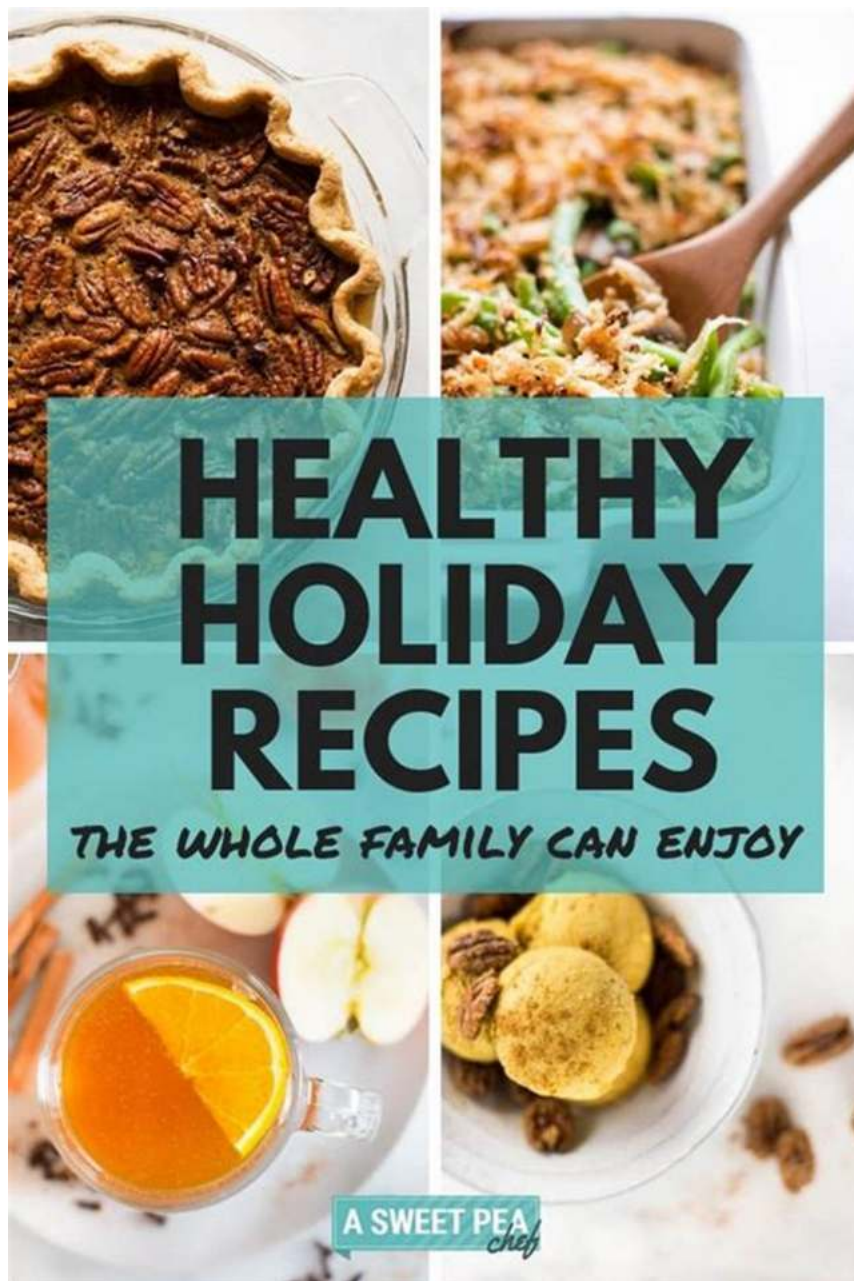


# Healthy Holiday Recipes In The Kitchen Cooking



The holiday season is here, and it's time to indulge in some delicious and healthy recipes that will make your festive gatherings even more special. Whether you're hosting a party or simply looking for some inspiration for your family dinner, we've

got you covered with our top-notch collection of healthy holiday recipes that you can whip up in the kitchen.

## 1. Festive Quinoa Stuffed Butternut Squash



**Healthy Holiday Recipes (In The Kitchen Cooking Book 2)** by June Kessler (Kindle Edition)

★★★★☆ 4 out of 5

Language : English



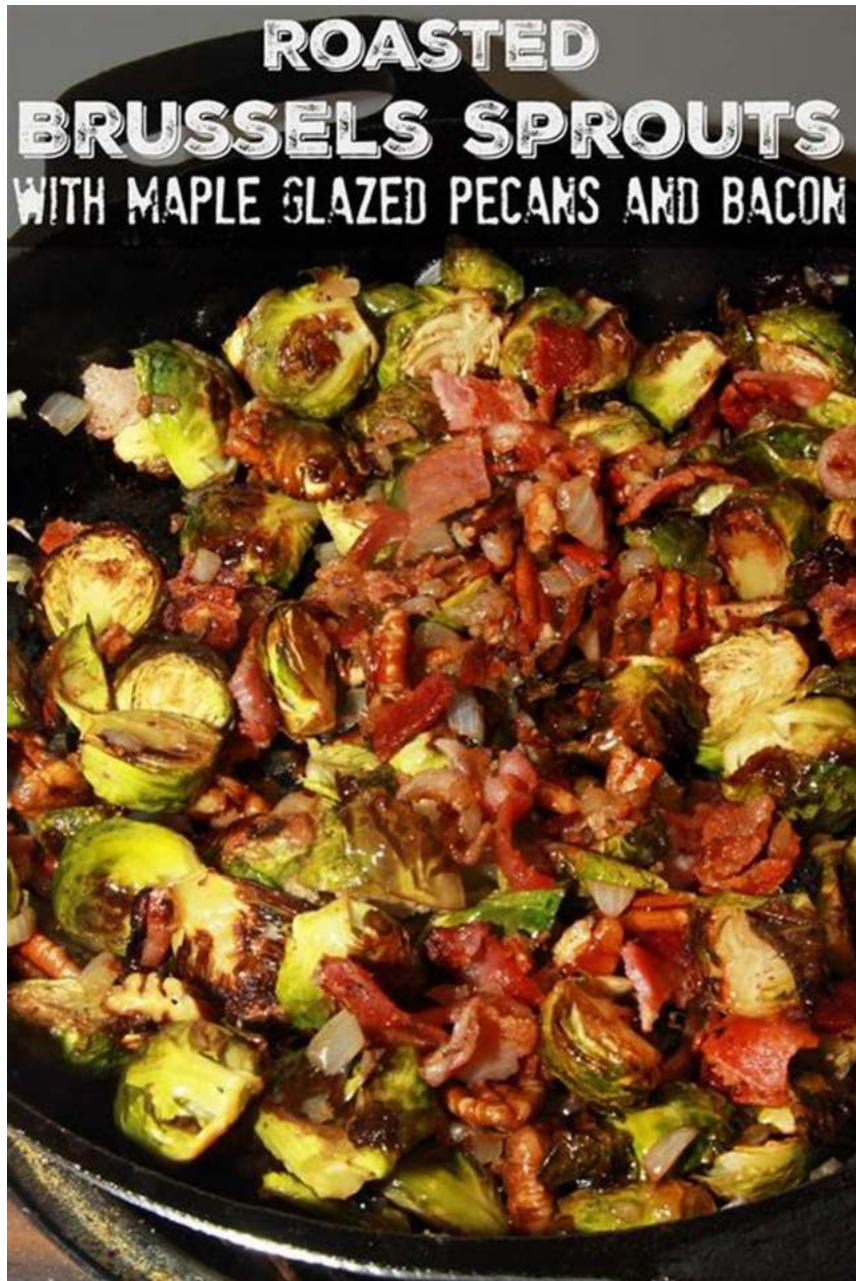
File size : 1122 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 92 pages  
Lending : Enabled



This festive dish is a perfect vegan alternative for the main course during the holidays. The combination of quinoa, dried cranberries, and walnuts stuffed inside a roasted butternut squash creates a burst of flavors in every bite. It's not only a treat for your taste buds but also a feast for the eyes with its vibrant colors.

## **2. Roasted Brussels Sprouts with Maple Glazed Pecans**





Brussels sprouts get a bad rap, but this recipe will change your mind. Roasted to perfection and topped with maple glazed pecans, these sprouts become a flavorful and healthy side dish that everyone will rave about. The combination of the savory sprouts with the sweetness of the pecans creates a harmonious balance that is sure to impress.

### **3. Healthy Honey Glazed Carrots**



No holiday feast is complete without the presence of carrots, and this recipe takes them to a whole new level. These healthy honey glazed carrots are sweet, tender, and bursting with rich flavor. The addition of fresh herbs and a touch of honey elevates this classic side dish, making it irresistible even to the pickiest eaters.

#### **4. Cranberry Chia Seed Jam**



Add a healthy twist to your holiday breakfast or dessert by making this scrumptious cranberry chia seed jam. Not only is it packed with the goodness of chia seeds, but the tartness of cranberries gives it a unique and refreshing taste. Spread it on toast, use it as a topping for yogurt, or even as a filling for pastries - the possibilities are endless!

## **5. Dark Chocolate Peppermint Bark**





Indulge your sweet tooth with this guilt-free dark chocolate peppermint bark. Made with only a few ingredients, this decadent treat is perfect for the holidays. The combination of rich dark chocolate and refreshing peppermint creates a delightful flavor profile that is hard to resist. Plus, the vibrant colors make it an eye-catching addition to your dessert spread.

These are just a few examples of the many healthy holiday recipes that you can enjoy in the kitchen during this festive season. Remember, eating healthy doesn't mean compromising on taste. With a little creativity and the right ingredients, you can savor delicious dishes that are good for both your body and soul.

So, gather your loved ones, put on your apron, and get ready to create magical moments in the kitchen with these nutritious and mouthwatering holiday recipes. Happy cooking and happy holidays!



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### Healthy Holiday Recipes

#### Healthy Heart

Keep the holidays light and healthy without sacrificing traditional favorites. Healthy Holiday Recipes can be used as a guide, so you can experiment with low-fat cooking techniques and learn to modify your favorite recipes to be low in fat, cholesterol, and sodium. Enjoy good-for-you solutions to traditional dishes, such as Turkey, stuffing, and cranberry sauce. You can enjoy your special dinner and holiday entertaining without worrying about the calorie value, or eating fat laden foods. All recipes in this book meet the American Heart Association guidelines

#### >>> Prepare Healthy Holiday Meals

Preparing healthy meals that meet the AHA guidelines of 50 percent or more of calories from carbohydrate, 20 percent from protein, and less than 30 percent from fat isn't as hard as it would seem, the goals are easily accomplished if you



emphasize complex carbohydrates; eat no more than 6 ounces of lean meat, fish or poultry each day; and avoid added fat and high-fat foods.

## >> **Eating Healthy**

Living a healthy life-style doesn't have to be difficult or boring, and eating healthful foods shouldn't be a bland experience.

## >> **Holiday Celebrations**

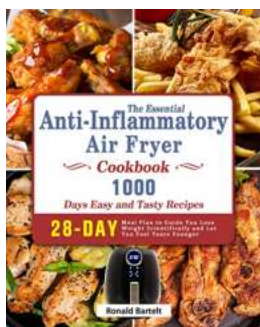
Health-conscious guests will appreciate an invitation to healthy choice menu.

**Scroll up and grab a copy today.**



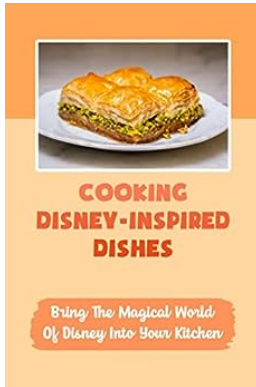
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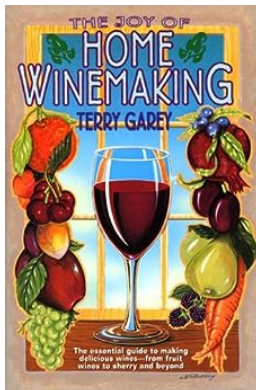
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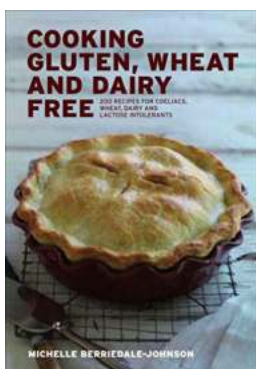
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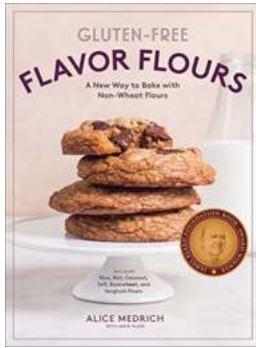
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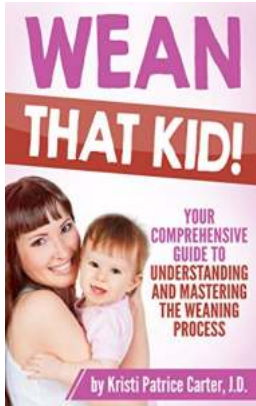
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