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Surviving the Holidays Recipes

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## Turkey, Greens & Avocado Wraps

1 serving

5 minutes

### Ingredients

- 1/2 Avocado (sliced thin)
- 100 grams Sliced Turkey Breast
- 1/4 cup Microgreens

### Nutrition

Amount per serving	
Calories	274
Fat	19g
Carbs	12g
Fiber	7g
Protein	17g
Calcium	31mg

### Directions

- 1 Layer the sliced avocado on top of the sliced turkey breast and top with microgreens. Roll into a wrap and serve!

### Notes

**No Turkey:** Use chicken or another deli meat instead

**More Flavour:** Add a condiment such as mustard or mayonnaise. Add spices of your choice.

**Leftovers:** Best enjoyed immediately but can be stored in the fridge for up to two days. Sprinkle the avocado with lemon juice to prevent browning.



## Chicken Noodle Soup

6 servings

1 hour

### Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 stalks Celery (chopped)
- 1 Carrot (large, peeled, chopped)
- 1 Yellow Onion (medium, chopped)
- 2 Garlic (large clove, minced)
- 1/2 tsp Sea Salt
- 1 tsp Dried Thyme
- 6 cups Chicken Broth
- 350 grams Chicken Thighs (bone-in, skin removed, trimmed)
- 1 cup Brown Rice Macaroni (dry)

### Nutrition

Amount per serving	
Calories	201
Fat	7g
Carbs	19g
Fiber	2g
Protein	15g
Calcium	34mg

### Directions

- 1 Heat the oil in a large pot over medium heat. Add the celery, carrot, and onion to the pot and cook for eight to 10 minutes until softened. Add the garlic, salt, and thyme to the pot. Stir to combine and cook for another minute.
- 2 Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
- 5 To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of soup and 1/4 cup of macaroni.

**More Flavor:** Add other dried herbs and spices, like parsley, sage, or oregano.

**Chicken Broth:** A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.

**No Brown Rice Macaroni:** Use another pasta noodle instead.

**More Veggies:** Add spinach or kale, bell pepper, mushrooms, potatoes, or peas.



## Lentil Masala Soup

4 servings  
30 minutes

### Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

### Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Protein	17g
Calcium	118mg

### Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to two months.

**Additional Toppings:** Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.





## Saucy Berry Citrus Oatmeal

1 serving  
15 minutes

### Ingredients

- 1 cup Water (divided)
- 1/2 cup Oats (quick or rolled)
- 1/4 cup Blueberries (fresh or frozen)
- 1/4 cup Strawberries (fresh or frozen)
- 1/2 Clementines (peeled, sliced)
- 2 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	323
Fat	11g
Carbs	50g
Fiber	12g
Protein	10g
Calcium	198mg

### Directions

- 1 Bring 2/3 of the water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed. Set aside.
- 2 Wipe the saucepan clean and add the blueberries, strawberries, clementine, chia seeds and remaining water. Bring to a simmer and cook for 5 minutes or until tender and thick.
- 3 Transfer the oatmeal to a bowl or container if on-the-go, and top with the berry clementine sauce. Garnish with a slice of clementine (optional). Enjoy!

### Notes

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

**More Flavor:** Add vanilla extract and sweeten with maple syrup, honey or any alternative sweetener.

**Additional Toppings:** Top with peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

**Make it Thicker:** Whisk in a bit of arrowroot powder or tapioca starch with the fruit, or add more chia seeds until your desired consistency is reached.

**No Stove Top:** Cook oats in the microwave instead.



## Avocado Brownies

12 servings

30 minutes

### Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	177
Fat	12g
Carbs	14g
Fiber	3g
Protein	3g
Calcium	23mg

### Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

### Notes

**Avocado:** One medium avocado is equal to approximately one cup of mashed avocado.

**No Ghee:** Use coconut oil or coconut butter instead.

**Pan Size:** For 12 servings, we used a 9 x 9-inch pan.