



10 recipes for conscious eating HEALTHY HOLIDAYS



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We Wish You a Healthy Holiday!



This is a festive time of year notorious for socializing, eating and drinking.

Stay vibrant with us this holiday season and take our Conscious Eating Holiday Challenge. We challenge you to swap out at least one of your holiday favorites with one of our healthier recipes! To make it easier for you to eat healthy this holiday season, we've given all your holiday favorites a Conscious Cleanse makeover. So you can keep the holidays merry, bright, AND vibrant! If you try one of our recipes this year, post a photo on social media, use #healthyholidays, and tag us (@consciouscleanse)!

Have a happy, healthy, holiday season!

With love and holiday cheer,

Jo & Jules ♥

P.S. - Enjoy the recipes!



RECIPES



Say goodbye
to the tired
creamy green
bean casserole
this holiday
season!

Roasted Rosemary Green Beans

Makes: 4 servings

Ingredients:

- 1 ½ pounds green beans, trimmed
- 2 TB olive oil
- ½ TB fresh rosemary, finely chopped
- 1 tsp Himalayan sea salt
- ½ tsp freshly ground black pepper



Instructions: Preheat the oven to 425°F. In a large bowl, toss together green beans, olive oil, rosemary, sea salt and pepper until well coated. Spread out evenly on a parchment paper lined baking sheet. Roast until caramelized and tender, for 12 to 15 minutes, stirring once at the halfway point. Serve as a side dish or put on top of your favorite garden green salad.



Holiday Salad with Harvest Cranberry Vinaigrette

Makes: 8-10 small salads

Ingredients:

- 1 ½ pounds Brussels sprouts, trimmed and halved (about 6 large handfuls)
- 1 medium or large cauliflower, cut into small florets
- 2 TB. coconut or olive oil
- Sea salt and freshly ground black pepper to taste
- 1 ½ cups beans (Cannellini beans, chickpeas, or any heirloom bean, drained if dried, soaked and cooked)
- 1 bunch kale, stems removed and roughly chopped
- 2 TB. apple cider vinegar
- 1 TB. Dijon mustard
- ¼ cup fresh cranberries
- 2 TB. capers, chopped
- 1-2 tsp. honey
- ½ ripe pear, chopped (optional, adds sweetness and creaminess)
- 1-2 cloves garlic
- ⅓ cup olive oil
- Sea salt and freshly ground black pepper to taste



Instructions: Preheat oven to 450 degrees F. In a large bowl, toss the Brussels sprouts and cauliflower with oil. Spread vegetables across a large baking sheet or roasting pan and season with salt and pepper. Roast until the sprouts and cauliflower are tender and beginning to brown, about 15 to 20 minutes.

Remove the pan from the oven and return vegetables to large bowl. Add the beans, toss, and then set aside to cool. When vegetables are mostly cooled, add kale.

To make the dressing, add apple cider vinegar, mustard, cranberries, capers, honey, pear (if using), and garlic to a high-speed blender. Pulse to blend, occasionally scraping down the sides to mix. Slowly add olive oil until dressing is fully emulsified. Season with salt and pepper.

To serve, transfer Brussels sprouts, cauliflower, and kale to a serving bowl (or use the same bowl). Add the beans and about half of the dressing. Toss gently and add more dressing, if needed, to cover the salad lightly.

Store any leftover dressing in a closed container in the refrigerator for up to 3 days. Serve salad immediately or chill and serve within 2 hours.



Root Vegetable Latkes with Homemade Apple Pear Sauce

Makes: 8-10 small latkes and 1 ½ cups applesauce

Ingredients for latkes:

- 3 cups root vegetables, shredded and peeled (we used a combo of 1 beet, 1 parsnip, 1 potato, and 1 carrot)
- 1 small onion
- ¾ tsp. sea salt
- ½ tsp. pepper
- ½ tsp. garlic powder
- 4 TB. chickpea flour
- 2 cups light olive oil, for frying

Ingredients for Apple Pear Sauce:

- 2 apples, peeled and chopped finely (we like gala or honeycrisp)
- 1 pear, peeled and chopped finely
- ¼ tsp. ground ginger
- ¼ tsp. nutmeg
- 1 ½ tsp cinnamon
- 1 TB. apple cider vinegar
- Pinch of freshly ground pepper
- 1 cup apple juice or water
- Maple syrup or stevia to your taste



Instructions for Latkes: In a food processor or by hand grate the root vegetables and onion. Place half of the grated root vegetables on a paper towel and squeeze most but not all of the moisture out. Repeat with the remaining half. Place the root vegetables and onion into a medium sized bowl and add the sea salt, pepper, garlic powder, and chickpea flour. Mix thoroughly.

In a medium skillet, pour olive oil until it is ½ inch deep. Heat until simmering. Form the mixture into small patties (if the patties don't hold together, add a bit more flour). Place the patties into the oil. After golden (3-5 minutes) on one side flip them and continue to cook for an additional 3-5 minutes or until golden and crispy on the other side. Keep the latkes warm in a 200 degree oven until ready to serve. Top with Apple Pear sauce.

Instructions for Apple Pear Sauce: In a medium saucepan, mix apples, pear, ginger, nutmeg, cinnamon, apple cider vinegar, pepper, and apple juice or water. Cover and cook for 20 minutes or until the fruit breaks down. Sweeten to taste if desired. Remove from heat and place mixture into a high speed blender and blend until almost smooth, or skip this step and leave it chunky. Serve with the Root Vegetable Latkes.



Creamy Mushroom Soup

Yield: 4 servings

Ingredients:

- 2 TB coconut oil, divided
- 1 yellow onion, chopped
- 2 carrots, chopped
- 2 garlic cloves, diced
- ½ tsp sea salt
- 1 tsp nutmeg
- ½ tsp dried thyme
- 2 cups cremini mushrooms
- 1 can unsweetened coconut milk
- ¼ cup vegetable broth



*A warm,
cleanse-
approved soup
for cold and
snowy winter
nights!*

Instructions: Heat one tablespoon coconut oil in a large pot over medium heat.

Add chopped onion, carrots and garlic. Stir to coat vegetables in oil then add salt, nutmeg and thyme. Cook until carrots and onions begin to soften, about 7-10 minutes. Stir occasionally so that the veggies don't stick to the pot or burn.

Rinse and chop mushrooms. Add mushrooms and remaining tablespoon of coconut oil to carrot-onion mixture. Stir to coat mushrooms in oil.

Cook for 5-7 more minutes to soften mushrooms.

Add coconut milk and veggie broth. Stir. Bring to a boil. Cover pot, reduce heat. Let simmer for 25 minutes.

Use an immersion blender or transfer mixture to high speed blender to puree. Add salt and pepper to taste.



Goat Cheese & Sage Scalloped Potatoes

Makes: 8-10 servings

Ingredients:

- 3 medium shallots, minced
- 1 ½ pounds yukon gold potatoes, peeled and thinly sliced
- 3 large parsnips, peeled and thinly sliced
- 3 TB. ghee + 1 TB. to grease the pan
- 3 TB. arrowroot powder
- 3 cups unsweetened cashew milk
- 1 TB. nutritional yeast
- ½ tsp. garlic powder
- 2 tsp. dijon mustard
- 1 tsp. sea salt
- ½ tsp. ground pepper
- 3 TB. fresh sage, finely minced
- 2 ounces goat cheese, crumbled
- Sprinkle of paprika



Instructions: Preheat your oven to 375 degrees F. In a small saucepan melt the 1 TB. ghee. Pour the ghee into the bottom of a 9"x 13" baking pan coating the bottom and halfway up the sides.

In a medium sized saucepan melt the 3 TB. ghee. When melted add the 3 TB. arrowroot and whisk until smooth. Cook for about 1-2 minutes over medium heat. Slowly add the cashew milk (approx. ¼-½ cup at a time) whisking to avoid lumps and to create a creamy sauce. Add the nutritional yeast, garlic powder, dijon mustard, sea salt, and pepper. Continue to cook until it comes to a simmer whisking the entire time.

Layer the potatoes alternating with the parsnips until the bottom of the pan is covered. Sprinkle with half of the sage. Repeat the process one more time. Pour the cashew milk cream sauce evenly over the potatoes and parsnips. Sprinkle the goat cheese crumbles on top. Dust the top of the potatoes with paprika. Add whole sage leaves on top as a garnish if you desire. Cover the pan with foil and bake for 30 minutes. Remove the foil and bake until the top is golden another 20-30 minutes. Let sit for 20 minutes before serving.



Herb Crusted Lamb Roast

Makes: 8-10 servings



Ingredients:

- 1 (4-5) pound boneless lamb roast, tied up with string
- 8 cloves garlic, peeled
- ¼ cup fresh mint
- 1 small bunch flat leaf parsley
- 4 TB. fresh rosemary
- 2 TB. lemon zest
- 1 tsp. sea salt
- 1 tsp. freshly ground pepper
- ¼ cup olive oil

Instructions: Preheat the oven to 450 degrees F. Place the oven rack in the lower third of the oven so the lamb will sit in the middle of the oven.

In a food processor fitted with the S-blade add garlic, mint, parsley, rosemary, lemon zest, sea salt, pepper, and oil. Process until finely chopped. Season the lamb roast with a small amount of sea salt and pepper on all sides. Thoroughly coat the top and sides of the lamb with the herb mixture. Allow to sit at room temperature for 30 minutes to 1 hour.

Place the lamb in the bottom of a large roasting pan. Roast in the middle of the oven for 1 ¼ to 1 ½ hours, or until the internal temperature of the lamb is 135 degrees (rare) or 145 degrees (medium). Remove from the oven and put the lamb on a platter; cover tightly with aluminum foil. Allow the lamb to rest for about 20 minutes before slicing. Garnish with rosemary sprigs and lemon wedges if desired.

Impress your guests with this delicious and healthy main course!



Gluten-free, Dairy-free Challah

Makes: 1 braided loaf

Ingredients for bread:

- 1 packet rapid rise yeast (2 ½ tsp.)
- 1 cup warm water (105 to 115 degrees F)
- 1 TB. maple syrup
- 4 ¼ cups cassava flour
- ⅓ cup maple syrup
- 1 tsp. sea salt
- 2-4 TB. olive oil
- 3-4 eggs

Ingredients for glaze:

- 2 TB. olive oil
- 1 TB. maple syrup



Instructions: Pour yeast into warm water, along with 1 TB. maple syrup in a large bowl and mix until combined. Let the mixture rest for 5 minutes or so until bubbly and creamy (You can measure out the flour while waiting for the yeast). After the yeast is nice and bubbly add the ⅓ cup maple syrup, salt, and avocado oil and mix until combined.

In a small bowl beat the egg with a whisk (it will fizz) and pour into the yeast mixture.

Add the flour, a cup at a time, until it is difficult to stir the mixture. At this point it will help to take the dough out and knead it a few times on the counter until smooth. It should be thoroughly combined. Place dough into a lightly oiled bowl. Cover with a slightly damp cloth or plastic wrap and set in a warm place for 90 minutes. It should almost double in size.

Transfer to a smooth surface and cut dough into three equal pieces. Roll each piece out into 10 to 12 inch ropes. This part can be a little challenging but stick with it and patch the ropes as needed. Pinch the ends together and proceed to braid the dough.

Place on parchment lined baking sheet covered and let rise for additional 30 minutes.

After the dough has risen for the final time mix together the oil and maple syrup and brush the dough thoroughly.

Preheat oven to 350 degrees F. Bake for approximately 25 to 30 minutes depending on your oven or until golden brown.



Carob Hazelnut Cheesecake

Makes: 1 9" cheesecake

Ingredients for the crust:

- ½ cup hazelnuts
- ½ cup pecans
- ½ cup dried dates (pitted and soaked for 20 min)
- ¼ cup shredded coconut
- Pinch of sea salt

Ingredients for the filling:

- 3 cups raw cashews (soaked for at least 4 hours)
- ⅔ cup sweetener of choice (maple syrup or honey)
- ½ cup freshly squeezed lemon Juice
- ¾ cup coconut oil (melted)
- ¾ cup carob powder
- 2 tsp vanilla extract
- ¼ cup water

Instructions: In a food processor fitted with an S-blade, blend hazelnuts and pecans until fine. Add in dates, coconut and salt until well combined. Transfer to a 9-inch cake pan and using your hands press down the mixture so it's evenly spread. Put in the freezer for later use.

In a food processor fitted with an S-blade (or a high-speed blender) blend cashews, sweetener, lemon juice, coconut oil, carob and vanilla until well combined. Add the water slowly (you may not need to use all of it) until you reach your desired consistency. It should be nice creamy. Pour into the crust and place in the freezer overnight. Serve cold.

*A rich and
decadent
holiday treat
without the
guilt!*



Raw Cacao Gelt Coins

Makes: 9 coins

Ingredients:

- ½ cup of raw cacao butter
- 2 TB. olive oil
- ¼ cup + 1 TB. raw cacao powder
- 2 TB. raw honey
- Edible Gold Dust
- Gelt Candy Mold

Instructions: In a double boiler, place a medium sized bowl. Add the cacao butter, olive oil, and raw honey to the bowl and whisk to melt, being careful not to overheat it and destroy some of the nutrients. Ideally you want to keep this mixture at below 110 degrees F. Once these ingredients are melted, whisk in the raw cacao powder. Whisk until no lumps remain and mixture is smooth.

Set the bowl with the cacao mixture over a separate bowl of cold water, being careful to not get any water inside the bowl, and continue to whisk this constantly until the mixture starts to thicken. The raw honey and the oil tend to separate so keep mixing them until the mixture has cooled off a little bit.

When the mixture has slightly cooled but is still liquid pour it into the candy mold.

If the cacao mixture starts to harden too much put the bowl over hot water again and melt to the correct consistency.

When finished place the raw cacao bites in the freezer for about 20 minutes, pop them out of the molds, and dust with the edible gold dust. The easiest way to do this is with a clean, small paintbrush. The bites can be stored in the freezer or refrigerator for 1 week.

*This 80:20
treat is sure
to sweeten
your dreidel
games!*



Sweet and Sassy Vegan Eggnog

Yield: 4-6 servings

Ingredients:

- 1 ½ cup raw cashews (soaked for 4 hours)
- 3 cups water
- ½ cup dates
- 2 tsp cinnamon
- 1 tsp nutmeg
- ¼ tsp sea salt
- 1 ½ tsp vanilla
- ½ TB maca
- Cinnamon stick for garnish (optional)



A cleanse-friendly treat even Santa would be happy to sip!

Instructions: Soak cashews for 4 hours in water, then drain. In a high-speed blender combine, cashews, dates, water, cinnamon, nutmeg, sea salt, vanilla and Maca. Pour into a festive glass, garnish with a cinnamon stick, if using and enjoy!



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