



*Three
Quick & Cozy:
Wholesome
Holiday
Recipes in
Minutes ...*



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For Ginger Spice Health, LLC clients only as a Holiday gift



Instant Apple Crumble in the Microwave



1 servings



15 minutes

INGREDIENTS

1 medium apple, diced
1/2 tsp cinnamon
1/8 tsp nutmeg
1/8 tsp ginger
1/4 tsp vanilla extract
1/2 tbsp monk fruit or coconut
palm sugar
1/4 tsp lemon zest (optional)

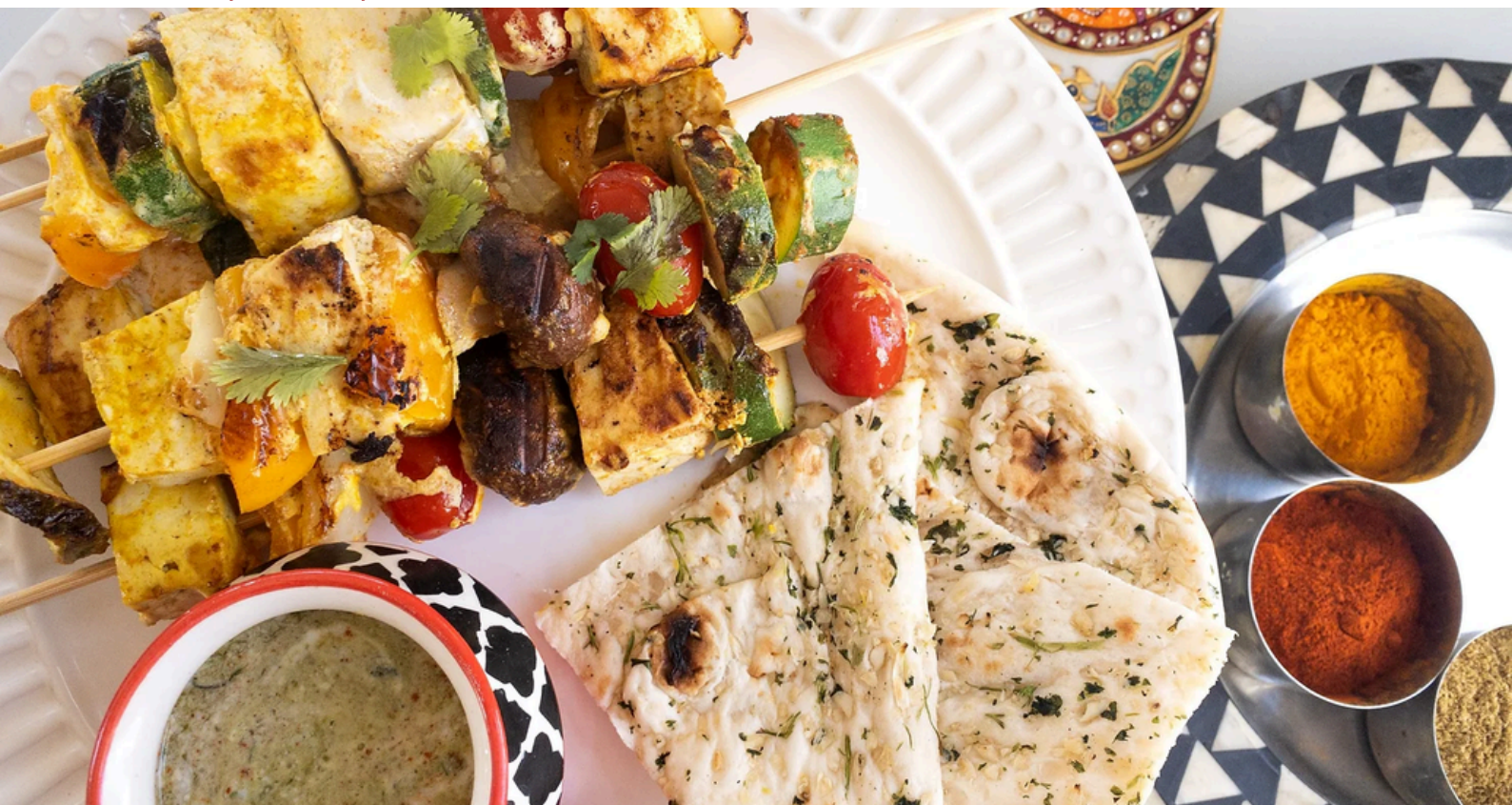
Topping

2 tbsp almond flour
1 tbsp chopped nuts (optional)
1/2 tbsp shredded coconut
1/2 tbsp monk fruit or coconut
palm sugar
1/4 tsp cinnamon
1/2 tbsp coconut oil

DIRECTIONS

- Mix diced apple with spices, sweetener, vanilla, and lemon zest in a bigger microwave-safe bowl.
- Combine topping ingredients in a separate bowl until crumbly.
- Sprinkle topping over apples and microwave for 2-3 minutes.
- Cool slightly and enjoy!
- Done in under 5 minutes! 🍏✨

No-prep, Tandoori Tofu



3-4 servings



30 minutes

INGREDIENTS

super firm tofu, 1 lb
cherry tomatoes, 1 cup
zucchini or yellow squash, 2 in
number, diced
baby bella mushrooms, 1 cup
colored bell pepper, diced, 1.5 cup
onions, 1.5 cup, cubed
olive oil, 2-3 Tbsp
few wooden skewers, soaked

Marinade:

turmeric, 1 tsp
paprika, 1 tsp, optional
dry coriander powder, 2 Tbsp
lime juice, 1 lime
salt, to taste
tikka spice mix, 2 Tbsp
2 cloves garlic, crushed
ginger, crushed, 1/2 tsp (optional)
plain greek yogurt, 3/4 cup

DIRECTIONS

- Soak wooden skewers in water to prevent burning.
- Wash and pat dry vegetables; press tofu to remove excess water.
- Cut veggies and tofu into evenly sized medium cubes for even cooking.
- Prepare marinade and let it sit for 10 minutes.
- Preheat grill or griddle to 450°F.
- Thread veggies and tofu onto skewers.
- Cook on a panini press or grill for 10-12 minutes, turning twice, until cooked and charred to your liking. 🌲

Beets and Coconut Squares



With cardamom and pistachios



8 servings



cook time <15 minutes

INGREDIENTS

pistachio, 2 Tsp
shredded unsweetened
coconut, 1.5 cups
cardamom seeds, 5-6 in
number OR vanilla essence,
2 tsp
Medjool dates, 10 pitted,
soaked in 1 cup water
2 medium beets, shredded
(around 1 cup)
ghee/coconut oil, 2 Tbsp

DIRECTIONS

- Soak Medjool dates (pitted) for 15 minutes, then drain, leaving 1/4 cup of water.
- Warm ghee, add coconut, and toast for about 4 minutes until lightly brown.
- Stir in shredded beets, cooking on low-medium heat for 4 minutes, stirring constantly to avoid burning.
- Blend the dates into a thick paste, then add to the pan, cooking for another minute. Add crushed cardamom or vanilla essence.
- Taste and adjust sweetness as needed. Pour into a lined, sprayed pan and refrigerate for at least an hour. Slice and serve. 🌲

Holiday Pancakes



With cherry slush



4 servings



cook time 15 minutes

INGREDIENTS

Pancakes:

1 cup almond flour

½ cup oat flour

1 tsp baking powder, 1 tsp
cinnamon, pinch of salt

2 eggs (or 2 chia eggs: 2 tbsp
chia seeds + 6 tbsp water)

2 tbsp maple syrup,

2 Tbsp almond milk,

1 tsp vanilla

Coconut oil (for cooking)

Cherry Slush:

1 cup frozen cherries (pitted)

1 tbsp orange juice

1 tbsp maple syrup or stevia

DIRECTIONS

- **Cherry Slush:** Thaw frozen cherries, microwave (covered) for 2 minutes with orange juice, and maple syrup /stevia and coarse blend it until slushy. Refrigerate till ready to use.
- **Batter:** Mix dry ingredients. In a separate bowl, whisk wet ingredients. Combine and let rest for 5 minutes.
- **Cook:** Heat coconut oil in a skillet over medium. Pour ¼ cup batter per pancake, cook 2-3 minutes per side.
- **Serve:** Stack pancakes, top with cherry slush.
- Enjoy these festive and healthy holiday pancakes! 🌲



festive Raw Cacao Bites



4- ingredients long



8 servings



cook time 15 minutes

INGREDIENTS

1 cup walnuts

3/4 cup Medjool dates

Splash of water

2 tablespoon raw cacao or
(unsweetened cocoa
powder)

Holiday sprinkles

DIRECTIONS

- Place the walnuts in a food processor or high-power blender (a food processor works best) and blend until crumbly.
- Add the dates and cacao powder and a splash of water, then blend again until combined.
- Roll the mixture into small balls, roll it in holiday sprinkles and they're ready to enjoy!
- Store them in a sealed container at room temperature or in the fridge for a firmer texture,