



CHRISTMAS COOKBOOK

A Collection of Choicest, Healthy,
and Festive Holiday Treats



- By Team Luke



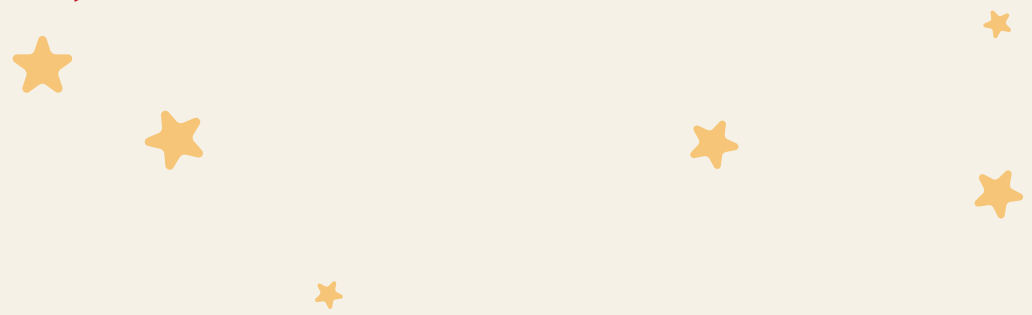


Keeping up with the spirit of Christmas, here are healthier versions of some classic Christmas sweets and savories that bring out the same traditional flavors but without any icky ingredients!

Keep scrolling and find healthy, delicious, and clean-eating Christmas recipes handpicked by our food and nutrition experts at

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By LUKE COUTINHO[®]

We hope you try and savor them as much as we do.





Plum cake

(This recipe contains eggs)

(Serves 4)

Baking time: 45 to 60 minutes with close monitoring

YCL tip! Compared to maida, using almond flour in cakes helps lower carbs and does not cause an insulin spike.

Ingredients

- 1 cup almond flour
- 3 medium eggs
- 1/2 cup organic jaggery
- 1/4 cup coconut oil
- 2 teaspoons pure vanilla extract
- 1 tablespoon flax powder beaten with 3 tablespoons water
- 1/4 teaspoon sea salt

For the plum layer:

- 5 to 10 whole plums depending on personal taste
- 1 tablespoon organic jaggery or honey
- 1 teaspoon coconut oil
- A pinch of sea salt

Instructions

1. Preheat the oven to 350 degrees.
2. Line a cake pan with parchment paper.
3. Combine all the ingredients for the cake batter in a medium-size mixing bowl.
4. Whip the batter until smooth with the beater or evenly combined.
5. Cut the desired amount of plums into halves.
6. Keep in mind that the more plums added to the cake, the more liquid there will be.
7. If you add more than four to five plums, the cake will have a lot of moisture.
8. Grease the parchment paper-lined cake pans with a teaspoon of coconut oil.
9. Then lay the plum halves into the bottom of the cake pan.
10. Drizzle the plums with a tablespoon of jaggery powder and sprinkle sea salt.
11. Pour the cake batter over the plums and bake the cake at 350 degrees for 60 minutes or until golden brown.





Teacake

(Serves 4)

Baking time: 20 to 30 minutes

YCL tip! Srilankan cinnamon also referred to as true cinnamon, has a higher bioavailability than Cassia cinnamon.

Ingredients

- 1 tablespoon flax beaten with 3 tablespoons water till a gluey mixture is formed
- 2 tablespoons coconut oil
- 1/2 cup organic jaggery powder
- 1 teaspoon vanilla extract
- 1½ cup almond flour
- 2 tablespoons sattu flour
- 1 teaspoon Srilankan cinnamon powder
- 2 teaspoons chia seeds beaten with 2 tablespoons water till a gluey mixture is formed
- 1/2 cup coconut milk
- 1/2 teaspoon salt

Instructions

1. Preheat the oven to 180 degrees.
2. In a bowl, add coconut oil, vanilla extract, jaggery powder, chia seeds, and flax mixture. Whisk together.
3. Then add almond flour, sattu flour, cinnamon, and salt. Mix well.
4. Add coconut milk and stir until smooth.
5. Pour into a square cake tin lined with baking paper.
6. Bake for 20 to 25 minutes.

Notes

- Plums are rich in antioxidants and fiber.
- They aid digestion and boost the immune system.
- You can replace almond flour with a mix of ragi and sattu flour, too.
- You can replace the eggs with mashed bananas.
- Garnish with raisins, nuts, toasted sesame, and pumpkin seeds.
- Even if you do not have a specific baking mixer aid, you can use a simple beater.





Pumpkin Drop Cookies

(Serves 8 to 10 cookies)

Baking time: 15 minutes

YCL tip! Compared to sweetened peanut butter, 100 grams of unsweetened peanut butter contain half as much sugar and fat.



Ingredients

- 1 cup unsweetened peanut butter
- 1/4 cup thick pumpkin puree
- 2 tablespoons date palm jaggery/organic jaggery powder
- 1/4 tsp Ceylon cinnamon powder
- 1/4 tsp ground flax seeds
- 4 to 5 tablespoons pre-soaked and dried black raisins

Instructions

1. Preheat the oven to 300 degrees.
2. Place the ingredients in the blender.
3. Blend till well combined.
4. Using a tablespoon, drop the batter in the baking tray greased with A2 cow ghee.
5. Bake for 12-15 mins.
6. Keep checking when they turn golden brown.
7. Once done, let them cool down.

Notes

- Pumpkins contain beta-carotene, which is converted to vitamin A when consumed.
- Pumpkin is rich in fiber, vitamin E, potassium, and iron.
- Black raisins are rich in natural antioxidants and iron.
- Homemade peanut butter is rich in fiber, trace minerals like selenium, boron, healthy fat, and protein.
- Add in more toppings like coconut flakes, nuts, cacao nibs, as per choice.

Pinaca

(Serves 8 to 10 balls)

Preparation time: 15 minutes

YCL tip! Almond flour enhances the nutritional value of this recipe and makes it rich in magnesium, omega-3, plant protein, and Vitamin E.

Ingredients

- 1 cup hand-pounded Sona Masoori rice
- 2 tablespoons almond flour
- 1 tablespoon ground flax meal
- 1 cup grated coconut
- 1 cup jaggery mixed in 1/2 cup water
- 1/2 teaspoon cardamom powder
- A pinch of Srilankan rolled cinnamon

Instructions

1. Dry roast the rice in a pan.
2. Set aside, let it cool down, and powder it.
3. Make a mix of jaggery and water in a pan.
4. Let it melt in a slow flame.
5. Now add coconut. Mix it well.
6. Add the cardamom and cinnamon powder.
7. Add the rice powder, almond flour, and ground flax.
8. Mix well, turn off the gas.
9. Let it cool down to room temperature to make a dough.
10. Use your creativity to make balls or cylinder-shaped portions.
11. Enjoy.

Variations

- Add beetroot juice, spinach juice, and carrot juice to give a variety of colors.
- Mix powdered nuts and seeds for extra taste.





Muffins

(Serves 8 to 10 muffins)

Baking time: 10 minutes

YCL tip! A2 ghee is well tolerated by lactose-intolerant individuals as well as those suffering from IBS.



Ingredients

- 1½ cup almond flour/amaranth flour/khapli/wheat flour/mix of jowar plus ragi flour
- 1/3 cup coconut oil/A2 ghee
- 1 cup jaggery
- 1/2 cup almond milk
- 1 mashed banana
- 1 tablespoon cacao powder
- 1 teaspoon pure vanilla extract
- 1 teaspoon apple cider vinegar
- Nuts and pumpkin seeds (optional)

Instructions

1. In a bowl, mix almond milk, coconut oil, vanilla essence, and jaggery.
2. Take another bowl. Mix the flour, banana, and cacao powder in it.
3. Mix all the dry ingredients into wet ingredients and fold gently to make a smooth batter.
4. Add one tablespoon of apple cider vinegar to the batter and keep the batter aside for 5 minutes.
5. Meanwhile, preheat the oven at 180 °C for 10 minutes.
6. Take a muffin tray and arrange muffin liners in it.
7. Fill all the muffin molds up to 3/4. Sprinkle some nuts and seeds powder.
8. Bake these muffins at 180 degrees for 25 minutes.
9. Once done, take out baked muffins and let them cool.

Variations

- Add raisins for extra flavor.
- Boiled sweet potato also can be added in place of pumpkin.

Marzipan

(Serves 2 to 3)

Preparation time: 5 to 7 minutes

YCL tip! Organic and free-range eggs contain twice as much omega-3 fatty acids, and higher levels of vitamins A and E than regular ones.



Ingredients

- 200 gms almond flour
- 50 gms raw banana flour/sattu flour
- 150 gms homemade date syrup
- 2 egg white from an organic egg/2 tablespoons flax beaten with 2 tablespoons water until a gelatinous texture is formed
- 1/2 teaspoon almond extract or pure vanilla extract

Instructions

1. In a medium bowl, combine the almond flour, sattu or raw banana flour, and the date syrup.
2. Add the egg white or ground flax and the almond extract or vanilla extract.
3. Knead until smooth.
4. Shape and mold as you wish.
5. Wrap the leftover in an airtight container and store it in the refrigerator.

Variations

- Add beetroot powder for a nice color.
- Top with pumpkin seeds/chia seeds.
- Roll it across cacao powder to get the chocolate flavor.
- Decorate it with nuts, dried raisins, dried cranberries as per choice and preferences.





Custard

(Serves 4 to 5 servings)

Preparation time: 10 minutes

YCL tip! Sattu is dry roasted chana flour that retains its nutritional value and provides 20% protein per 100 grams. It is one of the cleanest sources of plant protein.

Ingredients

- 3 cups coconut milk
- 1/3 cup jaggery or pure date syrup
- 1 teaspoon pure vanilla extract
- 3 tablespoons sattu or rice flour or arrowroot if allowed

Instructions

1. To make a slurry, combine sattu and a little coconut milk in a small bowl.
2. Stir and mix well. Keep aside.
3. Combine coconut milk, jaggery, vanilla extract, and the slurry in a saucepan.
4. Turn on the heat to the medium-low flame and stir continuously.
5. Keep stirring until the sauce thickens and reaches a thick and creamy rich consistency.
6. It takes around eight to 10 minutes.
7. Turn off the heat and transfer the sauce to a jar.
8. Enjoy it hot or chill it in the fridge for a few hours and serve it chilled.





No Bake Bites

1. Dates Bites

(Serves 8 to 10 bites)

Preparation time: 10 minutes

YCL tip! Prefer cacao over cocoa. Is there a difference? Yes! Raw unsweetened cacao has no added sugar, is minimally processed, and is richer in antioxidants.

Ingredients

- 1 cup roasted and powdered oats groats plus roasted poha powder
- 1 tablespoon roasted sattu
- 1/2 dates
- 1/2 homemade peanut butter
- 2 to 3 tablespoons walnuts
- 2 to 3 tablespoons almonds
- 2 tablespoons watermelon seeds
- 1 tablespoon chia seeds
- 2 tablespoons cold-pressed coconut oil
- 1 tablespoon cacao powder
- 1 tablespoon cacao nibs
- 1 teaspoon Himalayan pink salt

2. Cinnamon bites

(Serves 8 to 10 bites)

Preparation time: 10 minutes

Ingredients

- 1 cup roasted and powdered oats plus roasted poha powder
- 1/2 cup dates
- 1/2 cup peanut butter/almond butter
- 3 tablespoons walnuts
- 3 tablespoons raisins
- 2 tablespoons sunflower seeds
- 2 tablespoons watermelon seeds
- 2 tablespoons flax seeds
- 2 to 3 tablespoons raw honey
- 1/2 teaspoon Sri Lankan cinnamon powder





3. Coconut bites

(Serves 8 to 10 bites)

Preparation time: 10 minutes

Ingredients

- 1 cup roasted and powdered oats plus roasted poha
- 1/4 cup jaggery
- 1/2 cup shredded coconut
- 2 tablespoons cold-pressed coconut oil
- 3 tablespoons almonds
- 3 tablespoons sunflower seeds
- 1/4 cup dried amla or Indian gooseberries
- 3 tablespoons pistachios

Instructions (common for all types):

1. Roast oats and poha in a tawa and powder them in a high-speed blender or food processor.
2. Blend or process on high until the oats are finely ground.
3. Now, add the remaining ingredients.
4. Roll into mini balls.
5. Store in airtight containers.
6. Enjoy and relish these dainty snack bites with all the goodness and nutrition.



Hot Chocolate

(Serves 1 to 2 glasses)

Preparation time: 5 to 7 minutes

1. Classic hot chocolate

Ingredients

- 1 cup almond milk
- 1/4 tsp Srilankan cinnamon powder
- 1 heaped tablespoon raw cacao
- 1/2 teaspoon pure vanilla extract
- A pinch of sea salt
- 1 tablespoon raw organic honey/date jaggery powder/ coconut sugar

2. Spiced hot chocolate

Ingredients

- 1 cup almond milk
- 1 heaped tablespoon raw cacao
- 1 tablespoon chai spice mix (a pinch each of cinnamon, nutmeg, clove powder, dry ginger powder, and cardamom)
- 1 tablespoon raw organic honey/date jaggery powder/ coconut sugar

3. Coconut hot chocolate

Ingredients

- 1 cup coconut milk
- 1 heaped tablespoon raw cacao
- 1 teaspoon pure vanilla bean extract
- 1 tablespoon unsweetened peanut/almond butter
- 1 tablespoon raw organic honey/date jaggery powder/ coconut sugar

4. Peppermint hot chocolate

Ingredients

- 1 cup coconut milk - 1 cup
- 1 heaped tablespoon raw cacao
- 1/2 teaspoon pure peppermint extract
- 1 tablespoon raw organic honey/date jaggery powder/ coconut sugar





Instructions (common for all types):

1. Begin by adding your almond or coconut milk to a small pot and bring it to a slow roll over medium heat.
2. Add all the ingredients and whisk until well mixed.
3. Turn off the gas, add honey or jaggery and stir.
4. Serve immediately.

Notes

- Raw cacao is a storehouse of antioxidants that positively affect heart, brain health, and inflammation.
- Cacao contains high levels of magnesium. It is an essential mineral in managing stress and helps you feel more relaxed.
- Raw cacao is not to be confused with cocoa. Cacao is made by cold-pressing raw cacao beans ensuring no nutrients are lost by heat treating.

Home-baked ginger cookies



An all-time favorite, crispy baked delicacy with a hint of love, gratitude, and happiness for this Christmas!

(Serves 8 to 10 cookies)

Baking time: 10 to 15 minutes

YCL tip! Ditch refined flour and make it protein-rich and low in calories by adding sattu flour.

Ingredients

- 1½ cup coarsely ground almonds
- 4 tablespoons sattu flour
- 15 dates
- 1 banana
- 6 to 8 tablespoons ethically-sourced A2 milk, coconut milk, or almond milk (preferably homemade)
- 1/2 tablespoon ground ginger
- 2 teaspoons Srilankan cinnamon powder
- 1 teaspoon pure vanilla extract

Instructions

1. Preheat the oven to 180 to 250 degrees.
2. Blend banana, dates, A2 milk or coconut milk, cinnamon powder, ground ginger, and vanilla extract.
3. Mix until smooth, using a food processor or a blender.
4. Add ground almonds and sattu. Mix until all ingredients are well combined.
5. Use a cookie cutter and make any desired shape or simply make tiny balls or flat circles out of it.
6. Prepare a baking tray and grease it with a few drops of A2 ghee.
7. Spread the cookies.
8. Bake for about 10 to 15 minutes. The cookies will be soft and slightly golden at the bottom.
9. Leave the cookies to cool on the baking tray.
10. Once cooled, they will harden.
11. Store in airtight containers. These cookies stay fresh for four to five days.



Notes

- These cookies can be enjoyed by kids as well as senior citizens.
- Ginger and cinnamon spice mix adds antioxidants and anti-inflammatory properties.
- These are perfect spices for keeping us warm through the winter season too.
- Almond flour is nut flour free from gluten and consists of ground and blanched almonds. It is rich in vitamin E, a key vitamin for skin and eye health.
- These cookies are also great for nausea or morning sickness.
- Explore baking with kids by getting them involved in it. It is the best way for kids to learn nutrition.
- Let them shape and cut the cookies as per their desire.
- Dates add iron to the cookies. Make sure you soak them in hot water if they are hard.
- Enjoy, relish, and let the goodness of the cookies rich in nutrients sink in this festive season.



Savory muffins

(Serves 6 to 8 cookies)

Baking time: 20 to 25 minutes

YCL tip! To give your kids fiber, protein, and vitamins, it is a good idea to use jowar flour, sattu, or spinach puree instead of sugar and refined flour.



Ingredients

- 1/2 cup roasted jowar flour
- 1/4 cup sattu flour
- 1/4 cup chopped broccoli and blanched spinach puree
- 3/4 cup water
- 1 tablespoon extra virgin olive oil
- 2 teaspoons flax seed powder beaten with 4 teaspoons water until a gel-like mixture forms)
- 1 tablespoon lemon juice
- 1/2 teaspoon cumin powder
- 1/2 teaspoon salt
- 1/4 teaspoon red chili powder
- 1/8 teaspoon turmeric powder
- 1/8 teaspoon pepper powder
- 1/8 teaspoon carom seeds

Instructions

1. Preheat the oven to 180 degrees.
2. Grease a muffin tray and keep it aside.
3. Dry roast jowar flour and sattu flour on a low flame.
4. Add water to flax seed powder and make a gel.
5. Keep aside.
6. Take the jowar flour, sattu flour in a mixing bowl.
7. Now add other dry ingredients.
8. Finally, add the broccoli and spinach puree and mix well.
9. Add lemon juice, olive oil, and finally water as per the requirement to make a batter with pouring consistency.
10. Fill the muffin tray with the prepared batter and bake for 20 to 25 minutes.
11. Once done, check the muffins using a toothpick. If the batter sticks, then bake for a few more minutes.
12. Remove the tray and allow it to cool down for 10 minutes before removing.
13. Serve warm.



Notes

- You can use ragi flour or any gluten-free flour for this recipe.
- Add assorted vegetables as per seasonal availability.
- You can replace the flax meal with an egg, too.
- Sattu is rich in fiber, protein, iron, manganese, and magnesium.
- Jowar flour has immense amounts of calcium, iron, phosphorus, potassium, and sodium.





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Disclaimer: Please keep your health expert in the loop before introducing any new food ingredient in your diet, especially if you are on any medications or undergoing medical treatment. If a certain ingredient does not suit you, please avoid its consumption.

Happy Holidays!

Team Luke

