



Seasoned with Care

**A HEALTHY
CHRISTMAS COOKBOOK
BY TEAM LUKE**



Christmas is a season of warmth, reflection, and coming together. It's the glow of twinkling lights, the comfort of familiar traditions, and the simple joy of sharing a meal with the people who matter most. At the heart of it all is food, not just to celebrate, but to nourish, comfort, and connect.

This cookbook was created with that intention in mind.

At Team Luke, we believe that holiday food should feel just as good as it tastes. That's why this collection focuses on clean, thoughtfully balanced recipes that honor classic Christmas flavors while supporting your wellbeing. Every dish is crafted to be nourishing, satisfying, and festive without unnecessary additives or heavy ingredients that leave you feeling drained.

Inside, you'll find comforting, vibrant, and indulgent-yet-wholesome treats designed to support energy, digestion, and overall balance during the busiest (and most delicious) time of year. These recipes are meant to be enjoyed: slowly, joyfully, and without guilt.

This is your invitation to celebrate differently. To cook with mindfulness, eat with gratitude, and savor the season in a way that truly supports your body and spirit.

From our kitchen to yours, may your Christmas be filled with nourishment, warmth, and meaningful moments, one wholesome recipe at a time.





Spiced Almond Tea Cake

Serves: 2

Preparation Time: 10 minutes

Total Time: 30 minutes

Ingredients

- 1/2 cup almond flour or amaranth flour
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- A pinch of salt
- 1/4 tsp ground Ceylon cinnamon
- 1/4 tsp ground ginger
- 1/4 cup unsalted butter
- 1/4 cup date syrup
- 1/4 cup A2 milk (or almond or oat milk)
- 1 egg
- 1/4 tsp pure vanilla extract
- 1/4 cup chopped nuts (almonds and pistachios)

Instructions

1. Preheat the oven to 180°C (350°F) and grease a small loaf pan or mini loaf pans.
2. Mix the dry ingredients. In a bowl, whisk together the almond flour, baking powder, baking soda, salt, cinnamon, and ginger.
3. Combine the wet ingredients next. In another bowl, cream the butter and date syrup until smooth. Add the egg and vanilla extract, and mix well.
4. Blend. Gradually add the dry ingredients to the wet mixture, alternating with the milk, until fully combined.
5. Pour the batter into the prepared pan and top with the chopped nuts, if desired.
6. Bake for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.
7. Allow the cake to cool before slicing and serving.



Power Tip: For extra sweetness, drizzle a little date syrup over the cake after baking.

Nutritional Information (Per Serving)

- **Calories:** 640 kcal
- **Carbohydrates:** 49 g
- **Protein:** 13 g
- **Fat:** 47 g





Christmas Plum Cake

Serves: 8 to 10

Preparation Time: 20 minutes

Total Time: 1 hour 10 minutes

Ingredients

- 1 cup mixed dried fruit (raisins, currants, prunes, apricots, and more)
- 1/2 cup unsweetened apple juice or orange juice
- 1/2 cup almond flour
- 1/4 cup gluten-free oat flour
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- A pinch of salt
- 1/4 cup unsalted butter, softened
- 1/4 cup date syrup
- 2 large eggs
- 1/4 tsp pure vanilla extract
- 1/4 cup chopped nuts (almonds, walnuts, or pistachios)
- Zest of 1 orange (optional)

Instructions

1. Preheat the oven to 170°C (340°F). Grease a loaf pan or line it with parchment paper.
2. In a small saucepan, heat the mixed dried fruits with the apple juice or orange juice. Simmer for 5 minutes, then set aside to cool.
3. In a bowl, combine the almond flour, oat flour, baking soda, cinnamon, ginger, cloves, and salt.
4. In a separate bowl, cream the butter and date syrup until smooth. Add the eggs and vanilla extract, mixing well.
5. Gradually fold the dry ingredients into the wet ingredients. Add the cooled fruit mixture, chopped nuts, and orange zest (if using).
6. Pour the batter into the prepared pan and level the surface. Bake for 45 to 50 minutes, or until a toothpick inserted into the center comes out clean.
7. Allow the cake to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.



Power Tip: For added flavor, soak the dried fruit overnight in apple juice or orange juice to enhance the natural sweetness.

Nutritional Information (Per Serving)

- **Calories:** 175 kcal
- **Carbohydrates:** 24 g
- **Protein:** 4 g
- **Fat:** 8 g



Decadent Gluten-Free Chocolate Truffles

Serves: 2

Preparation Time: 10 minutes

Total Time: 40 minutes (including chilling time)

Ingredients

- 1/4 cup unsweetened dark chocolate (or dairy-free chocolate)
- 2 tbsp coconut cream (or A2 milk cream)
- 2 tbsp cacao powder
- 1 tbsp raw honey
- 1/4 tsp vanilla extract
- 2 tbsp shredded coconut (for rolling)
- 2 tbsp chopped nuts (almonds and cashews)

Instructions

1. In a small saucepan, melt the unsweetened dark chocolate and coconut cream over low heat, stirring until smooth.
2. Remove from the heat and stir in the cacao powder, raw honey, and vanilla extract.
3. Allow the mixture to cool slightly, then refrigerate for 15 to 20 minutes until firm.
4. Once firm, scoop out small portions of the mixture and roll them into balls.
5. Roll the truffles in shredded coconut or chopped nuts for added texture.
6. Refrigerate the truffles for another 10 minutes to set before serving.



Power Tip: Experiment with coatings like cacao powder or crushed pumpkin seeds for added flavor and texture.

Nutritional Information (Per Serving)

- **Calories:** 260 kcal
- **Carbohydrates:** 20 g
- **Protein:** 4 g
- **Fat:** 19 g

Ginger Spice Cookies

Serves: 2

Preparation Time: 10 minutes

Total Time: 18 to 20 minutes

Ingredients

- 1 cup almond flour
- 1/4 cup coconut sugar
- 2 tbsp cold-pressed coconut oil, melted
- 1 tsp ground ginger
- 1/2 tsp Ceylon cinnamon powder
- 1/4 tsp baking soda
- 1/2 tsp vanilla extract
- A pinch of sea salt

Instructions

1. Preheat the oven to 350°F (180°C) and line a baking tray with parchment paper.
2. In a bowl, combine the almond flour, coconut sugar, ground ginger, cinnamon, baking soda, and sea salt.
3. In a separate bowl, whisk together the melted coconut oil and vanilla extract.
4. Gradually add the wet ingredients to the dry ingredients and mix until a dough forms.
5. Scoop small portions of dough (about 1 tablespoon each), roll into balls, and flatten slightly with your fingers.
6. Place the cookies on the prepared baking tray, leaving space between them.
7. Bake for 8 to 10 minutes, or until the edges are golden.
8. Allow the cookies to cool on the tray for 5 minutes before transferring them to a wire rack to cool completely.



Power Tip: For extra crunch, sprinkle a little coconut sugar on top before baking.

Notes: Store the cookies in an airtight container for up to one week.

Nutritional Information (Per Serving)

- **Calories:** 360 kcal
- **Carbohydrates:** 26 g
- **Protein:** 8 g
- **Fat:** 26 g





Festive Chocolate-Dipped Fruit Treats (No Microwave!)

Serves: 2 to 3

Preparation Time: 10 minutes

Total Time: 20 minutes

Ingredients

- 1 small banana, sliced into thick rounds
- 1/2 apple, sliced into wedges (or any fruit your kids like)
- 1/4 cup unsweetened dark chocolate (or dairy-free chocolate)
- 1 tbsp cold-pressed coconut oil (or unsalted butter)
- Crushed nuts and coconut flakes, for decoration

Instructions

1. Slice the banana into rounds and cut the apple into wedges. You can also use other fruits such as strawberries or pear slices.
2. In a small saucepan, add the chocolate and coconut oil (or unsalted butter). Place the saucepan over low heat and stir continuously until the chocolate is fully melted and smooth. Keep the heat low and stir often to prevent burning.
3. Once the chocolate is melted, dip each slice of fruit into the chocolate, coating it halfway or fully, as desired.
4. Place the dipped fruit on a plate lined with parchment paper. While the chocolate is still soft, sprinkle it with crushed nuts and coconut flakes for added texture.
5. Refrigerate the chocolate-dipped fruit for 10 to 15 minutes, or until the chocolate has set.



Quick Tip: For added fun, let your kids help dip the fruit and decorate it with their favorite toppings.

Nutritional Information (Per Serving)

- **Calories:** 140 kcal
- **Carbohydrates:** 17 g
- **Protein:** 2 g
- **Fat:** 9 g





Classic Hot Chocolate

Serves: 1 to 2 glasses

Preparation Time: 5 to 7 minutes

Total Time: 10 minutes

Ingredients

- 1 cup almond milk
- 1/4 tsp Sri Lankan cinnamon powder
- 1 heaped tbsp raw cacao powder
- 1/2 tsp pure vanilla extract
- A pinch of sea salt
- 1 tbsp raw organic honey, date jaggery powder, or coconut sugar

Instructions

1. Warm the almond milk in a saucepan over low heat. Do not allow it to boil.
2. Whisk in the raw cacao powder, cinnamon, sea salt, and vanilla extract until smooth.
3. Turn off the heat and stir in the honey, date jaggery powder, or coconut sugar.
4. For a frothy texture, blend with a hand blender for 10 to 15 seconds, if desired.
5. Pour into mugs and serve warm immediately.



Power Tip: Add 1/2 tsp coconut oil while whisking to make the drink richer and more satiating, especially for kids.

Nutritional Information (2 servings)

- **Calories:** 98 kcal
- **Carbohydrates:** 16 g
- **Fat:** 2.8 g
- **Protein:** 1.6 g





Makhana Jaggery Popcorn

Serves: 2

Preparation Time: 5 minutes

Total Time: 13 to 15 minutes

Ingredients

- 2 cups makhana (fox nuts / lotus seeds)
- 2 tbsp organic jaggery powder
- 2 tsp A2 ghee
- 1/4 tsp Sri Lankan cinnamon powder
- A pinch of sea salt
- 6 to 8 roasted almonds or walnuts, chopped

Instructions

1. Heat a pan over a low flame.
2. Dry roast the makhana for 5 to 6 minutes, stirring continuously, until crisp.
3. In a small pan, melt the jaggery with the ghee over a very low flame.
4. Add the cinnamon powder and sea salt, and stir well.
5. Pour the jaggery mixture over the roasted makhana and mix quickly to coat evenly.
6. Add the chopped nuts and mix evenly.
7. Spread the mixture on a plate and allow it to cool for 2 to 3 minutes to set.
8. Serve like Christmas popcorn.



Power Tip: To prevent stickiness, mix the makhana immediately while the jaggery is still hot—this helps create an even, crunchy coating.

Nutritional Information (Per Serving)

- **Calories:** 145 kcal
- **Carbohydrates:** 22 g
- **Fat:** 4.5 g
- **Protein:** 3 g



Savoury Christmas Tart

Serves: 4 to 6

Preparation Time: 25 minutes

Total Time: 50 to 60 minutes

Ingredients

For the Crust:

- 1½ cups gluten-free flour (almond flour or buckwheat flour)
- ¼ cup unsalted butter, melted
- 1 egg
- 1 tsp salt
- 1 to 2 tbsp cold water

For the Filling:

- 1 cup cooked, diced vegetables (spinach, mushrooms, and more)
- ½ cup cheese (dairy-free, if needed)
- 3 eggs
- ½ cup A2 milk (or plant-based milk)
- Salt to taste
- Pepper to taste
- Herbs (thyme, rosemary), to taste

Instructions

1. Preheat the oven to 180°C (350°F).
2. In a bowl, combine the gluten-free flour and salt. Add the melted butter and egg, and mix well.
3. Add the cold water gradually to form a dough.
4. Press the dough evenly into a tart pan and chill briefly.
5. Blind-bake the crust for 10 to 12 minutes.
6. In a bowl, whisk together the eggs, milk, salt, pepper, and herbs.
7. Stir in the vegetables and cheese.
8. Pour the filling into the baked crust.
9. Bake for 20 to 25 minutes, or until the tart is set and golden.



Power Tip: Add a sprinkle of fresh herbs or roasted nuts on top before serving for extra flavor and crunch.

Nutritional Information (Per Serving)

- **Calories:** 260 kcal
- **Carbohydrates:** 10 g
- **Protein:** 11 g
- **Fat:** 20 g



Christmas Lunchbox Muffins

Serves: 6 to 8

Preparation Time: 20 minutes

Total Time: 45 minutes

Ingredients

- 1/2 cup roasted jowar flour
- 1/4 cup sattv flour
- 1/4 cup chopped broccoli + blanched spinach puree
- 3/4 cup water (adjust as needed)
- 1/2 tbsp extra-virgin olive oil
- 2 tsp flaxseed powder + 4 tsp water (to make flax gel)
- 1 tbsp lemon juice
- 1/2 tsp cumin powder
- 1/2 tsp salt
- 1/4 tsp red chili powder
- 1/8 tsp turmeric powder
- 1/8 tsp black pepper powder
- 1/8 tsp carom seeds (ajwain)

Instructions

1. Preheat the oven to 180°C and grease a muffin tray.
2. Mix the flaxseed powder with water and let it sit for 5 to 8 minutes until it forms a gel.
3. Dry roast the jowar flour and sattv flour on low flame for 2 to 3 minutes.
4. In a mixing bowl, combine all dry ingredients.
5. Add the broccoli-spinach puree and mix well.
6. Add the flax gel, olive oil, lemon juice, and gradually add water to form a pourable batter.
7. Fill the muffin moulds and bake for 20 to 25 minutes.
8. Check doneness by inserting a toothpick; if it comes out clean, the muffins are ready.
9. Cool for 10 minutes before removing from the tray and serve warm.



Power Tip: Add 1 tablespoon roasted sesame seeds to boost calcium, healthy fats, and satiety.

Nutritional Information (Per Serving)

- **Calories:** 88 kcal
- **Carbohydrates:** 12 g
- **Protein:** 3.2 g
- **Fat:** 3.2 g
- **Fiber:** 2.1 g



Bruschetta with Tomato and Basil

Serves: 4 to 6

Preparation Time: 10 minutes

Total Time: 20 minutes

Ingredients

- 1 loaf sourdough bread, sliced into 1-inch pieces
- 3 medium tomatoes, finely diced
- 1/4 cup fresh basil, chopped
- 2 cloves garlic, minced
- 1/4 tbsp extra virgin olive oil (optional, for toasting)
- 1 tbsp balsamic vinegar
- Salt and pepper, to taste
- 1/4 cup grated Parmesan cheese

Instructions

1. Preheat the oven to 375°F (190°C).
2. Arrange the sliced sourdough bread on a baking sheet and brush lightly with extra virgin olive oil, if using.
3. Toast the bread in the oven for 8 to 10 minutes, or until golden and crispy.
4. In a mixing bowl, combine the diced tomatoes, chopped basil, minced garlic, balsamic vinegar, salt, and pepper. Stir well and set aside to let the flavors blend.
5. Spoon the tomato and basil mixture generously onto each slice of toasted bread.
6. Sprinkle the grated Parmesan cheese over the top of each bruschetta slice.
7. Serve immediately as an appetizer or side dish.



Power Tip: For a stronger garlic flavor, rub a clove of garlic on the toasted bread slices before adding the tomato mixture.

Nutritional Information (Per Serving)

- **Calories:** 170 kcal
- **Carbohydrates:** 22 g
- **Protein:** 6 g
- **Fat:** 6 g





Christmas Chicken Soup

Serves: 2

Preparation Time: 10 minutes

Cooking Time: 25 to 30 minutes

Total Time: 35 to 40 minutes

Ingredients

- 1 small chicken breast (or 1/2 chicken thigh), boneless and skinless, diced
- 1/2 small carrot, chopped
- 1/2 potato, chopped
- 1/4 cup sweet corn kernels (non-GMO)
- 1/2 cup green beans, chopped
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 2 cups chicken broth (or water with chicken bouillon)
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- Salt and pepper, to taste
- 1/2 tbsp A2 ghee
- Fresh parsley or coriander, chopped (for garnish)
- A squeeze of lemon (optional)

Instructions

1. Dice the chicken into small pieces. Chop the carrot, potato, green beans, and onion. Mince the garlic.
2. Heat ghee in a medium saucepan over medium heat. Add the diced chicken and cook until lightly browned, about 3 to 4 minutes.
3. Add the chopped onion and minced garlic, and sauté for 2 to 3 minutes until softened.
4. Stir in the chopped carrot, potato, green beans, and sweet corn, mixing well.
5. Pour in the chicken broth (or water with bouillon) and bring to a boil. Reduce the heat to a simmer. Add thyme, rosemary, salt, and pepper. Simmer for 15 to 20 minutes, or until the chicken is cooked through and the vegetables are tender.
6. Taste and adjust seasoning if necessary. Add a squeeze of lemon juice for a fresh, zesty flavor, if desired.
7. Serve hot, garnished with freshly chopped parsley or coriander.



Power Tip: For an extra creamy soup, blend half of the soup once the vegetables are cooked and slightly cooled, then return it to the pot. This creates a thicker, richer texture without the need for cream.

Nutritional Information (Per Serving)

- **Calories:** 210 kcal
- **Carbohydrates:** 15 g
- **Protein:** 20 g
- **Fat:** 8 g



We hope these recipes fill your holiday season with joy, warmth, and wholesome flavors! May your kitchen be filled with laughter, your table with nourishing meals, and your hearts with the spirit of togetherness.

For more healthy, innovative, and festive recipes, click [here](#).

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Disclaimer: *Your health and safety come first. If you have any food allergies, sensitivities, or medical conditions, carefully avoid ingredients that could trigger a reaction. The information in this cookbook is provided for educational and informational purposes only and is not a substitute for professional medical advice. Always consult your healthcare provider before making any changes to your nutrition, lifestyle, or healthcare regimen, especially if you have existing medical conditions or are taking prescription medications.*

**Wishing you a Merry, Mindful,
and Delicious Holiday Season.**

**With gratitude,
Team Luke**