



## Kayleigh's Holiday Recipe Book

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I hope you enjoy these yummy recipes! Let me know if you would like more recipes or to work on a meal plan together! Enjoy!





## Chocolate Strawberry Chia Pudding

2 servings

30 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk  
(unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Likes it Thicker:** Use full fat coconut milk instead.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.





## No Bake Maple Pecan Bars

12 servings

2 hours 10 minutes

### Ingredients

- 1 1/2 cups Oats
- 1 cup Almonds
- 1/3 cup Maple Syrup
- 2 tsps Cinnamon
- 1 tbsp Coconut Oil
- 1/2 tsp Sea Salt (divided)
- 2 cups Pitted Dates
- 2 tsps Water
- 1 tsp Vanilla Extract
- 1/4 cup Cashew Butter
- 3/4 cup Pecans (roughly chopped)

### Directions

- 1 Line a baking pan with parchment paper.
- 2 In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
- 3 Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
- 4 Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
- 5 Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
- 6 Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

### Notes

**Leftovers:** Store leftover slices in the fridge for up to one week, or freeze for longer.

**Serving Size:** One serving is one square.

**Baking Pan:** This recipe was tested in an 8 by 8-inch baking dish.

**Gluten-Free:** Use gluten-free oats.

**No Cashew Butter:** Use almond butter instead.



## Super Seed Chocolate Bark

8 servings

40 minutes

### Ingredients

2 3/4 ozs Dark Chocolate  
2 tsps Coconut Oil  
1/4 cup Pumpkin Seeds  
1/4 cup Sunflower Seeds  
2 tsps Hemp Seeds

### Directions

- 1 Line a plate or baking sheet with parchment paper.
- 2 Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
- 3 Add the chocolate and coconut oil to the double boiler and stir occasionally until the chocolate has melted completely.
- 4 Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
- 5 Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
- 6 When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

**Serving Size:** One serving is equal to approximately 1/4 cup of bark.

**More Flavor:** Add sea salt or vanilla extract.

**No Seeds:** Use chopped nuts instead.





## Vegan Cinnamon Rolls

8 servings

35 minutes

### Ingredients

3/4 cup Unsweetened Almond Milk  
2 tbsps Apple Cider Vinegar  
1/4 cup Maple Syrup (divided)  
3 cups Almond Flour  
2 cups Tapioca Flour (plus more for work surface)  
1 tbsp Baking Powder  
1/2 tsp Baking Soda  
2 tbsps Coconut Sugar  
1 tbsp Cinnamon  
6 ozs Vegan Cream Cheese (room temperature)

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 In a bowl, whisk together the almond milk, apple cider vinegar, and half the maple syrup. In a separate mixing bowl, combine the almond flour, tapioca flour, baking powder, and baking soda. Add the wet ingredients to the dry ingredients and combine until the dough becomes soft and sticky. Set aside.
- 3 Lay a large sheet of parchment paper on the counter and sprinkle with tapioca flour. Roll out the dough into a flat rectangle about 1/4 to 1/2-inch thick. Sprinkle the cinnamon and coconut sugar generously overtop, then tightly roll the dough into a log, using the parchment to keep from getting sticky.
- 4 Using floss or string, slice the dough into 1 1/2-inch rolls. Transfer to the baking sheet and bake for 12 to 15 minutes, or until cooked through. Let cool for five minutes before icing.
- 5 Whisk together the cream cheese and remaining maple syrup. Spread over the cinnamon rolls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. The icing can be left on or refrigerated separately. Microwave for 15 seconds before serving.

**Serving Size:** One serving equals one cinnamon roll.

**More Flavor:** Add vanilla extract to the dough and icing. Mix the coconut sugar and cinnamon with melted coconut oil before spreading onto the dough.

**Additional Toppings:** Top with chopped pecans.

**No Almond Milk:** Use cashew milk or canned coconut milk.

**No Tapioca Flour:** Use arrowroot powder or cornstarch.



## Cranberry Apple Oat Crisp

8 servings

50 minutes

### Ingredients

- 1/3 cup Coconut Oil
- 3 Apple (large, cored, chopped)
- 2 cups Frozen Cranberries
- 1/2 cup Maple Syrup
- 3/4 cup All Purpose Gluten-Free Flour (divided)
- 1 1/2 cups Oats
- 1/4 cup Coconut Sugar

### Directions

- 1 Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
- 2 Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
- 3 In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
- 4 Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to three months.

**Serving Size:** One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

**More Flavor:** Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

**Additional Toppings:** Top with whipped coconut cream, ice cream or yogurt.

**All Purpose Gluten-Free Flour:** This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.



## Slow Cooker Maple Cinnamon Oatmeal

8 servings

8 hours

### Ingredients

1 1/2 tps Coconut Oil  
3 cups Steel Cut Oats  
9 cups Water  
2 tps Cinnamon  
1/4 cup Maple Syrup  
1/2 tsp Sea Salt

### Directions

- 1 Grease your slow cooker with coconut oil.
- 2 Add the remaining ingredients to your slow cooker. Do not stir as the ingredients will mix as it cooks. Set the slow cooker to low and cook for 8 hours.
- 3 Enjoy immediately or divide into separate containers to let cool and refrigerate.

### Notes

**Storage:** Refrigerate in an airtight container up to 6 days.

**Toppings:** Fruits, nuts, berries, hemp hearts, ground flaxseed, chocolate chips, nut or seed butter, shredded coconut.

**Oatmeal Party:** Set up your desired assortment of toppings for each guest to dress their own bowl of oatmeal.

**No Steelcut Oats:** Use old-fashioned or rolled oats instead. Note that they will require less cooking time (check at 4 hrs).





## Hazelnut Cocoa Bites

8 servings

20 minutes

### Ingredients

1 cup Hazelnuts  
2 tbsps Cocoa Powder  
2 tbsps Maple Syrup  
1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
- 2 Add the cocoa powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
- 3 Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days or freeze for up to three months.

**Serving Size:** One serving is equal to one ball.

**More Flavor:** Add vanilla extract.



## Baked Brie with Cranberry Sauce

6 servings

20 minutes

### Ingredients

10 ozs Brie Cheese (whole, round)  
1/2 cup Cranberry Sauce (homemade  
or canned)

### Directions

- 1 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper. Place brie on the baking sheet and bake for 15 minutes, or until soft.
- 2 Remove the brie from the oven and top with cranberry sauce. Return to the oven and bake for 5 more minutes. Let cool a bit before serving. Enjoy!

### Notes

**No Cranberry Sauce:** Use any jam, fruit spread or chutney instead.

**Serve it With:** Crackers or crusty bread.

**Extra Toppings:** Crushed nuts, toasted pumpkin seeds or sunflower seeds.

**Vegan & Dairy-Free:** Use a cashew cheese instead of brie.



## Apple Sausage Bites

2 servings

20 minutes

### Ingredients

8 ozs Pork Sausage  
1/2 Apple (core removed, sliced)  
3/4 cup Sauerkraut

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
- 3 Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately six pieces.

**Make it Vegan:** Use marinated tofu, tempeh or chopped vegan burgers instead of sausage.





## Maple Cranberry Sauce

8 servings

30 minutes

### Ingredients

- 1 cup Water
- 1 cup Maple Syrup
- 3 cups Frozen Cranberries (or fresh)

### Directions

- 1 Combine water and maple syrup in a saucepan and bring to a boil.
- 2 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately 1/4 cup of cranberry sauce.

**Leftovers:** Refrigerate in an airtight container up to one week or freeze for up to three months.

**Serve it With:** Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.



## Tomato Chickpea Soup

4 servings

25 minutes

### Ingredients

- 4 cups Vegetable Broth (divided)
- 1/2 Yellow Onion (finely chopped)
- 1 Carrot (small, peeled, finely chopped)
- 2 Garlic (large cloves, minced)
- 1 cup Chickpeas (cooked, rinsed)
- 3/4 cup Diced Tomatoes
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 cup Brown Rice Fusilli
- 1 cup Baby Spinach (chopped)

### Directions

- 1 Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
- 2 Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
- 3 Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
- 4 Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Fat:** Sauté the vegetables in extra virgin olive oil instead of the broth.

**Additional Toppings:** Fresh herbs, red pepper flakes, fresh ground pepper, nutritional yeast, extra virgin olive oil.

**No Fusilli:** Use another short-cut pasta.

**No Canned Diced Tomatoes:** Use fresh instead.





## Acorn Squash & Sausage Hash

4 servings

30 minutes

### Ingredients

10 ozs Pork Sausage (casings removed)  
1 tbsp Extra Virgin Olive Oil  
1 Acorn Squash (peeled, chopped into cubes)  
1/2 Yellow Onion (chopped)  
2 cups Mushrooms (sliced)  
2 cups Kale Leaves (chopped)  
1 tbsp Nutritional Yeast  
1 tsp Sea Salt  
1 Apple (cored, cubed)

### Directions

- 1 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 2 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 3 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 4 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 1 cup of the hash mixture.

**More Fiber:** Stir in cooked quinoa or rice.

**Make it Vegan:** Use black beans or lentils instead of sausage.

**Meal Prep:** Cook the acorn squash in advance to save time.





## Kefir & Cabbage Poppy Seed Slaw

4 servings

10 minutes

### Ingredients

4 cups Green Cabbage (thinly sliced)  
2 Carrot (peeled, shredded)  
1/4 cup Parsley (roughly chopped)  
3 tbsps Plain Kefir  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Lemon Juice  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Poppy Seeds

### Directions

- 1 In a large bowl add the cabbage, carrots and parsley.  
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- 2 In a small bowl, whisk together the kefir, oil, lemon juice, salt and pepper.  
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- 3 Pour the dressing onto the cabbage slaw and mix well to combine. Add the poppy seeds and divide evenly between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to about 1 cup of slaw.

**Dairy-Free:** Use a dairy-free kefir or yogurt.

**More Flavor:** Add some spice, such as a sliced jalapeño.



## Lentil Meatballs

5 servings

35 minutes

### Ingredients

1/2 cup Dry Green Lentils (rinsed)  
1 cup Vegetable Broth  
1/2 tsp Extra Virgin Olive Oil  
1/3 cup Shallot (chopped)  
1 tbsp Ground Flax Seed  
3 tbsps Water  
1/4 cup Parsley (chopped)  
1/4 cup Nutritional Yeast  
1/2 cup Almonds (chopped)  
3/4 tsp Sea Salt

### Directions

- 1 Add lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes, or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Heat the oil in a small skillet over medium heat. Once hot, add the shallot and cook for 4 to 5 minutes or until softened. Remove from heat and set aside.
- 4 In a small bowl, add the ground flax seeds and water and let sit for a few minutes to thicken slightly.
- 5 In a food processor, add the lentils, shallot, flax mixture, parsley, nutritional yeast, almonds, and salt. Pulse until combined and the dough starts to hold together.
- 6 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to seven days. Freeze for up to two months.

**Serving Size:** One serving is approximately three balls.

**Serve it With:** Serve with a side of veggies or on top of pasta.

**More Flavor:** Add minced garlic with the shallot. Add tomato paste and/or tamari for more flavor.



## Turkey & Bacon Wrap

2 servings

5 minutes

### Ingredients

2 tbsps Mayonnaise  
2 Brown Rice Tortilla  
1 head Boston Lettuce  
8 ozs Sliced Turkey Breast  
4 slices Bacon, Cooked (cut in half or chopped)  
1/2 Avocado (sliced)

### Directions

1

Spread the mayonnaise on the tortilla and place the lettuce on top. Add the turkey, the bacon and the avocado. Wrap and repeat with any remaining tortillas. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to one large wrap.

**Egg-Free:** Use an egg-free mayonnaise.

**Additional Toppings:** Add sliced tomato, seeds removed if needed.





## Turkey Hummus Sandwich

1 serving

5 minutes

### Ingredients

2 slices Bread  
4 ozs Turkey Breast, Cooked  
1 tbsp Hummus  
1 1/2 tsps Dijon Mustard  
1/2 cup Mixed Greens

### Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

### Notes

**No Turkey:** Use chicken breast instead.

**Vegan & Vegetarian:** Use smashed chickpeas instead of turkey.

**Gluten-Free:** Use gluten-free bread instead or make it as a lettuce wrap.



## One Pan Sausage, Potatoes & Peppers

4 servings

30 minutes

### Ingredients

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Paprika
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 1/8 lbs Turkey Sausage (sliced)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the potatoes and peppers on the baking sheet and season with the oil, paprika, oregano, and salt. Toss to combine and bake for 10 minutes.
- 3 Add the sliced sausage to the same baking sheet and stir to combine with the potatoes and peppers. Continue to bake for 15 to 18 minutes, or until the sausage is cooked through and the potatoes are tender. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add your favorite dried herbs or spices.

**No Red Bell Pepper:** Use yellow or orange bell pepper instead.

**No Turkey Sausage:** Use pork or chicken sausage instead.

**No Mini Potatoes:** Use diced yellow or white potatoes instead.



## Pomegranate & Beet Salad

4 servings

35 minutes

### Ingredients

- 3 cups Water
- 2 Beet (peeled, chopped)
- 2 tbsps Avocado Oil
- 2 tbsps Apple Cider Vinegar
- 3 cups Mixed Greens
- 2 Clementines (peeled, sectioned)
- 1/4 cup Pomegranate Seeds
- 1/4 cup Feta Cheese

### Directions

- 1 Bring the water and beets to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 2 While the beets cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 3 Divide the mixed greens evenly between plates. Top with the cooled beets, clementines, pomegranate seeds and cheese. Add the dressing and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use nutritional yeast instead of feta cheese, or simply omit the cheese.

**Additional Toppings:** Add nuts and seeds.





## Tzatziki & Tortilla Chips

4 servings

15 minutes

### Ingredients

- 4 Brown Rice Tortilla (thawed)
- 1 cup Tzatziki

### Directions

- 1 Preheat the oven to 400°F (204°C). Slice brown rice tortillas into 1/8's. Place on a baking sheet and bake for 6 to 10 minutes, or until golden brown.
- 2 Remove chips from oven. Let cool and enjoy with tzatziki!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving equals approximately 8 tortilla chips and 1/4 cup of tzatziki.



## Balsamic Parmesan Zucchini Bites

4 servings

20 minutes

### Ingredients

- 1 Zucchini (medium, sliced into 1/4-inch thick rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tsp Balsamic Vinegar
- 1/2 cup Parmigiano Reggiano (grated)
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1/4 tsp Garlic Powder

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the zucchini rounds to a mixing bowl and toss with oil and balsamic vinegar. Arrange seasoned zucchini rounds on the prepared baking sheet.
- 3 In a small bowl combine cheese, Italian seasoning, sea salt and garlic powder. Top each zucchini round with the cheese mixture.
- 4 Bake for 15 to 18 minutes or until zucchini is tender and the cheese is bubbly and browned. Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For best results, reheat in the oven.

**Serving Size:** One serving is approximately five zucchini bites (or 1/4 of a zucchini).

**Make it Vegan:** Use a dairy-free, parmesan-style cheese instead.

**No Olive Oil:** Use avocado oil instead.