

Holidays: Appetizers & Snacks

Created by Eating Healthy 4 Life, LLC



Candied Walnut, Pear & Goat Cheese Crostinis

8 ingredients · 50 minutes · 8 servings



Directions

1. Preheat the oven to 400°F (205°C). Slice the baguette and arrange the slices onto a baking sheet.
2. Drizzle the oil all over and rub it into both sides of each piece of bread. Bake for 10 to 15 minutes or until lightly golden.
3. While the bread is in the oven, heat a pan over medium heat. Once hot, add the walnuts, maple syrup, vanilla, and salt. Continuously stir until all of the walnuts are coated and the maple syrup is no longer liquid in the pan. Let them cool for 10 to 15 minutes.
4. To assemble, spread the cheese onto each piece of bread. Top with the sliced pear and walnuts. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two pieces.

Make it Vegan

Use a plant-based cheese alternative.

Additional Toppings

Drizzle honey or maple syrup on top.

Gluten-Free

Use gluten-free bread.

Ingredients

14 ozs Sourdough Baguette (sliced)

2 tbsps Extra Virgin Olive Oil

2 cups Walnuts

1/3 cup Maple Syrup

1 tsp Vanilla Extract

1/4 tsp Sea Salt

1 cup Goat Cheese (soft)

2 Pear (medium, thinly sliced)

Cinnamon Roll Latte

6 ingredients · 5 minutes · 1 serving



Directions

1. Stir the coconut sugar into the brewed coffee.
2. Warm the milk, vanilla extract, and cinnamon in a small pot over the stove. Use a frother to create some foam. Alternatively, blend the warmed milk in a blender until frothy.
3. Add the milk to the brewed coffee and top with whipped cream and cinnamon. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately one cup.

Dairy-Free

Use a dairy-free milk alternative and a dairy-free whipped cream.

Ingredients

- 1 **tsp** Coconut Sugar
- 1/4 **cup** Coffee (espresso, brewed)
- 1/2 **cup** Cow's Milk, Whole
- 1 **tsp** Vanilla Extract
- 1/2 **tsp** Cinnamon (plus more for garnish)
- 2 **tbsps** Whipped Cream (optional)

Miso Tahini Eggplant Dip

11 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 450°F (230°C).
2. Poke holes into the eggplants all over with a fork. Slice the eggplants in half lengthwise and drizzle the cut side with oil, salt, and pepper. Place, cut side down into a cast iron skillet.
3. Transfer the skillet to the oven and roast for 30 minutes, until cooked through and softened. Remove and let stand on a plate until cool enough to handle.
4. Scoop the flesh from the eggplants into a food processor. Discard the skin. Add the miso, tahini, vinegar, garlic, and honey. Pulse until combined and smooth.
5. Add the eggplant mixture to a bowl and drizzle with sesame oil and seeds. Serve with crackers, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is about 1/3 cup dip with crackers.

Make it Vegan

Omit the honey.

Additional Toppings

Top with chopped cilantro, parsley, or chives.

Gluten-Free

Use gluten-free crackers.

Ingredients

- 2 Eggplant (medium)
- 1 **tbsp** Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1 **1/2 tbsps** Miso Paste (white)
- 2 **tbsps** Tahini
- 1 **tbsp** Rice Vinegar
- 1 Garlic (clove, minced)
- 1 **1/2 tbsps** Honey
- 1/2 **tsp** Sesame Oil (toasted)
- 1/2 **tsp** Sesame Seeds
- 8 **ozs** Whole Grain Crackers

Whipped Ricotta & Pesto Toast

6 ingredients · 10 minutes · 2 servings



Directions

1. In a food processor, add the ricotta, lemon juice, lemon zest, salt, and pepper. Blend until smooth.
2. Spread the whipped ricotta on top of the toasted bread. Spoon the pesto on top and sprinkle with chili flakes. Enjoy!

Notes

Leftovers

Refrigerate the whipped ricotta in an airtight container for up to three days. Assemble just before serving.

Serving Size

One serving is equal to one toast.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

2/3 cup Ricotta Cheese

1/2 Lemon (medium, juiced, zested)

Sea Salt & Black Pepper (to taste)

3 1/2 ozs Sourdough Bread (sliced, toasted)

2 tbsps Pesto

1/2 tsp Chili Flakes

Mulled Cider

5 ingredients · 30 minutes · 12 servings



Directions

1. Add all of the ingredients into a large pot and bring to a simmer over medium-high heat. Drop the heat to low once the pot is simmering and continue to simmer for 30 minutes. Pour into glasses or mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is one cup.

More Flavor

Add cranberry juice.

Serve at a Party

This is a fool-proof drink to serve at a party. You can keep this pot simmering on low for a few hours for the duration of your party.

Star Anise

One teaspoon is approximately one whole piece of star anise. Two tablespoons equal six whole pieces of star anise.

Ingredients

3 quarts Apple Cider

2 tbsps Star Anise (whole)

5 servings Cinnamon Stick

1/2 cup Frozen Cranberries

1/2 Navel Orange (sliced)

Pumpkin Pie Spiced Pecans

4 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, toss together all the ingredients. Transfer to the baking sheet and spread evenly. Bake for five minutes, remove from the oven and stir, then bake for another five minutes.
3. Let the pecans cool down before serving and enjoy!

Notes

Leftovers

Store in an airtight container for up to two weeks.

Serving Size

One serving size is equal to 1/4 cup pecans.

Additional Toppings

Top with flakey salt.

Ingredients

1/2 cup Pecans

2 tsps Maple Syrup

1/4 tsp Sea Salt

1/2 tsp Pumpkin Pie Spice

Apple & Brie Crostini

4 ingredients · 5 minutes · 2 servings



Directions

1. Arrange the sliced apple and brie cheese on top of the toasted baguette. Drizzle the honey on top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately three crostinis.

More Flavor

Add chili flakes on top.

Gluten-Free

Use a gluten-free baguette instead.

Ingredients

1/2 Green Apple (sliced)

3 ozs Brie Cheese (sliced)

2 ozs Sourdough Baguette (sliced, toasted)

2 tsps Raw Honey

Bacon-Wrapped Brussels Sprouts

2 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Roll each Brussels sprout half in a slice of bacon and place on the baking sheet. Cook for 20 to 25 minutes or until the bacon has crispy edges. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three bacon-wrapped Brussels sprouts.

More Flavor

Add fresh rosemary sprigs when rolling the Brussels sprouts in bacon.

Ingredients

12 slices Bacon

1 1/4 cups Brussels Sprouts (large, halved)

Salami, Olive & Cheese Board

8 ingredients · 15 minutes · 6 servings



Directions

1. Assemble all of the ingredients onto a board or serving platter and enjoy!

Notes

Leftovers

Refrigerate covered for up to three days.

Serving Size

One serving is approximately one cup.

Gluten-Free

Use gluten-free crackers.

Dairy-Free

Use dairy-free cheese.

No Pistachios

Use other nuts like almonds, pecans or walnuts.

Nut-Free

Omit the pistachios.

More Options

Add jam or other fruit like grapes, figs and/or berries.

Ingredients

- 3 ozs Brie Cheese
- 3 ozs Cheddar Cheese (sliced)
- 3 ozs Salami, Mild
- 1 Apple (medium, sliced)
- 1/2 cup Assorted Olives
- 1/2 cup Pickle (sliced)
- 1/3 cup Pistachios, In Shell
- 2 1/2 ozs Seed Crackers

Pomegranate Avocado Toast

7 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, add the avocado and lime juice. Mash the avocado with a fork and season with salt and pepper.
2. Spread the avocado on top of the toast. Top with pomegranate seeds and feta cheese. Sprinkle chili flakes on top, if using, and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Make it Vegan

Omit feta cheese or use plant-based cheese instead.

Additional Toppings

Fresh cilantro or dill.

Gluten-Free

Use gluten-free bread instead.

Ingredients

1/2 Avocado (medium)

1/4 Lime (juiced)

Sea Salt & Black Pepper (to taste)

1 3/4 ozs Sourdough Bread (toasted)

2 tbsps Pomegranate Seeds

1 tbsp Feta Cheese (crumbled)

1/4 tsp Chili Flakes (optional)

Loaded Deviled Eggs with Bacon

7 ingredients · 37 minutes · 6 servings



Directions

1. Place the eggs in a saucepan and cover with cold water. Cover and bring to a boil. Remove from the heat and leave it covered for 12 minutes. Drain the water and run cold water over the eggs until cooled. Once the eggs have cooled completely, peel them and slice them in half lengthwise.
2. Scoop the yolks into a small bowl and place the egg whites on a serving plate.
3. To make the filling, add the yolks, mayonnaise, mustard, smoked paprika, salt, and pepper to a bowl. Stir everything together until smooth.
4. Use a spoon to add the deviled egg mixture back into the hole of each egg white. Top each egg half with bacon and green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two deviled eggs.

No Green Onion

Use chives.

Ingredients

- 6 Egg
- 3 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- 1/4 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 2 slices Bacon (finely chopped, Cooked)
- 1 stalk Green Onion (finely chopped)

Asparagus & Goat Cheese Galette

6 ingredients · 40 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Heat 2/3 of the oil in a small pan over medium heat. Add the shallots and asparagus and sauté for two to three minutes or until softened. Season with salt and pepper. Set aside to cool slightly.
3. Roll out the pie crust to 11-inches (28 cm) in diameter. Spread the goat cheese in the centre of the pie crust. Put the asparagus and shallot on top of the goat cheese and fold the crust inwards to create a galette. Brush the edges with the remaining oil.
4. Bake for 35 minutes or until golden brown. Let cool for ten minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one piece.

More Flavor

Add chopped dill to the goat cheese.

Pie Crust

One pie crust is 8 1/8 ounces (230 grams). One pie crust was used to make six servings.

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)

1/4 cup Shallot (chopped)

1 cup Asparagus (trimmed, chopped)

Sea Salt & Black Pepper (to taste)

8 1/8 ozs Prepared Pie Crust

3 tbsps Goat Cheese

Raspberry Jam & Brie Pastry Bites

6 ingredients · 25 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (190°C) and lightly spray a muffin tray with oil.
2. Use the flour to lightly dust a flat surface. Roll out the puff pastry into a rectangle about 1/2 inch (13 mm) thick. Use a sharp knife or a pizza cutter and cut the puff pastry into 2 1/2 inch (6 cm) squares.
3. Press each square into a muffin tin. Then top with raspberry jam, brie, and rosemary.
4. Bake in the oven for 15 to 20 minutes or until golden brown. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two puff pastry bites.

Additional Toppings

Top with chili flakes and flakey salt.

No Rosemary

Use thyme instead.

Ingredients

- 1/8 oz Avocado Oil Spray
- 1/4 oz Unbleached All Purpose Flour (for dusting)
- 8 ozs Puff Pastry (thawed)
- 1/4 cup Raspberry Jam
- 12 ozs Brie Cheese (chopped into bite-sized pieces)
- 2 tbsps Rosemary (fresh)

Baked Goat Cheese & Sun Dried Tomato Dip

6 ingredients · 25 minutes · 8 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. In a food processor combine the goat cheese, cream cheese, and oil. Process until smooth and creamy. Add the sun dried tomatoes and mix to combine with a spoon.
3. Transfer the goat cheese mixture to an oven safe baking dish and place in the oven. Bake for 16 to 18 minutes, until bubbly and warm.
4. Top with parsley and serve with crackers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

An 8 x 5-inch (20 x 13 cm) casserole dish was used to make eight servings. One serving is about 1/4 cup of dip and 1/2 cup of crackers.

No Parsley

Use chives or green onion.

Ingredients

- 1 1/2 cups Goat Cheese
- 1/2 cup Cream Cheese, Regular
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Sun Dried Tomatoes (chopped)
- 1 tbsp Parsley (finely chopped)
- 5 ozs Whole Grain Crackers

Lentil & Mushroom Lettuce Wraps

9 ingredients · 25 minutes · 2 servings



Directions

1. Add lentils, water and 1/4 of the salt to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 25 minutes or until just tender. Add more water if needed to ensure the lentils remain just barely covered. When cooked, drain the excess liquid and set aside on a plate.
2. Meanwhile, heat a skillet over medium heat. Add a splash of water to the skillet and then add the onion. Cook for 2 minutes, until softened. Then add the mushrooms, half of the smoked paprika and half of the cumin. Add the jalapeno and stir, continuing to add water if needed to ensure it isn't sticking. Cook over medium heat for 5 to 6 minutes, until the mushrooms have released water and are cooked.
3. Add the remaining smoked paprika and cumin to the plate with the lentils and toss to combine. Add the lentils to the pan with the mushrooms and season with the remaining salt and stir to combine.
4. Divide the Boston lettuce evenly between plates and top with the mushroom and lentil mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 5 lettuce wraps.

No Smoked Paprika

Use regular paprika.

More Flavor

Sauté the vegetables with in vegetable broth or oil instead of water.

Additional Toppings

Top the wraps with salsa or guacamole.

No Spice

Omit the jalapeno pepper.

Ingredients

- 1/2 cup Dry Green Lentils
- 1 cup Water
- 3/4 tsp Sea Salt (divided)
- 1/2 Yellow Onion (chopped)
- 8 Cremini Mushrooms (chopped)
- 1 tsp Smoked Paprika (divided)
- 3/4 tsp Cumin (divided)
- 1/2 Jalapeno Pepper (thinly sliced, optional)
- 1 head Boston Lettuce

Air Fryer Vegan Jalapeño Poppers

5 ingredients · 15 minutes · 3 servings



Directions

1. Preheat the air fryer to 375°F (190°C).
2. In a small bowl, mix together the cream cheese and nutritional yeast.
3. Cut the jalapeños in half lengthwise and remove the seeds. Stuff each half with the cheese mixture, about one tablespoon per half. Sprinkle with bread crumbs.
4. Place the poppers in the air fryer and spray with avocado oil. Bake for eight to ten minutes, until browned and crispy. Serve and enjoy!

Notes

Leftovers

Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is four poppers (one half of a jalapeño).

Gluten-Free

Use gluten-free bread crumbs.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

4 ozs Vegan Cream Cheese

2 tbsps Nutritional Yeast

6 Jalapeño Pepper

1/4 cup Bread Crumbs

1/16 oz Avocado Oil Spray

Roasted Red Pepper Hummus

7 ingredients · 40 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (205°C). Place the red bell pepper and garlic on a baking sheet and spray with the avocado oil. Season with salt and pepper to taste. Bake in the oven for 30 minutes.
2. Remove the garlic cloves from their peel. Add them along with the roasted red peppers, chickpeas, lemon juice, and smoked paprika to the bowl of a food processor. Process until smooth and creamy.
3. Season with additional salt and pepper, if needed. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to six months.

Serving Size

One serving is equal to approximately 1/4 to 1/3 of a cup.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 3 Red Bell Pepper (quartered)
- 5 Garlic (cloves, skin left on)
- 1/16 oz Avocado Oil Spray
- Sea Salt & Black Pepper (to taste)
- 2 cups Chickpeas (drained, rinsed)
- 3 tbsps Lemon Juice
- 1 tsp Smoked Paprika

Spicy Black Bean & Avocado Dip

7 ingredients · 5 minutes · 4 servings



Directions

1. Add the avocado, black beans, lime juice, and salt to a blender. Blend until smooth.
2. Transfer the mixture to a serving bowl. Add in the cilantro, jalapeño, and red onion. Mix well and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to 1/3 cup.

More Flavor

Add tomato and garlic.

Serve it With

Fresh-cut vegetables, tortilla chips, crackers, or on top of tacos or wraps.

Ingredients

- 1 Avocado (medium)
- 1 cup Black Beans (drained, rinsed)
- 1 Lime (juiced)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Cilantro (chopped)
- 1 Jalapeno Pepper (seeds removed, finely diced)
- 1/4 cup Red Onion (finely diced)

Moroccan Eggplant & Tomato Dip

12 ingredients · 45 minutes · 6 servings



Directions

1. Place the eggplant cubes in a colander or sieve and toss with 2/3 of the salt. Set aside for 10 minutes then wipe dry.
2. Heat the oil in a large non-stick pan over medium-high heat. Add the eggplant cubes, tomatoes, and garlic. Season with cumin, paprika, red pepper flakes, and remaining salt. Cook, stirring, for five minutes, then add the cilantro, parsley, and water.
3. Bring the mixture to a boil, then reduce to low heat. Cover with a lid and allow to simmer until very tender, about 20 to 25 minutes. Stir occasionally to prevent sticking and add more water if needed. Remove from the heat.
4. Stir in the lemon juice and mash the mixture using a potato masher.
5. Transfer to a bowl. Top with cilantro and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to three days.

Serving Size

One serving is approximately 1/3 cup.

Serve it With

Eat it cold or warm with pita bread, naan bread, veggie sticks, or as a sauce for grilled meat.

Ingredients

- 1 Eggplant (medium, cut into 1 1/2-inch cubes)
- 1 1/2 **tsps** Sea Salt (divided)
- 2 **tbps** Extra Virgin Olive Oil
- 3 Tomato (diced)
- 3 Garlic (clove, minced)
- 2 **tsps** Cumin
- 1 **tsp** Smoked Paprika
- 1 **tsp** Red Pepper Flakes
- 1/4 **cup** Cilantro (chopped, plus more for garnish)
- 1/4 **cup** Parsley (chopped)
- 1/3 **cup** Water (plus more if necessary)
- 2 **tbps** Lemon Juice

Cranberry Pumpkin Muffins

9 ingredients · 45 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
2. In a medium bowl, add the oil, eggs, pumpkin, and sugar. Whisk well.
3. To the same bowl, add the almond flour, baking powder, sea salt, and cinnamon. Stir with a wooden spoon until combined. Gently fold in the cranberries.
4. Divide the batter evenly between the muffin cups. Bake for 30 to 35 minutes or until a toothpick inserted comes out clean. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is one muffin.

No Frozen Cranberries

Use fresh instead.

Ingredients

2/3 cup Extra Virgin Olive Oil
2 Egg (large)
2/3 cup Pureed Pumpkin
1/4 cup Coconut Sugar
1 1/2 cups Almond Flour
2 tsps Baking Powder
1/4 tsp Sea Salt
1 tsp Cinnamon
1 1/2 cups Frozen Cranberries (coarsely chopped in the food processor)

Crispy Air Fryer Cauliflower Bites with Sweet Chili Sauce

9 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the air fryer to 370°F (190°C).
2. In a large bowl add the flour, milk, salt, garlic powder, and ginger. Whisk until well combined. Add the cauliflower and toss until well coated. Add the breadcrumbs and toss until all florets are coated.
3. Transfer the cauliflower to the air fryer basket. Spray with avocado oil and bake for 10 to 13 minutes or until cooked through, shaking halfway through.
4. Serve the cauliflower with the sauce and enjoy!

Notes

Leftovers

Best enjoyed immediately after making. Refrigerate in an airtight container for up to three days. Best reheated in the air fryer.

Serving Size

One serving is equal to approximately 1 1/2 cups cauliflower.

No Almond Milk

Use milk of your choice.

Gluten-Free

Use gluten-free bread crumbs.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

1/3 cup All Purpose Gluten-Free Flour

1/3 cup Unsweetened Almond Milk

1/4 tsp Sea Salt

1/2 tsp Garlic Powder

1/4 tsp Ground Ginger

1/2 head Cauliflower (medium, cut into small florets)

1/2 cup Bread Crumbs

1/16 oz Avocado Oil Spray

1/4 cup Sweet Chili Sauce

Cinnamon Mint Tea

3 ingredients · 10 minutes · 1 serving



Directions

1. Bring water to a boil and pour into a glass. Add the mint leaves and cinnamon. Steep for four to five minutes before drinking. Remove the mint and cinnamon stick if preferred. Enjoy!

Notes

Leftovers

Best enjoyed right away.

Serving Size

One serving is 1 1/4 cups.

No Mint Leaves

Use a peppermint or spearmint tea bag.

Ingredients

1 1/4 cups Water

2 tbsps Mint Leaves

1 serving Cinnamon Stick

Slow Cooker Hot Chocolate

7 ingredients · 1 hour 30 minutes · 5 servings



Directions

1. Add all of the ingredients to a slow cooker and stir to combine.
2. Cover and cook on low for 1 1/2 hours. Stir occasionally to ensure that the chocolate chips melt. Once hot, press the warm setting to keep the hot chocolate warm.
3. Stir before pouring into mugs or blend with a frother or immersion blender to make it frothy. Top with marshmallows, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Shake before reheating.

Serving Size

One serving is approximately one cup.

Additional Toppings

Whipped cream.

Ingredients

5 2/3 cups Plain Coconut Milk (from a carton)

1/2 cup Dark Chocolate Chips

1/4 cup Maple Syrup

2 tbsps Cacao Powder

1 tsp Vanilla Extract

1/8 tsp Sea Salt

5 ozs Marshmallows (mini or regular size)

Air Fryer Pickle Spears

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the air fryer to 400°F (205°C).
2. Pat the pickles with paper towel until very dry and set aside.
3. In one bowl, combine the flour and salt. In a second bowl, whisk the egg with the buttermilk and hot sauce. In a third bowl, combine the bread crumbs and garlic powder.
4. Dip each pickle spear in the flour and shake off any excess. Then dip into the egg mixture, and then coat in the bread crumbs. Transfer to the air fryer and repeat with the remaining pickles. Spray with avocado oil.
5. Bake for five to six minutes per side, until browned and crispy. Enjoy!

Notes

Leftovers

Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately four slices.

Gluten-Free

Use gluten-free bread crumbs.

Additional Toppings

Sprinkle with coarse salt immediately after baking. Serve with a dip if desired.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 1 1/4 cups Pickle (sliced in half lengthwise)
- 1/4 cup All Purpose Gluten-Free Flour
- 1/2 tsp Sea Salt
- 1 Egg
- 2 tbsps Buttermilk
- 1 tsp Hot Sauce
- 3/4 cup Bread Crumbs
- 1/4 tsp Garlic Powder
- 1/16 oz Avocado Oil Spray

Vegan Stuffed Mushrooms

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

Notes

Serving Size

One serving is equal to three stuffed mushrooms.

No Cremini Mushrooms

Use portobello mushrooms or white button mushrooms instead.

No Thyme

Use another herb like sage or rosemary.

Prep Ahead

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 **cup** Walnuts (raw, chopped)
- 2 **tsps** Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1/3 **cup** Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 **tbsp** Nutritional Yeast
- 2 **tbsps** Parsley (chopped)

Oven Roasted Chestnuts

1 ingredient · 1 hour 35 minutes · 4 servings



Directions

1. Use a sharp knife and carefully cut a slit or an "x" into the round side of each chestnut.
2. Place the chestnuts in a bowl and cover them with water. Let soak for at least one hour.
3. Preheat the oven to 425°F (220°C). Place the chestnuts cut side up, on a baking tray. Roast in the oven for 15 to 20 minutes, check them regularly to make sure they are not burning.
4. Transfer quickly to a kitchen towel. Close the towel and squeeze the chestnuts firmly. Let sit in the towel for about 10 minutes to steam.
5. Peel the chestnuts as soon as they are cool enough to handle and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze in a freezer bag for up to one month.

Serving Size

One serving is equal to three to four peeled chestnuts.

Peeling Note

Chestnuts are easier to peel once they are hot so start to peel them as soon as they steamed. Make sure to peel the hairy skin as well.

Ingredients

12 ozs Chestnuts, In Shell (raw)

Air Fryer Breaded Shrimp

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the air fryer to 400°F (205°C)
2. Pat the shrimp dry with paper towel and season with salt and pepper.
3. Add the flour to one bowl. Whisk the egg(s) in a second bowl. Place the bread crumbs in a third bowl.
4. Dip each shrimp into the flour, tap off any excess and then coat in the egg. Transfer from the egg into the bread crumb mixture, coating all sides.
5. Transfer to the air fryer and repeat with the remaining shrimp. Spray with oil. Bake for five to six minutes per side, until browned and crispy.
6. Meanwhile, in a small bowl, whisk together the yogurt, sriracha, lime juice, and honey. Serve the shrimp with the yogurt sauce and enjoy!

Notes

Leftovers

Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about five to six shrimp.

Gluten-Free

Use gluten-free bread crumbs.

Dairy-Free

Use mayonnaise instead of yogurt.

Additional Toppings

Sprinkle with coarse salt immediately after baking.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 10 ozs** Shrimp (peeled & deveined)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup** All Purpose Gluten-Free Flour
- 1** Egg
- 1 cup** Bread Crumbs
- 1/16 oz** Avocado Oil Spray
- 1/3 cup** Plain Greek Yogurt
- 1 tsp** Sriracha
- 1 tsp** Lime Juice
- 1 tsp** Honey

Chili Lime & Rosemary Roasted Nuts

8 ingredients · 35 minutes · 6 servings



Directions

1. Preheat the oven to 325°F (165°C) and line a baking sheet with parchment paper.
2. In a bowl, combine the oil, lime juice, chili powder, garlic powder, rosemary, and salt.
3. Add the nuts to the baking sheet and pour the chili lime mix on top. Toss to combine. Spread the nuts out into an even layer.
4. Cook in the oven for 13 to 15 minutes, stirring occasionally to prevent burning. Remove from the oven and let the nuts cool for 10 to 15 minutes. Serve and enjoy!

Notes

Leftovers

Store in an airtight container for up to two weeks.

Serving Size

One serving is approximately 1/2 cup.

No Olive Oil

Use avocado oil.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 Lime (small, juiced)
- 2 **tsps** Chili Powder
- 1 **tsp** Garlic Powder
- 2 **tbps** Rosemary (fresh)
- 1/2 **tsp** Sea Salt
- 1 1/2 **cups** Almonds (raw, unsalted)
- 1 1/2 **cups** Cashews (raw, unsalted)

Butternut Squash Hummus

6 ingredients · 20 minutes · 6 servings



Directions

1. Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
2. Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
3. Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

Notes

Leftovers

Keeps well in a sealed container in the fridge for 5 to 6 days.

No Butternut Squash

Use acorn squash or another type of squash instead.

More Flavour

Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

Garnish With

Sesame seeds or hemp seeds.

Save Time

Buy pre-sliced butternut squash from the produce section or frozen aisle.

Ingredients

2 cups Butternut Squash (peeled and diced into 1-inch cubes)

2 tbsps Tahini

2 tbsps Lemon Juice

1/2 tsp Sea Salt

1/4 cup Extra Virgin Olive Oil

7 1/16 ozs Seed Crackers

Stuffing Bites

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Add all of the ingredients to a food processor and process until you get a coarse texture.
3. Use a teaspoon to scoop out the mixture and roll into balls. Place them on the prepared baking sheet.
4. Bake for 15 to 20 minutes or until the stuffing bites have browned lightly. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two stuffing bites.

Gluten-Free

Use gluten-free bread.

Ingredients

5 1/4 ozs Sourdough Bread (broken into pieces)

1 Egg (large)

2 tbsps Dried Unsweetened Cranberries

1 tsp Dried Rosemary

1 tsp Dried Thyme

1/2 tsp Sea Salt

1/3 cup Pecans

1 tbsp Extra Virgin Olive Oil