



Healthy for the Holidays

Wellbeats *Wellness*, a product of LifeSpeak Inc. Recipe eBook – Holiday Edition

All recipes are featured in the 14-day Healthy Holiday Program. Join today for extra motivation and guidance for staying well during the holiday season.

- Protein Pancakes
- Chia Pudding Parfait
- Roasted Acorn Squash
- Butternut Squash Kale Salad
- 50/50 Mashed Potatoes
- Roasted Carrot Soup
- Apple Cinnamon Muffins
- Tahini Hot Chocolate
- Salted PB Chocolate Pretzel Cookie
- Cookie Dough Balls



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Protein Pancakes

SERVINGS: 1

INGREDIENTS

1 scoop vanilla protein powder
½ banana, mashed
¼ cup egg whites or 1 egg
½ Tbsp almond milk
1 tsp cinnamon

Nutrition Facts

Servings 1

Amount Per Serving

Calories 261

% Daily Value

Total Fat 7.3g 9%

Saturated Fat 1.9g 10%

Cholesterol 164mg 55%

Sodium 592mg 26%

Total Carbohydrate 28.7g 10%

Dietary Fiber 3.8g 13%

Sugars 17.6g

Protein 22.8g

Vitamin D 67mcg 336%

Calcium 89mg 7%

Iron 16mg 86%

Potassium 460mg 10%



WHAT YOU'LL NEED



measuring
spoons



measuring
cups



skillet

INSTRUCTIONS

1. Mash banana with almond milk (½ Tbsp).
2. Stir in remaining ingredients.
3. Spray pan with oil (we recommend coconut or avocado oil) and heat over medium-low.
4. Pour in batter. Flip when ready. (Hint: the key to the perfect protein pancake is to cook them low and slow!)
5. Serve with almond butter, berries or lightly drizzle with 100% pure maple syrup.



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Chia Pudding Parfait

SERVINGS: 1

INGREDIENTS

1 can of light or full fat coconut milk

⅓ cup of chia seeds

½ tsp vanilla extract

8 drops stevia extract (or to taste)

Dash of cinnamon

Nutrition Facts

Servings 1

Amount Per Serving

Calories 500

% Daily Value

Total Fat 34.1g 44%

Saturated Fat 15.3g 77%

Cholesterol 0mg 0%

Sodium 131mg 6%

Total Carbohydrate 26g 9%

Dietary Fiber 25.2g 90%

Sugars 0.7g

Protein 15.1g

Vitamin D 0mcg 0%

Calcium 403mg 31%

Iron 7mg 38%

Potassium 304mg 6%



WHAT YOU'LL NEED



measuring
spoons



measuring
cups

INSTRUCTIONS

1. Combine all ingredients in a bowl with a lid. Refrigerate for a few hours or overnight to allow the chia seeds to gel.
2. Add your favorite toppings or mix-in's and enjoy! Try cacao powder for a chocolate pudding, add fresh berries, or sprinkle extra cinnamon on top - whatever you're in the mood for!



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Roasted Acorn Squash with Honey Tahini Sauce

SERVINGS: 4

Prep: 5 minutes

Cook: 40 minutes

Recipe courtesy of
[Prescribe Nutrition](#)

WHAT YOU'LL NEED



measuring
spoons



measuring
cups



sheet pan



INGREDIENTS

2 acorn squashes, de-seeded and sliced into thick wedges

Sea salt to taste

Turmeric to taste

Pepper to taste

Coconut oil spray

Sauce

½ cup tahini

1 lemon juice + zest

1 tsp honey

Sea salt to taste

Pepper to taste

½ cup warm water or more, to thin

Toppings

½ cup pistachios

½ cup pomegranate seeds

½ cup fresh mint leaves

Roasted Acorn Squash with Honey Tahini Sauce

INSTRUCTIONS

1. Preheat the oven to 400° F.
2. Spray acorn squash wedges with coconut oil, then sprinkle with salt, pepper, and turmeric. Roast on a sheet pan for 35-40 minutes, until the tops and edges become a little crispy.
3. Meanwhile, whisk together all sauce ingredients.
4. Once the squash is roasted, drizzle with sauce and top with pistachios, pomegranate, and mint.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories	338
% Daily Value	
Total Fat 20.4g	26%
Saturated Fat 2.9g	14%
Cholesterol 0mg	0%
Sodium 124mg	5%
Total Carbohydrate 35.2g	13%
Dietary Fiber 8.7g	31%
Sugars 2.5g	
Protein 9.1g	
Vitamin D 0mcg	0%
Calcium 237mg	18%
Iron 6mg	34%
Potassium 1037mg	22%

Butternut Squash Kale Salad with Maple Bacon Vinaigrette

SERVINGS: 2-4

Prep: 10 minutes

Cook: 40 minutes

Recipe courtesy of
[Prescribe Nutrition](#)

WHAT YOU'LL NEED



measuring
spoons



measuring
cups



sheet pan



blender



INGREDIENTS

1 butternut squash, peeled and cubed

Olive oil

Salt to taste

Pepper to taste

2 bunches kale, de-stemmed and leaves torn

2 cups brussel sprouts, shredded

1 apple, thinly sliced

½ cup pomegranate seeds

¼ cup pumpkin seeds

3 strips bacon, cooked crispy, crumbled

Dressing

¾ cup olive oil

⅓ cup maple syrup

1 Tbsp balsamic vinegar

2 tsp grainy dijon mustard

3 strips bacon, cooked crispy

Salt to taste

Pepper to taste

Butternut Squash Kale Salad with Maple Bacon Vinaigrette

INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Toss the butternut squash in a drizzle of olive oil, and sprinkle with salt and pepper. Arrange evenly on a sheet pan and bake for 40 minutes, flipping halfway.
3. Meanwhile, drizzle olive oil on the kale and mix well.
4. In a blender, blend all the ingredients for the dressing until smooth.
5. Once the butternut squash is cooked, toss with the remaining salad ingredients, and mix with the dressing.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories 321

% Daily Value

Total Fat 17.3g 22%

Saturated Fat 3.8g 19%

Cholesterol 16mg 5%

Sodium 400mg 17%

Total Carbohydrate 35.3g 13%

Dietary Fiber 6.2g 22%

Sugars 12.2g

Protein 11.4g

Vitamin D 0mcg 0%

Calcium 116mg 9%

Iron 4mg 20%

Potassium 918mg 20%

50/50 Mashed Potatoes

SERVINGS: 4

Recipe courtesy of
[Prescribe Nutrition](#)

INGREDIENTS

2 lbs Japanese sweet potatoes,
scrubbed
1 large head of cauliflower
2 Tbsp ghee
1 tsp sea salt
1 tsp pepper
1 garlic clove, minced
¼ cup full-fat coconut milk
(optional)



FUN FACTS & RECIPE TIPS



These mashed potatoes are a major health upgrade from regular mashed potatoes. The switch to sweet potatoes ups the vitamin and mineral content, while incorporating cauliflower adds fiber and cuts down on starchy carbohydrates.



Make ahead tip: These can be made 1-2 days in advance and kept in the fridge. Simply reheat in the oven or microwave when ready to enjoy.

WHAT YOU'LL NEED



measuring
cups



measuring
spoons



large pot

50/50 Mashed Potatoes

INSTRUCTIONS

1. Fill a large saucepan with water and place over high heat.
2. Cut the potatoes (2 lbs) into 1-inch chunks. Once the water is boiling, add the potatoes and cook for 8 minutes, uncovered.
3. While the potatoes are cooking, remove the cauliflower leaves and chop cauliflower into bite-size florets. When the 8 minutes is up, add the cauliflower to the boiling water and cook for another 8 minutes, uncovered, until they are fork-tender.
4. Drain the potatoes and cauliflower and return them to the saucepan. Add the ghee (2 Tbsp), salt (1 tsp), pepper (1 tsp) and garlic (1 clove) and mash the mixture with a potato masher until smooth.
5. If you prefer a very smooth and silky consistency, use a handheld blender after you have mashed them down. If the mixture is dry, add ¼ cup of full-fat coconut milk and continue to blend until well incorporated.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories 342

% Daily Value

Total Fat 10.2g 13%

Saturated Fat 7.2g 36%

Cholesterol 16mg 5%

Sodium 647mg 28%

Total Carbohydrate 59.5g 22%

Dietary Fiber 5.6g 20%

Sugars 5.6g

Protein 8.6g

Vitamin D 0mcg 0%

Calcium 138mg 11%

Iron 1mg 7%

Potassium 1446mg 31%

Roasted Carrot Coconut Soup

SERVINGS: 4

Prep: 5 minutes

Cook: 45 minutes

Recipe courtesy of
[Prescribe Nutrition](#)

INGREDIENTS

1 lb carrots, stem ends removed

1 onion, chopped into thick pieces

4 garlic cloves

Olive oil

1 ½ tsp sea salt

1 tsp pepper

1 can full fat coconut milk

3 cups stock, chicken or vegetable

Nutrition Facts

Servings 4

Amount Per Serving

Calories 338

% Daily Value

Total Fat 29g 37%

Saturated Fat 20.1g 101%

Cholesterol 0mg 0%

Sodium 1538mg 67%

Total Carbohydrate 20.6g 7%

Dietary Fiber 5.6g 20%

Sugars 10.3g

Protein 4.1g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 2mg 12%

Potassium 669mg 14%



WHAT YOU'LL NEED



measuring
spoons



measuring
cups



sheet pan



blender

INSTRUCTIONS

1. Preheat the oven to 400° F.
2. On a sheet pan, arrange carrots (1 lb), onion (1), and garlic (4 cloves) in an even layer. Drizzle with olive oil and roast for 45 minutes until the carrots begin to caramelize and the onions begin to char.
3. Blend carrots, onion, and garlic with the remaining ingredients until smooth.
4. Serve with optional toppings: pomegranate seeds, micro greens, sunflower seeds, or oil



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Apple Cinnamon Muffins

SERVINGS: 8

Recipe courtesy of
[Prescribe Nutrition](#)

INGREDIENTS

5 eggs, organic
1 cup applesauce, unsweetened
½ cup coconut flour
2 Tbsp cinnamon
¼ tsp cardamom
1 tsp baking soda
Pinch of salt
1 tsp vanilla
¼ cup coconut oil
2 Tbsp raw honey

Nutrition Facts

Servings 8

Amount Per Serving

Calories 142

% Daily Value

Total Fat 9.9g 13%

Saturated Fat 7.1g 35%

Cholesterol 102mg 34%

Sodium 222mg 10%

Total Carbohydrate 10.7g 4%

Dietary Fiber 2.1g 7%

Sugars 7.9g

Protein 3.9g

Vitamin D 10mcg 48%

Calcium 33mg 3%

Iron 1mg 4%

Potassium 71mg 2%



WHAT YOU'LL NEED



measuring
spoons



measuring
cups



bowl



muffin pan

INSTRUCTIONS

1. Preheat the oven to 400°F and line a 12-cup muffin pan with liners (or grease with coconut oil).
2. Put all the ingredients into a medium sized bowl and mix with a handheld mixer or whisk.
3. Let the mixture sit for 5 minutes.
4. Fill muffin tins evenly and bake for 12-15 minutes or until they begin to brown.
5. Let cool 2 minutes, drizzle with honey and a spoonful of nut butter (if desired) and enjoy.



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Tahini Hot Chocolate

SERVINGS: 2

Recipe courtesy of
[Prescribe Nutrition](#)

INGREDIENTS

2 cups almond milk
2 Tbsp maple syrup
2 Tbsp tahini
2 tsp unsweetened cocoa powder
¼ tsp cinnamon
1 pinch nutmeg
coconut whipped cream, optional

Nutrition Facts

Servings 2

Amount Per Serving

Calories 209

% Daily Value

Total Fat 11.1g 14%

Saturated Fat 1.4g 7%

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 26.1g 9%

Dietary Fiber 3.3g 12%

Sugars 19.2g

Protein 3.9g

Vitamin D 1mcg 6%

Calcium 534mg 41%

Iron 2mg 12%

Potassium 169mg 4%



WHAT YOU'LL NEED



measuring cups



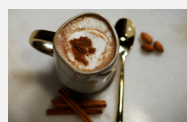
measuring spoons



medium saucepan

INSTRUCTIONS

1. In a saucepan over medium-low heat, warm the milk (2 cups) and maple syrup (2 Tbsp) until it starts to simmer and the syrup melts.
2. Add the tahini (2 Tbsp), cocoa powder (2 tsp), cinnamon (¼ tsp) and nutmeg (1 pinch), and whisk to combine. Let simmer another 2 to 3 minutes and remove from the heat.
3. Pour into mugs and serve topped with whipped cream.



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Salted PB Chocolate Pretzel Cookie

Recipe courtesy of
[Prescribe Nutrition](#)

INGREDIENTS

1 egg
½ cup peanut butter
½ cup tahini
⅓ cup honey
1 tsp vanilla
1 cup almond flour
½ tsp baking soda
¼ tsp salt
¼ cup pretzels, chopped into smaller pieces
⅓ cup dark baking chocolate, broken into smaller pieces
Flaked sea salt (optional)

Nutrition Facts

Amount Per Serving

Calories 325

% Daily Value

Total Fat 20.3g 31%

Saturated Fat 5g 25%

Cholesterol 103mg 34%

Sodium 487mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 4g 14%

Sugars 20g

Protein 8g

Calcium 11%

Iron 7mg 22%



WHAT YOU'LL NEED



measuring cups



measuring spoons



bowl



sheet pan

INSTRUCTIONS

1. Line a baking sheet with parchment paper and preheat oven to 350°.
2. In a bowl, add the egg, peanut butter (½ cup), tahini (½ cup), honey (⅓ cup), and vanilla (1 tsp) and mix until smooth.
3. Add almond flour (1 cup), baking soda (½ tsp), and salt (¼ tsp) and mix until combined.
4. Gently fold in the pretzel pieces (¼ cup) and chocolate (⅓ cup).
5. Form the dough into balls and place on the cookie sheet. Bake for 9-11 minutes or until golden brown, they will be soft and doughy.
6. Once baked, sprinkle each cookie with flaked salt.



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Cookie Dough Balls

SERVINGS: 8

Recipe courtesy of
[Prescribe Nutrition](#)

INGREDIENTS

1 ½ cups gluten-free rolled oats
2 Tbsp coconut oil melted
2 Tbsp almond butter (or other favorite nut/seed butter)
¼ cup pure maple syrup
1 tsp pure vanilla extract
½ cup almond flour
¼ tsp sea salt
¼ cup cacao nibs

Nutrition Facts

Servings 8

Amount Per Serving

Calories 185

% Daily Value

Total Fat 10.5g 13%

Saturated Fat 4.7g 24%

Cholesterol 0mg 0%

Sodium 117mg 5%

Total Carbohydrate 20.8g 8%

Dietary Fiber 4g 14%

Sugars 10.7g

Protein 4g

Vitamin D 0mcg 0%

Calcium 15mg 1%

Iron 2mg 9%

Potassium 51mg 1%



WHAT YOU'LL NEED



measuring cups



measuring spoons

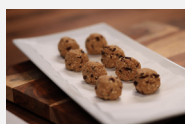


blender



hand mixer

1. Line a plate or tray with parchment paper.
2. In a high speed blender or food processor, blend the oats (1 ½ cups) until you have a fine oat flour. Set aside.
3. In a large bowl, combine the melted coconut oil (2 Tbsp), almond butter (2 Tbsp), maple syrup (¼ cup) and vanilla (1 tsp) and beat with a hand mixer until completely smooth. Add the almond flour (½ cup), oat flour and salt (¼ tsp) and beat again. Fold in the cacao nibs (¼ cup).
4. Roll the dough into small bites, a bit smaller than a ping pong ball. Place them on the plate with parchment and freeze for 15 minutes before enjoying. Store them in the freezer.



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