#)



Description

Want to try something a little different than the traditional Christmas turkey or ham? This is an amazingly delicious meal that will soon become your *new* tradition!

Serves: 6-8

Ingredients

3-3 ½ pound (center cut) boneless pork loin roast
8-10 red potatoes, quartered
1 ½ cups white bread, cut into ½ inch pieces
2 Tbs. butter
½ cup shallots, chopped
About 10 ounces canned apricots or 4 large apricots, chopped
1 ½ teaspoons fresh rosemary, minced
1 clove garlic, minced
½ tsp. salt
¼ tsp. pepper
Olive oil
1 Tbs. vegetable oil
4 Tbs. dry red cooking wine
½ cup water

Instructions

1. Preheat oven to 375 degrees F.
2. Place your chopped bread onto a baking sheet and bake in the oven until browned on all sides.

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3. Melt the butter in a sauté pan over low heat. Cook the shallots until they are soft; about 7-10 minutes. Add the chopped apricots and cook until softened; just a couple of minutes. Stir in the bread, 1 tsp. of the minced rosemary, garlic, salt and pepper. Set aside.
4. Make a hole in your pork loin with a knife that goes all the way through. Use your fingers to make the hole wider to allow room for the stuffing; it should be about 1 ½ inches wide. Be careful not to tear through the hole. If this happens, use some cooking twine to keep the meat together to hold the stuffing. Again, use your fingers to stuff the pork with the stuffing. It's easiest to work from both ends and push towards the middle. Season the outside of the pork with more salt and pepper. You can also use a little bit more rosemary on the outside if you want!
5. Heat the vegetable oil over high heat. Add the wine and brown the pork on all sides. Set the wine and oil mixture aside after browning the pork, you will use this later for a sauce.
6. Place your quartered potatoes into a bowl and use enough olive oil to coat them. Add the remaining ½ tsp. rosemary, and salt and pepper to taste. Toss the potatoes in the bowl to coat them in the seasonings.
7. Coat the bottom of your roasting pan with olive oil. Place the pork loin in the center, and surround it with your potatoes. Roast in the oven for about 45-50 minutes, or until a meat thermometer reads 160 degrees F.
8. Remove everything from the pan. Let the pork stand for about 15-20 minutes, and keep the potatoes in the warm oven so they don't get cold. Meanwhile, pour the wine into the roasting pan and place over the stove. Add the water and boil while scraping the brown bits off the bottom of the pan.
9. Slice the meat and serve with the sauce poured over it.

Healthy Christmas Cookie Recipes

Frollini: Christmas Cookies from my Childhood

By Chiara, [The Wandering Cook](#)

Description

Buttery and crumbly, this version of “pasta frolla” (a type of dough every Italian kid loves) was especially good when dunked in milk.

So, when on one occasion my mom made too much dough for the tart, she decided to turn the extra into cookies — and named them “frollini” (small “frolla” cookies). Ever since then — even though she doesn’t make the tart quite so often — she always makes extra dough, on purpose, so we can treat ourselves to milk and cookies.

They are perfect to snack on while decorating the house and the Christmas tree, which reminds me that I have to get my beloved boyfriend to take the tree down from its hiding space in the garage and I have to dig out the ornaments from wherever I stuffed them last January. Something tells me I'll definitely be needing cookies. And most likely crutches.

Ingredients

- 2 1/4 cups white, all-purpose flour
- 3/4 cups sugar
- 1 3/4 sticks unsalted butter, room temperature
- 1/2 teaspoon baking powder
- 3 egg yolks
- Grated peel of 1/3 a lemon
- A pinch of salt

Instructions

1. Place the flour on your work space and make a well in it. Add all the other ingredients in the well and knead the mixture with your hands until it forms a ball of dough.
2. Divide the dough in two equal parts. Place the first half on a sheet of parchment paper and roll it with a rolling pin until it's less than 1/2 inch thick. Cut the dough with cookie cutters. Repeat with second half of dough.
3. Bake at 350 degrees for 12 minutes or until done.

Baci di Gama (Dame's Kisses)

By Chiara, [The Wandering Cook](#)

Description

I have no idea why these cookies are called "Dame's Kisses" and I'm so lazy these days that I can't even be bothered to Google it. But they are very good, so I suggest that you give them a try.

Ingredients

- 2 sticks of butter
- 3/4 cup sugar
- 1 egg yolk
- 2 cups flour
- 1/4 cup almond meal
- 1/2 teaspoon baking powder
- Pinch of salt
- Nutella

Instructions

1. Melt butter in a small pan and let cool. Beat butter and sugar until well mixed, and then beat in the egg yolks.
2. In a separate bowl whisk in flour, almond meal, baking powder and salt. Stir into the butter mixture and chill for 30 minutes.
3. Scoop into 3/4 inch balls and bake for about ten minutes at 325 degrees F.
4. Let cool, then sandwich with Nutella (or jam, if you prefer jam. But really, Nutella is soooo much better!)

Santa's Cookies

By: Karen, [Muffin Fixation](#) (adapted from *Taste of Home*)

Description

We had devoured the last batch of cutout cookies we made so I had to make a brand new batch so Santa could have some waiting for him Christmas Eve.

Yield: 4 dozen (*we used larger cookie cutters and didn't roll quite as thin and got 32 cookies*)

Ingredients

- 1 cup butter, softened
- 3 ounces light cream cheese, softened
- 8 packets (1/3 cup) Splenda with Fiber
- 2/3 cup sugar
- 1 egg yolk
- 3/4 teaspoon vanilla extract
- 2-1/4 cups flour
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon baking soda
- Tinted frosting or colored sugar

Instructions

1. In a bowl, cream butter, cream cheese and sugar. Beat in egg yolk and extracts. Combine the flour, spice and baking soda; gradually add to creamed mixture. Cover and refrigerate for 3 hours or until easy to handle.
2. On a lightly floured surface, roll out dough to 1/8-in. thickness. Cut with a 2-1/2-in. cookie cutter dipped in flour. Place 1 in. apart on ungreased baking sheets. Bake at 375° for 8-10 minutes or until edges begin to brown. Cool for 2 minutes before removing from pans to wire racks. Decorate as desired.

Green Tea Shortbread Trees

By: Kirbie, [Kirbie's Cravings](#) (slightly adapted from DeDe Wilson's recipe found on Project Foodie)

Description

Matcha tea powder is not only healthy, but is also naturally a deep green color, making baking with it perfect for Christmas. I made some green tea shortbread dough and used my Christmas tree cookie cutter for the cookie cut-outs, making this a festive treat with no artificial coloring needed.

Ingredients

- 2 1/4 cups all-purpose flour
- a pinch of salt
- 1 cup butter, softened and cut into small pieces
- 2 1/2 tablespoons high quality matcha (green tea) powder
- 1/2 cup granulated sugar

Instructions

1. Whisk flour and salt together in a small bowl.
2. In a separate bowl, beat butter until creamy. Add matcha powder and beat until mixture is a uniform green color. Then add sugar and continue beating until mixture is light and fluffy (about 2 minutes).
3. Add about half of the flour, then mix on low speed. Gradually add remaining flour, mixing until just blended. The mixture should look crumbly, but if you squeeze it between your fingers, it will come together. Gather the dough into a large ball.
4. Roll out dough to 1/3-inch thickness between two pieces of parchment paper. Peel off top parchment paper.
5. Cut out as many cookies as possible using cookie cutter and place on cookie sheets 1-inch apart. Re-roll remaining dough and repeat until all of the dough is used up. Refrigerate cut-outs for one hour or longer.
6. Preheat oven to 325 degrees F. Bake for about 15-17 minutes or until the cookies are firm to the touch. The edges may turn a light brown.

Flourless Peanut Butter Cookies

By Jackie, [Jackie's Kitchen](#)

Description

Another holiday tradition that has emerged in my life is my bringing a batch of flourless peanut butter cookies to my best friend's annual Christmas Eve party (after I enjoy my healthy soup, of course). I first brought the cookies as a way to ensure that I had something to munch on at her party without burdening her with worry about what is gluten-free. They were a hit with everyone else, too, so I began bringing bigger batches. They are so easy to make, that doubling or tripling the amount is not much of an added burden.

Ingredients

- 1 cup of peanut butter (I prefer to use creamy peanut butter for this purpose but chunky would do as well)
- 1 egg
- 1/2 cup organic sugar
- 1/4 cup brown sugar
- 1 tsp. vanilla
- 1/2 tsp. baking soda

Instructions

1. Preheat the oven to 350 degrees F.
2. Combine all of the ingredients. Optional: stir in semi-sweet chocolate chips--enough to distribute evenly in the batter to your liking, say about 1/2-1 cup or so depending upon the size of your chocolate chips.
3. Drop by teaspoonfuls on a cooking sheet and gently press down with a fork in both horizontal and vertical directions to get a square patterning on the tops, and bake for about 8 minutes or so. They should be soft and gooey and will harden a bit upon cooling. Just be careful not to eat them all before they get to that point! :-)

Chocolate Peppermint “Oreo” Crispy Treats

By: Alisa, [Alisa Cooks](#) and [Go Dairy Free](#)

Description

This recipe turns out delicious, and the crispy treats are even better after a day, as the peppermint flavor infuses itself throughout the treats upon sitting. I like to stash the bars in the freezer, where they stay nice, cool, and crispy but that's just me. Also, since I made this recipe, (ahem) just a few times, I did some experimentation and even made a vegan version with Susan's Ricemellow Creme (a gift from Dairy Free Market!), experimented with coconut oil, and mixed up the chocolate for dark loving fans.

This is a bit of a seasonal delight, since minty Oreos are not usually sold year-round. I used the Peppermint (Candy Cane) Joe Joe's from Trader Joes, which are incredible. No minty sandwich cookies? You can stick with regular Oreo-type cookies too, and if you still like that minty taste, add some extract!

This recipe is Dairy-Free, Nut-Free, Soy-Free, and optionally Gluten-Free, Egg-Free, and Vegan.

Ingredients

- 14 to 15 Peppermint-Chocolate Sandwich Cookies (*Candy Cane Joe Joe's, Mint Oreos, etc.*) or Regular Chocolate Sandwich Cookies + 1 to 1-1/2 Teaspoons Peppermint Extract (*to taste*)
- 10 Ounces Chocolate Chips or your favorite Chocolate Cut into Chunks (*I used 1 bag (about 1.5 cups) of Enjoy Life Chocolate Chips – love that they are mini and free from dairy, soy, gluten, etc.!*)
- 1/3 Cup Dairy-Free Margarine (*I used Earth Balance Soy-Free*) or 1/4 Cup Coconut Oil
- 10 Ounces Marshmallows or Ricemellow Creme (*for vegan*), or a 7 to 7.5 Ounce Jar of Marshmallow Creme or Fluff
- 4 to 5 Cups Crispy Rice Cereal (*I used Erewhon Crispy Brown Rice Cereal*)

Instructions

1. Gently crush the cookies. I placed them in a baggie, and firmly pressed down on each cookie to break them into chunks sized to my liking, without making a mess! Set aside.
2. Melt the chocolate – I do this in a bowl in the microwave in about two 30 second intervals, stirring vigorously after each heating to get those last chips melted. Do not overcook your chocolate! Set aside.
3. Place your margarine or coconut oil in a medium to large saucepan, and melt over low to medium-low heat (my stove doesn't even function at low heat). Add the marshmallows or creme and continue to stir as they melt in. This will take about 5 minutes to get a nice smooth mixture. Stir in the chocolate until smooth.
4. Add the crispy rice cereal and sandwich cookies, stirring until thoroughly combined. I start with 4 cups, but ended up using the full 5 cups with the Ricemellow Creme and marshmallows.

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5. Press firmly into a greased baking dish. An 8 x 8 dish will make taller, full-sized crispy treats, while a 9 x 13 will make thinner, bite-sized crispy treats. Allow to cool before cutting into squares – I fridge (or freeze) them, especially when using the coconut oil, which makes for a firmer, crunchier, crispy treat and helps the chocolate to quickly set up.

Notes:

The chocolate gives these a different texture than your traditional rice crispy treat. I like it this way, but if you want that gooey crispy treat texture with a chocolaty taste, skip the chocolate chips, but add in 2 to 3 tablespoons of cocoa powder (to taste) and/or use cocoa crispy rice cereal. Adjust cereal amount up if needed.

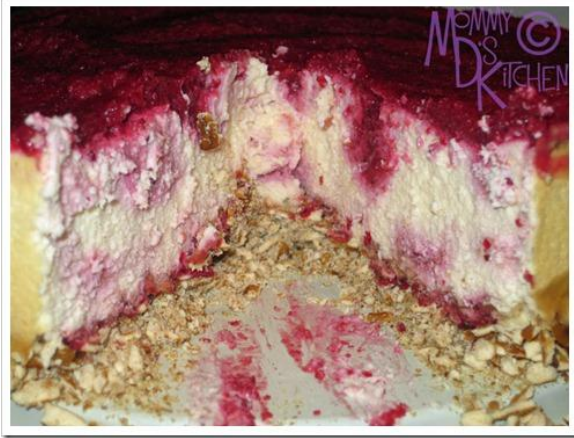
Gluten-Free: Erewhon offers gluten-free crispy brown rice cereal (which I used), and I believe there are some other brands. Though I haven't found minty GF chocolate sandwich cookies, there are some great chocolate sandwich cookies (sans mint) that are great from companies like Kinnikinnick, Mi-Del, and Josef's.

Yields, oh I don't know, a pan full of crispy treats cut to the size you are craving

Healthy Christmas Cakes

No Sugar Cranberry Cheesecake

By: Dinell, [Mommy D's Kitchen](#)



Description

Sorry to say that this recipe doesn't have a reg. sugar version. I made this up from three other recipes I have. I hope all you reg. sugar lovers will understand. I would encourage you to try the no sugar version though. I promise you will love it! It doesn't taste like a no sugar treat! My hubby took it to work and brought the plate back empty, and they are picky picky guys! TRY IT!

Ingredients

Cranberry Sauce:

- 12 oz. package fresh cranberries
- 1/2 cup margarine
- 1/4 cup water
- 1 tsp. vanilla
- 2/3 cup Splenda Granular

Cheesecake:

- 2 cup crushed pretzels
- 4 8oz package cream cheese, softened
- 1 cup Splenda Granular
- 5 eggs
- 1 tbsp. lemon juice

Instructions

1. In a food processor or blender add cranberries and 1/4 c water. Pulse until cranberries are SUPER fine.

2. In a medium sauce pan add the cranberry mixture, the margarine, vanilla, and 2/3 c Splenda. Heat on medium. Once it starts to bubble cook for an additional 3 minutes stirring constantly. Remove from heat and allow to cool. Once cool enough to handle safely remove 1 c of the mixture to a small container and set aside. This will be your topping. (You may want to taste it and make sure it's sweet enough for you. I like it a little tart so I only used 2/3 c sweetener. After you taste it you can add more sweetener if you like.)
3. In a mixing bowl combine all packages of softened cream cheese. Mix on high until creamy and smooth. Gradually beat in the Splenda. Once combined start to add the eggs. Add one at a time mixing well after each. Last add in the lemon juice and mix well.
4. Spray your 9 inch Spring Form pan with non-stick spray. Spread the pretzels on the bottom in an even layer. This will be your crust. Using a large ladle or spoon slowly spoon some of your cheese mixture onto your crust to keep it from moving when you pour the rest in. Once you have a light layer you can pour about half the remaining mixture into your pan.
5. Take the portion of the cranberry mixture still in the pan and spoon half onto your cheesecake. Using a butter knife carefully pull it thru your cheese mixture to marble it. Be careful not to scrape the bottom crust.
6. Pour the remaining cheese mixture into your pan. Spoon the rest of your cranberry mixture still in the pan onto the top and marble.
7. Bake at 350° F for 10 minutes. Reduce heat to 200° and continue baking for another 60 – 75 minutes or until center is ALMOST set. Remove from oven and cool. When cheesecake is just warm you can add cranberry sauce you set aside earlier. Carefully spread over the top of your cheesecake. Once it is completely cooled carefully remove spring form.
8. This cheesecake tastes best after being refrigerated for at least 2 hours before serving. Enjoy!

No Sugar Perfectly Pumpkin Cake with Cream Cheese Frosting

By: Dinell, [Mommy D's Kitchen](#)



Description

Okay, this cake is my favorite. It takes a bit more work than the average cake, but it tastes better than the average cake too! I could eat this every day for my entire life. It is so moist and so yummy. I debated about whether or not to post this for you. I wanted to keep this one to myself. My Secret Recipe! Since I love you guys so much though, I decided to share. I am including a Sugar version as well, but keep in mind that I have never made this with sugar so I don't know how it will turn out.

Ingredients

Cake:

- 2 cup flour
- 1/2 cup powdered milk
- 1 cup Splenda Granular (Sucralose)
- 1 1/4 tsp. baking soda
- 1/2 tsp. salt
- 3 tsp. pumpkin pie spice
- 3 cup grated pumpkin (1 pie pumpkin)
- 1 can pumpkin Puree
- 1 tsp. vanilla
- 1/2 c vegetable oil
- 1 cup milk
- 4 eggs

Frosting:

- 2 package cream cheese, softened
- 2 cups Splenda granular

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- 2 c powdered milk
- milk
- 1 tsp. vanilla

Instructions

1. First things first. You need a good "Baking Pumpkin" or "Pie Pumpkin" (which ever your grocery store likes to call it). The darker orange, the better. (At least that's what I have been told)
2. We need to peel this thing so make sure you have a sharp knife. It's gonna take some elbow grease (and possibly a few swear words and band aids). First we have to cut the top and bottom off.
3. Next you need to peel the pumpkin. Using your knife cut down the side following the curve of the pumpkin.
4. Once you have that done cut the pumpkin in half. Using a spoon scrape out all the seeds and strings.
5. Once they are cleaned you need to grate them up just like you would carrots or potatoes. I used my food processor but a manual grater will work just as well. Once you have it grated set it aside and start your cake.
6. In a large bowl combine all dry ingredients including the Splenda/Sugar. In a separate large bowl combine the canned pumpkin and vanilla, while mixing add in the eggs one at a time mixing well after each. Once all the eggs are incorporated add in the milk and oil. Mix until completely combined.
7. Pour the wet ingredients into the large bowl with the dry ingredients. Mix well making sure to scrape the sides for any rogue flour. Using a spoon stir in the grated pumpkin making sure it is distributed evenly.
8. Pour into two greased 8 inch cake pans. (You could also use 9 in pans but keep in mind the layers will be thinner.) Use your spoon to spread the batter evenly in the pans.
9. Bake at 350° for 30-35 minutes or until toothpick inserted in center comes out clean.
10. Cool in pans until cool enough to handle, then remove and cool completely on wire rack. If you need your cakes to be level you can use a large knife to cut the rounded tops off the cake. I never do, it's a waste of cake! LOL. I turn one over and use it for the bottom layer. With the curve underneath it gives me a flat surface to lay the top layer onto. It also lifts up the cake just a little off the plate so when you frost you don't get the plate AS messy.

Now on to the frosting:

11. If you are using Splenda, pour your Splenda and powdered milk into a food processor or blender. Pulse until it's the consistency of powdered sugar.
12. In a large bowl combine cream cheese (and butter if using real sugar.) and vanilla. Mix until creamy. While mixing pour in your Splenda Mixture or powdered sugar. Mix well. Add your milk (if needed) a little at a time while mixing until you reach spreading consistency. (If using real sugar recipe, if your mixture is too stiff add a little milk, if too thin add a little powdered sugar.)
13. Now the fun part. Spread your COMPLETELY COOLED cake with the frosting.

Almost Traditional Fruit Cake

By: Stella, [The Witchy Kitchen](#)



Description

It's 'almost' traditional mostly because it has the moist, dense texture of a fruit cake without the sugary stickiness of those old school cakes. In fact, you just may want to actually eat this delicious holiday treat made with real dried fruit and nuts!

Ingredients

- 1 3/4 cups Organic A.P. Flour
- 2/3 cup Turbinado Sugar
- 1 tsp. Baking Soda
- 1/8 tsp. Sea Salt
- 1/2 cup Canned Pumpkin
- 3/4 cup Fat Free Yogurt
- 1/3 cup Vegetable Oil
- 3 Tbsp. Almond or Dairy Milk
- Grated Rind of 1 Small Orange
- 1 cup Raw Pecans
- 1 cup Dates (Chopped)
- 1 cup Dried Cranberries
- 1/4 cup A.P. Flour (For tossing fruit)

Instructions

1. Preheat oven to 325 degrees F and line a bread pan with greased parchment paper.
2. Chop the dates and nuts. Place them in a bowl with the cranberries and toss with the 1/4 cup of flour. Set aside.
3. Also place 1/2 tsp. of the baking soda in the 3/4 cup of yogurt. Mix and set aside.

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4. In a bowl, mix the 1 3/4 cup of flour, sugar, 1/2 tsp. baking soda, and salt. In another bowl, mix the pumpkin, oil, yogurt, milk, and orange rind. In the dry ingredients bowl, create a well. Pour all of the wet ingredients into the well. Mix very gently (your batter will be very thick). Before completely mixed, add the fruit & nut mixture. Use a cake scrape to place the mixture evenly in your prepared pan.
5. Bake at 325 for 1 hour and 20-30 minutes or until a tooth pick comes out completely clean.

Mini Pumpkin Cheesecakes

By: Alicia, [AliGirl Cooks](#)

Description

The original recipe called for Nilla Wafers in the bottom of the cupcake liner so I switched it up and used Ginger Snaps. They worked perfectly. This amazingly simple dessert won't take up too much of your time but it will certainly wow your guests.

Serves: 12

Baking Time: 25 min

Ingredients

- 2 packages of cream cheese at room temperature (I used the 1/3 less fat kind)
- 1/2 cup of sugar
- 2 eggs
- 1 teaspoon of vanilla
- 1/2 cup of pumpkin
- 1 tablespoon pumpkin pie spice
- 12 Ginger Snaps (Try to buy small ones, I had to break mine up to fit)
- 12 Foil Cupcake Liners

Instructions

1. Preheat your oven to 325 degrees.
2. Place cupcake liners in your cupcake pan. Put 1 ginger snap in the bottom of each liner.
3. Cream together the cream cheese, sugar and eggs. Once smooth, add in the pumpkin and pumpkin pie spice. Beat for a few more minutes to combine.
4. Fill each cupcake liner to 2/3 full.
5. Bake for 25 minutes.
6. Place on a cooling rack until at room temperature. Refrigerate until ready to serve.
7. Top with whipped cream and enjoy!

Healthy Christmas Dessert Recipes

Caramel Chantilly Cream

By Chiara, [The Wandering Cook](#)

Description

This Chantilly cream is to die for and everyone, and I cannot stress that "everyone" enough, should try it. One look at the recipe and you'll see that it's incredibly rich, which is the reason why we eat only once a year for Christmas. As the title suggests, we eat it with panettone or pandoro -the two most typical Italian Christmas staples- but I bet that it's good on any type of cake or, as the Kitchen Witch suggests, with spoon.

Ingredients

- 1 pint heavy whipping cream
- 2 tablespoons sugar
- 5 tablespoons sugar
- 2 tablespoons flour
- 2 cups milk
- 4 tablespoons sugar
- 5 egg yolks

Instructions

1. Mix whipping cream and 2 tablespoons of sugar in a large bowl. Whip with a whisk or with a mixer and place in the fridge.
2. Put 5 tablespoon of sugar in a small heavy pan with two tablespoons of water. Heat over medium heat until sugar melts and turns into caramel. Remove from heat and set aside.
3. In a medium bowl mix four tablespoons of sugar, flour and egg yolks. Slowly stir in milk. Stir to combine. Stir mixture into the pan with the caramel and out it back on the stove over low heat. Stir constantly until the two are well blended. Remove from heat and let cool in the fridge.
4. Right before serving, mix the caramel mixture with the whipped cream.

No Sugar Mama's Apple Pie and Flakey Pie Crust

By: Dinell, [Mommy D's Kitchen](#)



Description

I have 3 different apple pie recipes that I use. I like them all and couldn't choose which one to post for you. So instead of choosing one I did some mad scientist baking and combined all three recipes. I hope you enjoy it. Apple Pie really isn't as hard as it seems. I promise.

Ingredients

Filling:

- 1/4 cup flour
- 2/3 cup Splenda Granular or Sugar
- 1 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. all spice
- 1/8 tsp. salt
- 4 tbsp. butter or margarine
- 6 cup thinly sliced apples (I used Honey Crisp but you can use any cooking apple you prefer. Granny Smiths are normally used in pies)

Pie Crust:

- 2 cup flour
- 1 tsp. salt
- 2/3 cup butter flavored shortening, cold
- Ice Water

Instructions

1. Preheat oven to 425°
2. Peel, core and thinly slice your apples. You could also dice them if you prefer.

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3. In a large skillet or pot melt 4 tbsp. butter over medium heat. Add in salt, cinnamon, all spice, and nutmeg. Pour in apples and stir to coat. Remove from heat and set apples aside to cool.
4. While the apples are cooling it's time to make the pie crust. Deep Breath, it's not as difficult as it seems. Before we start here are a few tips that will help you feel more confident.
 - Make sure the shortening is cold. This helps to keep the fat from being absorbed by the flour.
 - Handle dough as little as possible. The warmth from your hands warms the fat and can make your crust less tender.
 - When placing the dough into your pie plate do not stretch it. Stretching results in the crust shrinking in the oven.
 - Those are just some basic tips. Once I learned these, pie crust didn't intimidate me as much. Just take a deep breath. It's just dough. 😊
5. In a large bowl combine Flour and salt. Cut your cold shortening into chunks and add to bowl. If you don't have a pastry cutter, (which I don't) the best way to cut the shortening into the flour is with 2 butter knives. Scissor fashion. Sort of like you cut your spaghetti. Cut the shortening into the flour until it resembles crumbs about the size of peas.
6. Now you are going to add your COLD water. I use ice water. (Don't put the ice in the dough though!) Pour a little water in at a time. Using a fork stir the dough. You are going to keep adding water a little at a time, until your dough starts to stick together. You may use as little as 1/4 c or as much as a cup or more. Elevation, humidity, temp all factor into this.
7. Once you have your dough, quickly form into a ball with your hands. Divide in half and set half aside while you roll out the first crust. Flour the surface you are going to use to roll your dough on.
8. You are going to roll your dough from center out in alternating directions. This will help you get even thickness. Roll to about 1/8" thick. Your dough should have a slightly marbled look to it. This is the layers of fat/flour that will insure your crust is flakey.
9. Carefully lay your crust onto your 9" pie plate. Try not to stretch it. Set aside. Time to go back to your apples.
10. Now you are going to add 1/4 c flour and 2/3 c Splenda or sugar to your apples and mix well to coat.
11. Once apples are coated pour them into your pie plate with your newly made perfect crust.

12. Now you are going to make another crust just like you did the first one with the rest of your dough. Once you have it rolled out carefully lay on top of the pie.
13. Using your index fingers you are going to make indentations into the edges of the crust to seal.
14. Now take a sharp knife and working at an angle, (the angle if the pie plate) trim the excess dough from around the pie.
15. Now you need to make slits into the top crust to allow steam to escape the pie. I generally do 4 smaller ones in the center and four slightly larger ones around those. If you like you can sprinkle the top crust with a little extra Splenda or sugar. This is optional.
16. Bake at 425° for 10 minutes then lower heat to 350° and bake an additional 30-35 minutes or until crust edges are golden and the top crust just begins to brown.
17. Cool on wire rack and ENJOY! You just made an apple pie from scratch!

Beetroot and Walnut Muffins

By: [Lora Krulak](#)

Description

For a delicious and easy healthy Christmas recipe, try these Beetroot and Walnut Muffins with rosemary apple spread & whipped olive oil butter from Lora Krulak. These muffins make for a sweet dessert or for a tasty Christmas morning breakfast option.

Serves: 6

Ingredients

Muffins:

- ½ cup organic buckwheat flour
- ¼ cup organic spelt flour
- ½ cup organic cane sugar (or maple syrup)
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 egg
- ¼ cup organic oil
- 1 cup shredded/pureed beetroot
- ½ cup chopped walnuts (optional)

Rosemary Apple Spread:

- 4 apples, peeled and diced (any combination of apples)
- ½ tablespoon organic vanilla extract
- 2 sprigs fresh rosemary
- Salt

Instructions

Muffins:

1. Preheat the oven to 350 degrees F
2. In a bowl, combine the flour, sugar, and baking soda, salt
3. Combine the egg and the oil and stir into the dry ingredients just until the batter is moistened
4. Fold in the beetroot and the walnuts to the batter
5. Oil the muffin tins or use paper liners.
6. Fill the cups ¾ full with the pink batter.
7. Bake the muffins for 22-25 minutes or until a toothpick comes out clean.
8. Cool for 5 minutes before removing the muffins to a wire rack.

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9. Serve with the rosemary apple spread and whipped olive oil butter

Rosemary Apple Spread:

1. Put the apples, vanilla, rosemary sprigs and salt in a pot with about $\frac{1}{4}$ cup water on low heat.
2. Bring to a simmer
3. Stir, cover with a lid and let cook for about 30 minutes.
4. Keep checking the mixture and stirring occasionally. The rosemary will fall off the stem so remove the large thick stem before serving.

Whipped Olive Oil Butter

1. Soften 1 stick of organic or pure French butter and whip in $\frac{1}{2}$ cup olive oil until smooth.
2. This will keep in a sealed container for many months.

Healthy No Bake Apricot-Coconut Balls

By: Jenn, [The Leftover Queen](#) (inspired by a recipe from World Famous Recipes)

Description

Growing up, I remember having these yummy no-bake apricot-coconut balls and I really wanted to make them this year. So I found a recipe on World Famous Recipes. I went to the store and got all the ingredients. On the day that I decided to make them, I had a change of heart and got inspired to give them a healthy make-over. So instead of using sweetened condensed milk, like the recipe calls for, I used a combination of Coconut Peanut Butter and Coconut Cream Concentrate – so there is no added sugar in these, only that which comes from the natural fruit sugars. These cookies are gluten-free, dairy-free and egg-free!

Yields: 4 to 5 dozen

Ingredients

- 2 cups finely chopped dried apricots (I used un-sulphured, which are a bit darker – so, no, those are not chocolate chips – although I bet chocolate chips would be yummy in these...)
- 1 cup fresh coconut, chopped finely in food processor
- 1 cup organic desiccated coconut flakes (you can use two cups of this, instead of one cup fresh)
- 1 cup chopped walnuts, pecans or almonds
- 4 oz. coconut peanut butter (or any other nut butter)
- 3 oz. coconut cream (or just 7 oz. of peanut butter – or any other nut butter)

Instructions

1. In a large bowl combine all ingredients and mix well with your hands.
2. Shape into one inch bite sized balls.
3. Store in the fridge.

More Healthy Christmas Recipes

Spiked Apple Cider

By Chiara, [The Wandering Cook](#)

Description

I don't remember exactly when I became such a fan of hot, alcoholic drinks, but I suspect it has something to do with going to the Christmas open air market in Bressanone, Italy. Nowadays going to this quaint mountain markets has become such a fad that people jam up every possible highway and road leading to the Dolomites, but back then, in the early nineties, only locals and people who had vacation homes in the area knew about them.

Ingredients

- 2 tablespoons butter
- 2 tablespoons dark brown sugar
- 10 black peppercorns
- 8 whole allspice berries
- 5 whole cloves
- 2 cinnamon sticks
- 6 cups apple cider
- 1 tablespoon honey
- 1/2 teaspoon vanilla extract
- 2 (2-inch) lemon rind strips
- 1 cup brandy

Instructions

1. Melt butter in a large saucepan over medium heat.
2. Stir in sugar and next 4 ingredients (through cinnamon sticks); cook 1 minute.
3. Add cider and next 4 ingredients (through lemon rind); bring to a simmer.
4. Reduce heat to medium-low; simmer 15 minutes.
5. Remove from heat; stir in applejack. Strain; discard solids.

Spiced Almonds

By Chiara, [The Wandering Cook](#) (Adapted from *Cooking Light*)

Description

This recipe for Spiced Almonds is one of the best healthy Christmas recipes around because it makes for the perfect holiday gift. Spiced with paprika and cumin, this savory treat is one of the tastiest healthy Christmas snacks.

Ingredients

- 1 tablespoon water
- 1 large egg white
- 1 pound raw, unblanched almonds
- 1/2 cup brown sugar
- 1 tablespoon salt
- 1 tablespoon Spanish smoked paprika
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon chili powder

Instructions

1. Preheat oven to 300° F.
2. Combine 1 tablespoon water and egg white in a large bowl; stir with a whisk until foamy. Add almonds; toss well to coat. Place almonds in a colander, and drain 5 minutes.
3. Combine almonds, sugar, and next 5 ingredients (through chili powder) in a large bowl; toss to coat. Spread almond mixture in a single layer on a jelly-roll pan coated with cooking spray.
4. Bake at 300° for 15 minutes. Stir almond mixture; reduce oven temperature to 275°. Bake an additional 40 minutes, stirring every 10 minutes.
5. Remove from oven; cool 5 minutes. Break apart any clusters. Cool completely.

Peppermint Mocha Latte

By: Stefanie, [The New Healthy](#)

Description

I la-la love Coffee-mate's seasonal Peppermint Mocha Creamer. But let's face it: it's just not the healthiest counterpart to your morning cup o' joe. Unfortunate, but true. Every season, I overlook this minor detail and drown myself in the chemical goodness that is Peppermint Mocha Creamer. Shh, I may have had some in my coffee this morning. Since I'm on a never-ending quest (sounds like the title of a battle movie) to rid my diet of processed chemicals, I am going to healthify my obsession and make my very own Peppermint Mocha latte.

Ingredients

- strongly brewed coffee (i.e., Starbucks Espresso blend)
- 2 sugar-free starlight mints
- 1/4 cup Silk Dark Chocolate almond milk
- 1/4 cup unsweetened vanilla almond milk
- 1 teaspoon unsweetened cacao powder
- Stevia (1 mini scoop)
- Optional (but fun) toppings: whipped topping, sprinkles, mini candy canes

Instructions

1. Add all ingredients (except for coffee) to a pot and bring to a low boil.
2. Turn down heat and allow starlight mints to melt. Stir occasionally.
3. Once the mint is completely melted (or nearly in my case), pour 1 cup of strongly brewed coffee into the pot. Continue stirring.
4. Transfer latte to a mug. Top with whipped cream and sprinkles and enjoy your caffeine boost. Minus the chemicals.

21 Healthy Christmas Recipes: Blogger Edition

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