HEALTHY Holiday RECIPES

An Oasis School of Life

An Oasis of Healing's Holiday Recipe Book

2024

A note about food:

When you take a bite of food it only stays in your mouth for about 6 seconds. The food and the taste leave your mouth as soon as you swallow. The food then enters your body where it can either have a positive healing effect, or it can contribute to disease and promote cancer growth. The affect that food has on your body lies largely in your choices. You can choose living, organic, healing foods paired with a positive mindset, or you could choose lifeless, toxin-laden foods burdened by a negative mindset.

6 seconds of pleasing your taste buds in exchange for your body and life?

Is it worth it?

Festive Beverages:

Many holidays come with the expectation of consuming unhealthy beverages packed with toxins such as alcohol and refined sugars. Studies show that consuming just 3 servings of alcohol per week significantly increases your risk of cancer. (Reminder a serving is 1.5 oz of liquor, 5 oz of wine, and 12 oz of beer.)

During the holidays some people consume more than their weekly allowance in just a few hours! A healthy liver can only process up to a 1/4 ounce of alcohol per hour. The remaining toxins are left to circulate throughout your blood stream affecting your heart, brain and every cell they encounter. While your liver and body are busy handling those toxins they are neglecting all other essential activities required for life and healing. The following beverages are festive and delicious. Having these healthy alternatives ready to go will not only help to keep temptation at bay, they will hydrate and nourish your body, keeping you alert and ready to enjoy the day!

Festive H20:

Making sure you stay hydrated can help to keep temptation at bay and spirits high during festivities. The recipes below are designed to spruce up your traditional H2O while adding some additional health benefits.

Remember to buy the freshest organic ingredients possible.

Minty Citrus Water:

Serves 4-5

INGREDIENTS:

- **½ gallon purified water**
- **½ lemon, sliced**
- **½ lime, sliced**
- **½ grapefruit, sliced**
- **1 cup cucumber, sliced**
- **1 tsp ginger, sliced (or more)**
- **A handful of peppermint leaves**

INSTRUCTIONS:

- **In a large pitcher add all of your ingredients and give it a mix. Add ice as desired.**
- **Place in the refrigerator for at least 2 hours before serving.**

Apple Cinnamon Spice Water

Serves 4-5

INGREDIENTS:

- **2 L of water**
- **1 lemon**
- **5 strawberries sliced**
- **1/2 - 1 apple sliced**
- **Handful of fresh mint leaves**
- **1 tsp of cinnamon**
- **Handful of ice**

INSTRUCTIONS:

- **In a large picture add all of your ingredients and give it a mix. Add some ice cubes if you like. Place in the refrigerator for at least 1-2 hours before drinking.**

Pomegranate Spritzer

Serves 4-5

INGREDIENTS:

- **32 oz Gerolsteiner Mineral Water**
- **2 limes juiced (save a few slices for garnish)**
- **16 ounces no sugar added hibiscus tea, cooled (optional)**
- **1 cup unsweetened pomegranate juice.**

INSTRUCTIONS:

- **In a large picture add all of your ingredients and give it a mix. Add some ice cubes if you like. Place in the refrigerator for at least 1-2 hours before drinking.**

Other Beverages:

No Egg Nog

Serves 3-4

INGREDIENTS:

- 1 1/2 teaspoons cinnamon
- 1 teaspoon nutmeg
- /2 cup pitted dates
- Sweeten with vanilla flavored stevia to taste.
- 3/4 cup pecans
- 2-3 cups water
- 1 can coconut milk (optional but recommended) Or 1 cup home made

INSTRUCTIONS:

- Blend everything together in your high-speed blender.
- If you don't use the coconut milk, just make up for it by adding 1/4 cup more of pecans and 1 cup more of water. (The coconut milk makes it really creamy and delicious.)

Note: while dates do contain sugar they also contain other healthy nutrients and really contribute to this recipe. As a part of this recipe, their impact on your blood sugar will be buffered by the healthy fats from the coconut milk. However, if you are sensitive to sugar the dates can be removed from the recipe by adding ½ cup more coconut milk, removing ¼ cup of water, and adding stevia to taste.

Pumpkin Pie Smoothie

Serves 3-4

INGREDIENTS:

- ½ cup pumpkin puree
- 1/3 cup almond milk or water.
- ½- ¾ cup coconut milk (can replace with almond milk but be sure to have at least 2 tablespoons of coconut milk for texture)
- 1 tsp pure vanilla extract
- 6 drops stevia
- 1 tsp or more organic no sugar pumpkin pie spice blend.
- (cinnamon, nutmeg, allspice, ginger)
- 1 scoop vanilla plant based protein powder
- 4 ice cubes from filtered water

INSTRUCTIONS:

- Add all ingredients to blender and blend until smooth.
- Top with raw pumpkin seeds and a dash of cinnamon.
- Notes: consistency be made thicker and eaten with a spoon by adding less almond milk or water.

OPTIONAL ADD INS:

- 1 tablespoon hemp seeds
- 1 tablespoon chia or flax seeds.
- 1 tablespoon coconut oil
- 2 tablespoons coconut flakes
- 3 tablespoons chopped walnuts

Note: We recommend using the small pie pumpkins to make your puree. They are much sweeter and have a smoother texture. The toppings can be added to boost nutrition and satiety and can transform the smoothie into a meal.

Appetizers

Having living, healing foods ready to go as appetizers will help to lessen the temptation to partake in the other unhealthy snacks that may be around during the holidays. Also, by having a little something before the main meal you will be less tempted to eat foods that are not in alignment with what your body needs.

"Deviled" Cucumbers

Serves 2

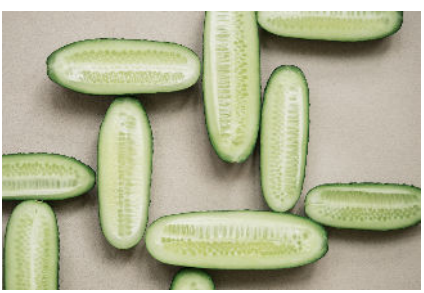
INGREDIENTS:

For the Filling:

- **1 Avocado mashed really well**
- **3 Tbsp White Onion - very finely chopped**

For the Boats:

- **One Large Cucumber**



INSTRUCTIONS:

- **Mix/ mash filling ingredients together well.**
- **This mixture can easily be eaten alone or added in to the cucumbers.**
- **Peel and Slice Cucumber in half lengthwise; remove the Cucumber seeds with a spoon. Cut the Cucumber boats into One-inch sections.**
- **Spoon the avocado mixture onto the Cucumber rounds, and top with Paprika and a touch of Nutritional Yeast.**

Note: When scooping out seeds of the cucumber you can save the middle for a salad or another recipe.

Pumpkin Spice Kale Chips

INGREDIENTS:

- 3 1/2 cups finely shredded dried coconut
- 1 cup raw pumpkin pie pumpkin (peeled)
- 1 tsp sea salt
- 1 Tbsp raw coconut nectar (optional)
- 1 tsp maple extract
- 2 tsp pure vanilla extract
- 1 inch chunk fresh ginger
- 1/4 tsp cloves
- 2 tsp cinnamon
- 1 tsp cardamom
- 1/4 tsp nutmeg
- filtered water as needed
- 1 large bunch kale, washed and torn into bite sized pieces

INSTRUCTIONS:

- In a high speed blender or food processor, combine the coconut, sea salt, pumpkin, coconut nectar, vanilla, maple, and spices in the food processor. Process until smooth.
- Add filtered water, a few Tbsp at a time until a smooth mixture slightly thinner than nut butter consistency is formed.
- Place the kale in a large bowl, and pour the mixture over it.
- Massage mixture into the kale, coating all the pieces entirely.
- Place the kale on 2 teflex lined dehydrator sheets, and dehydrate for about 12-14 hours (overnight) until dry.

Note: We recommend using kabocha squash or pumpkin pie pumpkins because they are sweeter tasting than the larger pumpkins.

Festive shaved Brussels Sprout Salad

Serves 4

INGREDIENTS:

- 1 lb Brussels sprouts, trimmed and washed
- 1 head radicchio, sliced thinly or grated (about 3 cups)
- 1 cup dried cranberries
- ½ cup pistachios, shelled
- 3 tablespoons olive oil
- 1½ - 2 tablespoons raw apple cider vinegar (adjust to taste)
- 1 teaspoon maple syrup
- 2 teaspoons organic Dijon mustard
- Sea salt + black pepper to taste

INSTRUCTIONS:

- Use a food processor, knife, or grater to shave the brussels sprouts very thin - as if you were making slaw.
- Mix the sprouts, the radicchio, the cranberries, and the pistachios in a mixing bowl.
- Whisk the oil, vinegar, syrup, and mustard together, and dress the salad.
- Season to taste with salt and pepper, and serve.

Note: You can use pumpkin or sunflower seeds in place of the pistachios.

From sides to the main course:

Remember that food is just food. There are no rules that say your plate has to contain a “main” item accompanied by sides or that it has to be served a certain way. Meals are simply a way to consume nourishment to sustain your body. Keep this idea in mind when filling your plate and you may notice that you feel less obligated to have unhealthy foods.

Cauliflower Mash

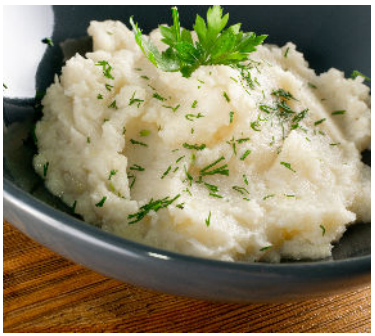
Serves 4

INGREDIENTS:

- **4 cups cauliflower**
- **¾ cup hemp seeds**
- **1 teaspoon sea salt.**
- **¾ cup lemon juice**
- **1-2 cloves garlic**
- **1 teaspoons thyme.**

INSTRUCTIONS:

- **Place all ingredients in a food processor except cauliflower. Process until creamy.**
- **Add in the cauliflower and continue to process until desired consistency.**



Note: be sure to use the freshest cauliflower possible for this recipe.

Groovy Gravy

Serves 4

INGREDIENTS:

- **1/3 cup coconut water**
- **1/3 cup purified water**
- **1 ½ cups portabella mushrooms roughly chopped**
- **¼ cup raw almond butter 2 cloves garlic, minced**
- **2 tablespoons lemon juice 2 tablespoons nama shoyu**
- **½ stalk celery roughly chopped**
- **½ cup onion, quartered**
- **½ cup red bell pepper, roughly chopped**
- **½ teaspoon sea salt**
- **2 tablespoons nutritional yeast.**

INSTRUCTIONS:

- **Place all ingredients in a blender and blend until smooth.**

Note: Can be stored in a sealed container in the refrigerator for up to 5 days.

Cranberry Sauce

Serves 4

INGREDIENTS:

- 12 ounce can organic cranberries
- 4 each green apples
- 1 cup golden or black raisins, soaked
- stevia to taste- optional

INSTRUCTIONS:

- in a food processor, blend the cranberries with half of the apples and half of the raisins. Remove from processor, fold in the remaining apples and raisins. If sauce is not sweet enough add stevia and mix well.

Mock Turkey Loaf

Serves 5 or more depending on size of slice

INGREDIENTS:

- 1 cup cashews (or walnuts)
- 1 cup pumpkin seeds
- ½ cup brazil nuts 5 stalks celery
- 1 scallion
- 1 teaspoon sage
- 1 teaspoon poultry seasoning 1-2 teaspoons lemon juice.
- 1 teaspoon salt

INSTRUCTIONS:

- In a food processor, grind the cashews, pumpkin seeds, and brazil nuts until fine.
- Add the remaining ingredients and blend until smooth.
- Form mixture into a loaf or small loaves.
- Dehydrate for 12 hours.

Note: This recipe goes well with cranberry sauce. It can keep in the refrigerator for up to a week.

Seasoned Stuffing Loaf

Serves 5 (or more depending on size of slice)

INGREDIENTS:

- **2 large Carrots**
- **1 cup Almonds – soaked 1 cup Walnuts – soaked 1 cup Sunflower seeds – soaked**
- **½ Red Pepper – finely diced**
- **¼ Red Onion – finely diced 1 Celery stalk – finely diced**
- **1 cup Mushrooms – diced and marinated in 3 Tbsp coconut aminos**
- **2 Garlic cloves – minced**
- **½ tsp "Poultry" seasoning**
- **½ tsp Rosemary**
- **½ tsp Thyme**
- **1 tsp Onion powder**
- **2 tsp Salt**

INSTRUCTIONS:

- **Chop vegetables and marinate mushrooms.**
- **Rinse and drain all nuts and seeds.**
- **Process seeds with carrots and garlic as fine as possible in a food processor or put through a single gear juicer with blank plate to grind extra fine.**
- **Transfer this to a large bowl and add the rest of ingredients: chopped vegetables, seasonings along with the marinated mushrooms and tamari they were being marinated in.**
- **Mix all well together (hands work best).**
- **Form 2 loaves on Teflex sheets and dehydrate for 3 to 4 hours. This will soften the vegetables and help meld and bring out the flavors.**

Note: This recipe is hearty and goes well with cranberry sauce. It also makes great leftovers and can keep in the refrigerator for up to a week.

Green Bean Casserole with Crispy Onions

Serves 3- 4

INGREDIENTS:

Green Beans

- **2 Cups Green Beans**
- **1 cup cashews, soaked**
- **¼ teaspoon Himalayan sea salt.**
- **2 tablespoons nutritional yeast.**
- **¾ cup filtered water**

Crispy Onions

- **1 Medium sweet onion**
- **¼ cup nutritional yeast**
- **¼ cup lecithin powder**
- **1 teaspoon garlic powder**
- **pinch of sea salt**

INSTRUCTIONS:

- **Place green beans in a mixing bowl**
- **Blend the remaining ingredients in a blender and pour over the green beans.**
- **Mix well and place in a glass dish.**
- **Dehydrate for 6 hours at 110 degrees.**

Rice Pilaf

Serves 4

INGREDIENTS:

- **1½ cup wild rice, soaked**
- **1 cup dried cranberries 1 cup raw cashews**
- **¼ cup cilantro or parsley, chopped**
- **1tsp salt**

INSTRUCTIONS:

- **Cover the rice with water and let soak for 2-3 days, changing the water twice a day. The rice will swell and bloom (open).**
- **Drain the rice well, then toss with the other ingredients**

Note: Cashews can be replaced with other raw nuts such as pistachios, chopped almonds, or pinenuts.

Rainbow Stuffing

Serves 4

INGREDIENTS:

Rainbow Stuffing

- **4 stalks celery, minced**
- **2 medium zucchini shredded and squeezed to drain excess water.**
- **1/2 cup yellow onion finely chopped. 1 large carrot, shredded and then chopped.**
- **1 green apple cored and diced.**
- **¼ cup golden raisins, roughly chopped**
- **2 tablespoons dried cranberries 1 tablespoons olive oil**
- **1 cup ground flax**

Stuffing Seasoning

- **2 tablespoons nutritional yeast**
- **2 tablespoons Italian seasoning**
- **3 ¼ teaspoon onion powder**
- **1 tablespoons fresh parsley, chopped 1 ½ teaspoon dill, dried**
- **1 teaspoon celery seed**
- **½ teaspoon garlic powder**
- **¼ teaspoon white or black**
- **¼ teaspoon sage**
- **Sea salt to taste**

INSTRUCTIONS:

- **Place all ingredients in a large bowl**
- **Add 4-5 tablespoons of stuffing seasoning to above ingredients.**

Desserts:

The holidays can be a time when we feel that it is acceptable to indulge in

desserts. For many people deserts such as pumpkin pie are the essence of the holidays. While desserts certainly can taste delicious remember that they are also often higher in sugar and low in nutrients. Avoiding deserts all together can be difficult. These recipes use living, whole foods, and natural sweeteners so that you will be getting nutrients from your dessert without a dramatic spike in blood sugar. With that in mind it is still important to consider the amount of dessert that you consume. Many living food recipes still contain sugar, just not as much and not as refined as many other foods. Remember, having a slice of pumpkin pie does not mean a massive 5 inch slice. Be honest with yourself and savor every bite. You will be surprised at how much more quickly you will be satisfied.

Pumpkin Pie

INGREDIENTS:

Pie crust

- 2 cups of walnut or pecan
- (or a combination) 5 dates soaked Dash of cinnamon.
- Pinch of sea salt

Filling

- 2 ½ cups fresh pumpkin
- flesh
- ½ cup coconut meat
- 2 tablespoons coconut oil. 2 tablespoons maple syrup 1 teaspoon cinnamon
- ½ teaspoon allspice
- ½ teaspoon nutmeg 6 dates soaked Pinch of sea salt
- Coconut water as needed.

INSTRUCTIONS:

- Pulse crust ingredients in a food processor until small crumbles are formed and they can be pressed to stick together.
- Mix filling ingredients in a high speed blender until smooth.
- Add coconut water as needed if too thick
- Pour pie into pie crust and refrigerate.

Holiday Cookies

INGREDIENTS:

- 1/4 cup raw pistachios
- tablespoon coconut flakes
- 1/3 cup melted coconut oil 1/3 cup raw honey
- 1/4 teaspoon salt

Note: This recipe can also be made lower in sugar by replacing the honey with ¼ cup (or less) non gmo erythrytol or powdered stevia.

INSTRUCTIONS:

- Clean the pistachios from their outer shell and blend them into flour.
- Mix everything in a big bowl
- Roll into a long roll form using plastic wrap and put in the fridge for 24 hours.
- Using a sharp knife cut into small cookies. If you have some small cookie cutters you can also shape them differently.
- Serve garnished with coconut flakes and fresh fruits.

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