



December Recipe Book 2025

Created by EpicLuv



Gingerbread Protein Cookies

10 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

Notes

No Cookie Cutter

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

Serving Size

One serving is equal to one cookie.

Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsp Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)

Chocolate Chip Cookie Dough Bark

6 ingredients · 45 minutes · 12 servings



Directions

1. Line a baking sheet with parchment paper and set it aside.
2. In a bowl, mix the flour, honey, oil, and vanilla with a spatula until well combined. Fold in 1/4 of the chocolate chips.
3. Pour the cookie dough mixture onto the baking sheet, and use your hands or a spoon to flatten and spread it to approximately 1/4 inch (0.5 cm) thickness.
4. Melt the remaining chocolate in a double boiler or in 30-second intervals in the microwave.
5. Pour the melted chocolate onto the dough and use the back of a spoon to spread it out. Transfer to the freezer for 30 minutes or until solid. Sprinkle with salt just before the chocolate sets.
6. When solid, break it into pieces and store it in an airtight container in the refrigerator until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks or freeze for up to three months.

Serving Size

One serving is approximately half a cup.

Make It Vegan

Use maple syrup instead.

Ingredients

- 1 1/2 cups Oat Flour
- 1/4 cup Raw Honey
- 1/4 cup Coconut Oil (melted)
- 2 tsps Vanilla Extract
- 1 1/2 cups Dark Chocolate Chips
- 1/4 tsp Sea Salt (flaky)

Cranberry Pumpkin Seed Stuffing

10 ingredients · 35 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. Heat the oil in a pan over medium-high heat. Cook the onion, celery, and cranberries for about five minutes. Set aside.
3. In a large bowl, combine the bread, broth, and eggs until evenly absorbed. Stir in the pumpkin seeds, poultry seasoning, salt, and cooked veggies. Transfer to a baking dish and bake for 25 minutes, or until golden brown. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

More Flavor

Add garlic. Use butter instead of oil.

Ingredients

- 1 tbsp** Avocado Oil
- 1/2** Yellow Onion (diced)
- 3 stalks** Celery (diced)
- 1/2 cup** Dried Unsweetened Cranberries
- 14 slices** Gluten-Free Bread (small, cubed or torn)
- 1 cup** Vegetable Broth
- 3** Egg (whisked)
- 1/4 cup** Pumpkin Seeds
- 2 tbsps** Poultry Seasoning
- 1 tsp** Sea Salt (to taste)

Bang Bang Turkey Bowl

12 ingredients · 25 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, in a bowl, mix the garlic powder, paprika, salt, and pepper. Add the turkey and toss to coat.
3. Heat the oil in a pan over medium-high heat. Add the turkey and sauté for eight to 10 minutes until cooked through. Transfer to a plate.
4. In a large bowl, mix the mayonnaise and the chili sauce together. Set aside 1/4 of the mixture. Add the cooked turkey to the bowl and toss until coated.
5. Whisk the lime juice into the reserved sauce.
6. Divide the rice, turkey, coleslaw mix, cucumber, and green onions evenly between bowls. Top with sauce and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of turkey, one cup of rice, and 1 1/2 cups of veggies.

More Flavor

Add ginger, honey, and/or hot sauce to the marinade.

Additional Toppings

Avocado, pickled onions or crushed peanuts.

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 12 ozs Turkey Breast (chopped)
- 1 tbsp Avocado Oil
- 1 1/2 tbsps Mayonnaise
- 2 1/2 tbsps Sweet Chili Sauce
- 1 1/2 tsps Lime Juice
- 2 cups Coleslaw Mix
- 1/2 Cucumber (medium, sliced)
- 1 stalk Green Onion (sliced)

Delicata Squash, Sausage & Crispy Sage Pasta

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C).
2. Add the squash to a baking sheet and toss with oil, salt, and pepper. Transfer to the oven and cook for 20 to 25 minutes until cooked through, tossing halfway. Set aside.
3. Meanwhile, cook the pasta according to the package directions. Reserve some pasta water.
4. Melt the butter in a large pan over medium-low heat. Let it foam and lightly brown, about three to five minutes, stirring frequently. During the last minute, add the sage, and fry until crispy. Remove the sage with a slotted spoon and set it aside. Pour the brown butter into a small bowl.
5. In the same pan, over medium heat, add the sausage and cook for seven to nine minutes until cooked through, breaking it up as it cooks. Add the spinach during the last minute and cook until just wilted.
6. Transfer the pasta to the pan with the sausage and add the brown butter, tossing to combine. Reduce the heat to low and add the parmesan, reserved pasta water, squash, and season with salt and pepper.
7. Divide evenly between plates, top with sage, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Chili flakes.

Additional Toppings

Toasted pumpkin seeds.

Ingredients

2 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)

1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

2 cups Cavatappi Pasta (dry)

3/4 cup Water (reserved from cooking pasta)

1/4 cup Butter

1/3 cup Fresh Sage

10 ozs Pork Sausage (casing removed)

4 cups Baby Spinach

1/2 cup Parmigiano Reggiano (grated)

Gluten-Free

Use a gluten-free pasta instead.

No Pork Sausage

Use chicken sausage instead.

Kale & Squash Pesto Pizza

5 ingredients · 1 hour · 2 servings



Directions

1. Place the dough in a large bowl and cover it with a tea towel. Let it rest on the counter for at least 30 minutes to rise and come to room temperature.
2. Preheat the oven to 460°F (235°C). Transfer the dough to a cast-iron pan and gently stretch it to fill the pan.
3. Spread the pesto evenly over the dough. Sprinkle with half of the mozzarella, then arrange the squash slices and kale on top. Top with the remaining mozzarella.
4. Bake for 18 to 20 minutes or until the cheese is melted and the crust is golden and cooked through.
5. Slice the pizza evenly and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is half of a pizza. An 8-inch (20 cm) pan was used to make two servings.

More Flavor

Add cooked protein of choice.

Ingredients

8 ozs Pizza Dough (store bought)

2 tbsps Pesto

2 ozs Mozzarella Cheese (shredded, divided)

1/4 Acorn Squash (small, seeds removed, thinly sliced)

1/2 cup Kale Leaves (chopped)

Cranberry Kombucha Mocktail

7 ingredients · 10 minutes · 1 serving



Directions

1. Fill a glass with ice and cranberries (if using). Add the kombucha, maple syrup, and cranberry juice.
2. Top with sparkling water and stir gently to combine.
3. Garnish with a sprig of rosemary and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. When ready to serve, add the cranberries and ice.

Serving Size

One serving is approximately one cup.

More Flavor

Add a splash of orange juice.

Additional Toppings

Garnish with a twist of orange peel.

Ingredients

6 Ice Cubes

1 tbsp Frozen Cranberries (optional)

2 fl ozs Kombucha (ginger flavored)

1/2 tsp Maple Syrup

2 fl ozs Cranberry Juice

1/4 cup Sparkling Water

1 tbsp Rosemary (sprig)

Turkey, Barley & Squash Soup

10 ingredients · 50 minutes · 5 servings



Directions

1. Place the turkey breast and the broth in a large pot and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes or until the turkey is cooked through.
2. Meanwhile, cook the barley according to the package directions.
3. Remove the turkey and set aside. Add the carrots, leeks, celery, garlic, squash, and Brussels sprouts to the same liquid. Cook, covered, for 12 to 15 minutes or until tender.
4. While the vegetables cook, shred the cooked turkey breast in pieces using two forks.
5. Once the vegetables are cooked, return the turkey to the pot and continue cooking for two minutes or until heated through.
6. Cover the bottom of each bowl with barley and pour the soup over top. Top with pesto, if desired, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately 1/3 cup of barley and two cups of soup.

Make it Vegan

Use vegetable broth and tofu, edamame, chickpeas, or lentils instead of turkey breast.

Gluten-Free

Use quinoa, gluten-free pasta, or rice instead of barley.

Ingredients

- 12 ozs** Turkey Breast
- 12 cups** Chicken Broth, Low Sodium
- 2/3 cup** Pearl Barley (uncooked)
- 2** Carrot (medium, diced)
- 1** Leeks (large, sliced)
- 2 stalks** Celery (diced)
- 3** Garlic (clove)
- 2 cups** Butternut Squash (peeled, seeds removed, cubed)
- 2 cups** Brussels Sprouts (thinly sliced)
- 3 tbsps** Pesto (optional)

Butternut Squash Orzo with Sage

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C).
2. Place the squash on a baking sheet and drizzle with 1/3 of the oil, and season with salt and pepper. Toss to coat. Transfer to the oven and cook for 20 to 24 minutes, tossing halfway through. Drizzle half of the remaining oil on the sage and add it to the baking sheet for the last five to seven minutes, until slightly crispy. Set aside.
3. Meanwhile, heat a Dutch oven or heavy-bottomed pot over medium heat and add the remaining oil. Once hot, add the shallot and cook for four to five minutes until softened, stirring occasionally. Add the garlic and cook until just fragrant.
4. Add the orzo to the pot and stir for one minute. Add the broth and bring to a low boil. Cook for nine to 10 minutes or until the orzo is cooked al dente and most of the liquid has been absorbed, stirring frequently to avoid any sticking.
5. Reduce the heat to low and add the spinach and parmesan. Return the squash, but not the sage, to the pot and stir to combine. Divide evenly between plates and garnish with the roasted sage. Season with salt and pepper, if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 3/4 cups.

Make It Vegan

Omit the cheese and use vegetable broth instead.

Ingredients

- 5 cups** Butternut Squash (cubed)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Fresh Sage
- 1/2 cup** Shallot (chopped)
- 3** Garlic (clove, minced)
- 1 cup** Orzo
- 2 cups** Chicken Broth
- 4 cups** Baby Spinach
- 1/3 cup** Parmigiano Reggiano (freshly grated)

Roasted Brussels Sprouts with Pomegranate & Tahini Dressing

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Toss the Brussels sprouts with 2/3 of the oil and half of the salt. Spread them out on the baking sheet and roast for 15 to 20 minutes, flipping them halfway through until crispy and browned.
3. Make the dressing by mixing the tahini, lemon juice, water, and remaining salt together. Drizzle it over the Brussels sprouts and garnish with the parsley and pomegranate seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Add maple syrup or honey, and/or garlic to the tahini dressing.

Additional Toppings

Top with chopped nuts or seeds.

Ingredients

- 1 1/2 cups Brussels Sprouts (trimmed and halved)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 2 tpsps Tahini
- 1 tbsps Lemon Juice
- 2 tbsps Water
- 1 tbsps Parsley (minced)
- 1/4 cup Pomegranate Seeds

Flax Pancakes with Clementine

8 ingredients · 20 minutes · 4 servings



Directions

1. Combine the flax and water in a large mixing bowl and let sit for about five minutes until thickened.
2. To the same mixing bowl add the milk and maple syrup and mix well. Add the flour and baking powder and combine until a thick batter forms.
3. Heat a pan over medium-low heat and drizzle the oil into the pan. Spoon the batter into the pan in 1/4 cup portions. Cook the pancakes for about four minutes per side or until golden brown. Repeat with the remaining batter.
4. Divide the pancakes between plates and serve with clementines and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to three months. Reheat in a dry pan or a toaster.

Serving Size

One serving is approximately two to three pancakes and half a clementine.

More Flavor

Add vanilla extract, cinnamon, blueberries, or chocolate chips to the batter.

Additional Toppings

Serve it with butter, nut butter, coconut butter, maple syrup, or fresh berries.

Ingredients

- 2 **tbsps** Ground Flax Seed
- 1/3 **cup** Water
- 1 **cup** Unsweetened Almond Milk
- 1/4 **cup** Maple Syrup
- 8 **ozs** Unbleached All Purpose Flour
- 2 **tsps** Baking Powder
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 Clementines (peeled and sectioned)