

Vegan Christmas

61 delicious & healthy recipes

by Caroline Deisler



@Carolinedeisler



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HEY GUYS!
I'M CAROLINE

@Carolinedeisler

I am here to make this holiday season a delicious AND healthy one! Real treats make you FEEL GOOD!!!

I started my blog & Instagram account 5 years ago to inspire people around the world to feel their best. Once you feel good inside out you automatically do better in everything else in life.



I am so happy and grateful to have such a kind and motivated community and feel inspired by you every day. My health journey began when I was 19, living and modeling in New York and the pressure of being extremely skinny got me trapped in an unhealthy binge eating cycle. I was craving balance so badly and finally felt at ease with myself once I turned fully vegan. The fact that I was choosing myself over anything else made me feel so empowered and for the first time I looked at food in a way to nourish my body, not to be a certain size. Looking back it all looks so easy but I truly wish I had these delicious and healthy recipes back then but I'm so happy to make your health journey a little more delicious.

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OUR COMMUNITY



MY STORY IN A NUTSHELL

Love yourself enough to live a healthy lifestyle!

For me, going vegan was all about showing my body love and appreciation. After years of modeling and punishing my body with my thoughts and diet rules, I knew I had to change something. I wanted to nurture myself with the best foods to finally feel balanced and happy. Every time we eat is a chance to fuel our body! Know what makes you feel your best and stick to it. I never liked counting calories and instead think we should listen to our intuition, not a number. When I turned vegan, I made the decision to never limit myself and always eat as many fresh whole foods as I wanted.

As a result, I had more energy, felt happier, felt more balanced, got fitter, my digestion improved, I lost weight and my skin cleared up. I was finally eating without guilt, had no more emotional ups and downs and loved how at ease I felt with myself. Everything fell into place, it was almost like my life was thanking me for how well I treated my body so all other parts of my life improved as well. I stopped modeling, got my nutritionist certificate, went to Uni in London to study business for three years and started my blog, Instagram and Youtube. I really feel so humbled to have such a kind and positive community and I love sharing my day to day life with you.

ABOUT THIS BOOK



Ever since I was little, I loved the cozy Christmas months and got so excited about all things Christmas: baking, decorating, cozy movie nights, the first snow, Christmas music, Nikolaus day, Christmas markets, ...I was so excited that I literally had all my Christmas gifts wrapped up and ready to put under the tree by December 1st haha. I love to give gifts and make other people happy. I feel like this ebook resonates so much with me. I'm also sending a big hug to everyone who is alone this season and want you to know that you are NOT alone. ☺ All you guys make the best community and your kindness and motivation shines through your daily sweet messages. As much as I have you guys, you have each other as well and just imagine us all being virtual friends. I poured all my heart and passion into creating this ebook and my 2 am kitchen nights 7 days a week were definitely worth it. :)) This is the time of the year to create your own sparkles and show your body how much you appreciate what it did for you this entire year.



TIME TO FEEL YOUR BEST THIS WINTER!

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Real treats are the ones that make you FEEL GOOD inside out and this is exactly what these recipes will do for you. Most so called treats don't actually do that, they give you an instant gratification but dont REALLY make you feel good long term. With this ebook, you no longer have to fear the holidays because of all the sweets that you feel tempted to eat (we have all been there haha) and you can fully relax and ENJOY this time. We probably all know that love hate relationship with Christmas. You love it but you already worry about the food, you want to enjoy quality time with your friends and family but fear gaining weight. I get it, we have all been there and that's why I am SO EXCITED to give you the solution to healthy, delicious & stress-free holidays. You won't feel like you're missing out, will enjoy so many delicious healthy treats and why not include your family as well and cook in big batches for everyone to try. (Always worth a shot.) Merry Christmas everyone! xxx



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HOLIDAY DRINKS

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makes 1

Golden Mylk

Ingredients

1.5 cups cashew milk (or almond milk) 2 medjool dates, pitted
1 tbsp cashews
1 tsp cinnamon
1 tsp ground turmeric
1/2 tsp vanilla extract powder

Steps

1. Add all ingredients to your high speed blender and blend until smooth.
2. Pour your golden mylk into a pot and let it simmer for 5-7 minutes.
3. Pour into your favourite cup and ENJOY:))

Hot Cocoa

The perfect 5 minute pick me up on a cold day!



Ready in

5 min

Ingredients

1.5 cups almond or cashew milk
2 tbsp cacao powder
1 tbsp maple syrup
1/4 tsp vanilla powder extract
4 pieces vegan chocolate

Steps

1. Add almond milk to a pot and heat it up on medium heat.
2. While its simmering, stir in cacao powder, maple syrup, vanilla and throw in some sugar free chocolate pieces for that extra richness. So YUM & comforting. Perfect for a cold rainy winter morning.

Note

I used to love a cold Kakao when I was younger. You could also let it cool down and store in the
fridge for a chilled version of the hot cocoa! :-)) Peer loves this recipe as well heheh!



Eggnog

Ingredients

1/3 cup raw cashews
2 cups almond milk
3-4 medjool dates
1/2 tsp vanilla powder extract
1 tsp cinnamon
1/4 tsp each:
ground cloves
ground nutmeg
ground cardamom

Steps

1. Add all ingredients to a high speed blender and blend for 2-3 minutes if you want the top part to be frothy.

2. Transfer the creamy mylk to a pot and heat up for a few minutes. Sprinkle some cinnamon on top and enjoyyyy!









Sweet Christmas

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Bratäpfel with Vanilla Sauce

like a warm apple strudle with the best vanilla cream

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makes 3

Ready in

40min

Ingredients

3 small apples
4 tbsp oats
6 pecan nuts
1 tbsp raisins
1 tbsp almond butter
1 tbsp maple syrup
1 medjool date
1 tsp cinnamon

VANILLA SAUCE
1/4 cup cashews
1/4 cup oats, soaked
1/3 cup water
2 medjool dates
2 ripe bananas
1/3 vanilla bean

Steps

1. Preheat the oven to 200 degrees Celsius.
2. Start by adding oats, pecan nuts, raisins, almond butter, date & cinnamon and mix well.
3. Cut off the top of the apple and scoop out the middle of the apples with a spoon.
4. Stuff the apples with the cinnamon nut mixture, add the top of the apple and place them on a baking tray lined with parchment paper.
5. Bake the apples for 25min and let them cool down a bit.
6. In the meantime, add all vanilla cream ingredients into a high speed blender and blend until creamy. I am OBSESSED with this cream, so so yum!
7. Pour the vanilla cream over the warm baked heavenly smelling apples and ENJOY!!:)



Toffee Date Pudding

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Toffee Date Pudding

one of the best things I ever ate

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Prep 15 min

Bake 30 min

Ready in 45 min



Ingredients

10 medjool dates (about 200gr)
1 cup hot water
1 tsp baking powder
1/2 cup cashew butter
1 tbsp lemon juice
1/4 cup oat flour (blend oats)
1/4 cup arrowroot

TOFFEE SAUCE
6 medjool dates
1/4 cup cashews
1 cup water
1 tsp vanilla powder extract
pinch of pink Himalayan salt

Directions

1.Preheat the oven to 180 degrees Celsius.
2.Soak dates in hot water and add the baking powder. Set aside for 10 minutes.
3.In a food processor add soaked dates (without the water), cashew butter, oat flour, baking powder, arrowroot, lemon juice & pulse until you have a smooth consistency. This dough already tastes heavenly!! Had to stop myself to not eat it before it goes in the oven.
4.Pour the sticky toffee mixture into your baking form. I used two small forms and lined them with parchment paper as I love the texture & character the cake gets from the parchment paper + it makes it super easy to flip it over later.
5.Bake the sticky date pudding for 30min and let it cool down for at least 15min before flipping it over. You could also prepare this recipe the night before Christmas to be fully relaxed and present the next day. The flavours will have time to sit and evolve even more and you can easily just leave the toffee puddings in your baking form & flip them over the next morning.
6.To make the toffee sauce, simply add all ingredients into a high speed blender and blend until smooth. This sauce is also perfect to store in the fridge for 3-5 days.
7.I love to enjoy it with a delicious caramel sauce on top to get the full experience hehhe. SO DELICIOUS, hard to believe it's healthy haha! This is one of my top 5 favourite recipes from this book!! LOVE it!

Mince Pies



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Mince Pies



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Prep	Freeze	Ready in
20 min	30 min	50 min

Ingredients

BASE
1/2 cup pecans
1/2 cup oats
1 cup cashews
10 medjool dates
1 tbsp maple syrup
pinch of salt

FILLING
1/4 cup dried cranberries
1/2 cup raisins or sultanas 2 medjool dates, pitted
2 dried figs
2 tbsp apple sauce
1 tsp cinnamon
1 tsp gingerbread spices
juice of 1/2 orange

Directions

1. Add all base ingredients into food processor and pulse until you have a firm sticky paste. The base itself is so delicious!!! Even better than the original if you ask me!
2. Use 2/3 of the dough for the base of your mince pies and add to your silicone cup moulds. Use the leftover of the dough and roll it out to cut out little stars. You can either spread a bit of oat flour on your kitchen surface to prevent the dough from sticking to it or roll it out on parchment paper and use another sheet of parchment paper on top.
3. Place the cup mould into the freezer and make the filling. Add all filling ingredients into a food processor or blender and roughly pulse until you have a paste texture. Mhhhhmm smells like Christmas already.
4. Spoon the mixture into your cup moulds, add the cookie stars you made earlier on top and store mince pies in the fridge over night to firm up. You could also place them in the freezer for 30 min to speed up the process. :) SO YUM!! Hope you love them!


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Raw Mandelhörnchen

Ingredients

150gr ground bleached almonds (or almond meal)
3 tbsp maple syrup
1/2 vegan chocolate bar
1/3 cup sliced almonds

favourite

Direction

1 OMG first I have to say this is one of my favourite recipes because a) it's SO quick to make b) reminds me of my childhood cravings haha and c) It's so deliiicious but completely "clean & healthy".

2 Add ground almonds and maple syrup to your food processor and let it pulse on automatic for about 1-2 minutes. It will turn into that soft but firm delicious marzipan paste.

3 Form little half moons with the paste and place on a tray. If your marzipan is too soft, place it in the fridge for 30-60 minutes.

4 Take the almond flakes and cover the middle of your delicious Hörnchen. You have to do this one by one and it requires a bit of patience but hey we're not using any unhealthy ingredients here (like the regular recipe) so it's
worth it hehe.

5 Melt your vegan chocolate bar, dip each end of the Mandelhörnchen in the chocolate and let them dry for a few minutes. Perfect to store in the fridge for a few days or longer! That's it! so simple, easy, delicious and healthy.

Vegan Stollen

A German Classic made Healthy



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makes 8

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Ready in
45min

Ingredients

FRUIT MIXTURE
1/4 cup raisins
2 tbsp almonds, chopped
3 medjool dates, chopped
3 dried figs, chopped
3 dried apricots chopped,
2 tbsp dried pineapple
or papaya (optional)

DOUGH
1/2 cup oat flour (blend oats)
1/2 cup buckwheat flour
1 cup ground almonds
1 tbsp cinnamon
1 tsp vanilla extract powder
zest of 1 orange
zest of 1 lemon (optional)
1/4 cup coconut sugar
1 tsp baking powder
1 cup hazelnut milk (or almond)

Marzipan
75 gr ground almonds
1.5 tbsp maple syrup

Directions

1. Start by soaking dried figs and apricots in warm water and set aside for 10min. Once done add all fruit mixture ingredients together and set aside.
2. Make the dough by adding all dry ingredients together, stir well and pour in the hazelnut milk. Mix well until you have a firm dough and place in the fridge.
3. To make the marzipan add ground almond and maple syrup into a food processor and pulse until you can a firm soft marzipan dough. Form a roll and set aside.I love to make a big portion of the marzipan and have it in the fridge for whenever I need it.
4. Preheat the oven to 180 degrees Celsius.
5. Add half of the dough into a baking form lined with parchment paper. Add in the fruit mixture, add marzipan roll in the middle and top with rest of the dough.
6. Bake for 40-45 minutes and let it cool down afterwards. You can meal prep the fruit mixture, dough and marzipan all in advance and keep in the fridge. Enjoy for a cozy Christmas breakfast or afternoon tea.

Healthy **Lebkuchen**

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Marzipan Lebkuchen

OMG so smooth, soft, goey, delicious AND healthy too hehe!

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Ready in

40 min

Ingredients

400gr ground hazelnuts
1 cup caramel sauce (12 medjool dates, 1 cup water, 1 teaspoon vanilla extract powder)
2 tablespoons grated apple
2 tablespoons ginger bread spices
1 orange peel (use organic)
100gr dried apricots, soaked in hot water for 15min and chopped

Marzipan Layer
150gr white almond meal (ground bleached almonds)
3 tbsp maple syrup

TOPPING
1 vegan chocolate bar

Directions

1.Preheat the oven to 170 degrees Celsius.
2.Start by soaking the dried apricot in hot water and set aside.
3.Make the caramel sauce by adding dates, vanilla and water to your blender and blend until creamy.
4.Grate the apple, chop the soaked apricots and mix together with all other ingredients.
5.Form little mini Lebkuchen with your hands and place on a baking tray lined with parchment paper. Bake for 12 minutes.
6.The Lebkuchen are still super soft when they are coming out of the oven, let them cool down completely. They will set naturally and you don't want to over bake them.
7.In the meantime make the Marzipan by adding almond meal and maple syrup to a food processor and pulse until you have a firm dough. Roll it out, use a cookie cutter to cut out round shapes and add a marzipan layer on top of each Lebkuchen. Place in the fridge while you melt your chocolate.
8.Then pour vegan chocolate on top of the marzipan layer (will look SO SMOOTH!!) and place them back in
9.the fridge for about 10 minutes. DELIIICIOUS!!!


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Classic German Lebkuchen

Healthy and delicious Christmas here we come

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Ready in

30 min



Ingredients

400gr ground hazelnuts
1 cup caramel sauce (12 medjool dates, 1 cup water, 1 teaspoon vanilla extract powder)
2 tablespoons grated apple
2 tablespoons ginger bread spices
1 orange peel (use organic)
100gr dried apricots, soaked in hot water for 15min and chopped

TOPPING
1 vegan chocolate bar
raw almonds

Directions

1.Preheat the oven to 170 degrees Celsius.
2.Start by soaking the dried apricot in hot water and set aside.
3.Make the caramel sauce by adding dates, vanilla and water to your blender and blend until creamy.
4.Grate the apple, chop the soaked apricots and mix together with all other ingredients.
5.Form little mini Lebkuchen or bigger ones like I did here with your hands and place on a tray lined with parchment paper. Bake for 12 minutes.
6.The Lebkuchen are still super soft when they coming out of the oven, let them cool down completely. They will set naturally and you don't want to over bake them.
7.Melt your vegan chocolate (in a steam water bath, add a tiny bit of almond milk to the chocolate mixture if it gets too dry) and pour over the Lebkuchen.
8.Top each with a few raw almonds and let them cool down again.
9.Store your Lebkuchen in an airtight container for up to 7 days. SO YUM & such a lovely Christmas gift as well! ENJOY :)



German Lebkuchen

Perfect gift for your friends, family, neighbours & anyone with a sweet tooth :)



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Pistachio Lebkuchen

When you thought it doesnt get better try these

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Ready in

30 min



Ingredients

400gr ground hazelnuts
1 cup caramel sauce (12 medjool dates, 1 cup water, 1 teaspoon vanilla extract powder)
2 tablespoons grated apple
2 tablespoons ginger bread spices
1 orange peel (use organic)
100gr dried apricots, soaked in hot water for 15min and chopped
7 dried figs, chopped
1/4 -1/2 cup roasted pistachios, chopped

TOPPING
1 vegan chocolate bar
1/2 cup roasted pistachios, chopped

Directions

1.Preheat the oven to 170 degrees Celsius.
2.Start by soaking the dried apricot in hot water and set aside.
3.Make the caramel sauce by adding dates, vanilla and water to your blender and blend until creamy.
4.Grate the apple, chop the soaked apricots, dried figs and pistachios and mix together with all other ingredients.
5.Form little mini Lebkuchen with your hands and place on a baking tray lined with parchment paper. Bake for 12 minutes.
6.The Lebkuchen are still super soft when they coming out of the oven, let them cool down completely. They will set naturally and you don't want to over bake them.
7.In the meantime, chop roasted pistachios for the topping and set aside.
8.Melt vegan chocolate bar and pour over the Lebkuchen for your top coat. Immediately drizzle pistachios on top so they stick to the melted chocolate and don't fall off later.
9.Store in the fridge in an air tight container or glass jar and enjoy throughout the holidays. I LOVE how pretty these look and the extra crunch from the pistachios with the goeyness from the figs is just SO YUM!!!





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Choco Lebkuchen

German Lebkuchen with a delicious chocolate crunch

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Ingredients

BASE
1.5 cups ground hazelnuts
1 tbsp orange peel (use organic)
1 tsp lemon peel (optional)
1 tbsp cacao powder
2 tablespoons gingerbread spice or all spice
6 large medjool dates, pulse (or finely chopped
1 tsp vanilla extract powder
1 tbsp hazelnut butter (or almond butter) I made both versions and loved them equally
1/4 cup water

TOPPINGS
1/2 cup bleached almonds, chopped (Mandelstifte) or roasted hazelnuts, chopped
1 vegan chocolate bar (use vegan milk chocolate or dark depending on your preference, both work well)

Directions

1.Preheat the oven to 180 degrees Celsius.
2.Add dates into a food processor and pulse 2-3 times to get a paste (dont over pulse). If your dates are soft enough you can also just mash them with your hands or chop finely. All three options work!:)
3.Add date paste with all other ingredients into a bowl and mix well.
4.Form about 9 balls with the mixture and place on a baking tray lined with parchment paper. Press down the middle to get a cookie shape, then try to form them in a way that the middle is a bit higher than the outside of the cookie. .
5.Add chopped white almonds on top, slightly press into the dough so they stick.
6.Place tray in the oven and bake for for 15min. The chocolate Lebkuchen are still super soft when you take them out of the oven. Let them cool down for at least 30 minutes.
7.Now add the chocolate layer. Melt your vegan chocolate bar (dark or mylk works both just as great) and spread over your baked Lebkuchen.
8.You can store the Lebkuchen in an air tight container in the fridge for a couple of weeks. Also such a lovely Christmas gift.:)) They are SO delicious, love the crunch from the almonds and also look so decorative when you put them in a nice box or glass jar. :)) ENJOYYYY!!

Yule Log



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Yule Log

OMG so smooth, soft, goey, delicious AND healthy too hehe!

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Ready in

45 min

Ingredients

2 cups oat flour
1 heaping tbsp arrow root powder 1/4 cup coconut sugar
2 tbsp cacao powder
1/2 tsp baking powder
pinch of pink Himalayan salt
1 tsp apple cider vinegar
1 cup + 2 tbsp plantmilk
2 tbsp apple sauce
2 tbsp hazelnut butter

VANILLA CREAM
2 ripe persimmons
1 tsp vanilla powder extract
1 cup cashews

CHOCOLATE COATING
1/4 cup cashews
5 medjool dates
2 tbsp cacao powder
1 cup almond milk

Love

Directions

1. Preheat the oven to 170 degrees Celsius.
2. Add all dry ingredients from the chocolate sponge cake in bowl and mix well. Add maple cider, plantmilk, apple sauce and nut butter together in a separate bowl, stir well and pour into the dry mixture to get a nice thick dough.
3. Get a baking tray lined with a 24 x 30cm size parchment paper sheet. The size of the sheet is important to be able to roll the cake later.
4. Transfer the batter to the prepared baking sheet and spread it evenly. You want to have a nice 1cm ish thick layer. Place in the oven and bake for 12-14 minutes. Let it cool down for a couple of minutes afterwards.
5. In the meantime make the vanilla cream by adding all ingredients into a blender and blend until smooth. Pour the thick vanilla pudding on top of the chocolate cake and then GENTLY (!!) roll up the cake from short end to short end.
6. Gently place cake in the fridge while you make the chocolate coating. Add cashews, dates, cacao powder and almond milk into a high speed blender and blend until creamy.
7. If you have some extra time, let the cake and chocolate coating firm up in the fridge for an hour before putting it together, then pour chocolate sauce over the cake and use a fork to draw the tree lines. Store cake in the fridge for a couple of days (although it will probably be gone sooner ahaha mine only lasted 2 days because it´s soooo yum and literally the creamiest most satisfying cake!!

Marzipan Balls

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Ready in
5 min



Marzipan Balls



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makes 10

Ingredients

1 cup ground bleached almonds (or almond meal)
3 tbsp maple syrup
2 tbsp raw cacao powder

Direction

1. Add ground bleached almonds and maple syrup into a food processor and pulse until your get a firm marzipan paste. Scratch down the sides of the food processor and form a big marzipan ball with slightly wet hands.
2. Form a long roll, cut into 1cm pieces and form balls. Cover balls in cacao powder and store in the fridge.
3. Such an easy 2 min delicious treat and reminds me of Christmas time in Germany!! :))))



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Lava Cake

Peers favourite

Ingredients

1 cup oat flour (blend oats)
4 tbsp hazelnut butter
3 tbsp raw cacao powder
3 tbsp coconut sugar
2 flax eggs: 2 tbsp ground flaxseeds with 4tbsp water
10 tbsp plantmilk
1 vegan chocolate bar, chopped

+ 2 pieces for each cake on the middle

VANILLA SAUCE
1/2 cup cashews
1/2 cup plantmilk
1/2 cup water
1 tsp vanilla powder extract
2 medjool dates

Directions

1. Preheat the oven to 180 degrees Celsius.
Add all cake ingredients into a bowl and mix well.

2. Pour the rich chocolaty dough into your silicone muffin moulds until they are half full, add 2 more pieces of chocolate in the middle and add rest of the dough.

3. Bake for 18min and make your vanilla sauce in the meantime. Add all vanilla sauce into a high speed blender until smooth ans creamy. So deliiiicous!!

4. Get the lava cake out of the oven and serve it straight away with a generous portion of Vanilla sauce. Peer loves this one heheh!!



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Choc Peanut Oat Cookies

So yum, quick & delicious. Perfect for friends & family!

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Ingredients

2 ripe bananas, mashed
2 cups oats
4 tbsp peanut butter (tahini works as well)
pinch of salt
1 tsp vanilla powder extract
4-5 tbsp maple syrup
2 tbsp coconut sugar
chocolate pieces (1 vegan chocolate bar)
2 tbsp plantmilk (I used almond
1 tsp cinnamon (optional)

Steps

1. Preheat the oven to 180 degrees Celsius.
2. Mash bananas with a fork, the riper your bananas the better!:)
3. Add in all other ingredients and mix well.
4. Form balls with the dough, slightly press down the middle and place on a tray with parchment paper.
5. Bake for 18 minutes.
6. I love to let them cool down for about 30 minutes in the oven once its turned off. That way they get that extra golden crunch + they taste even better the next day. The perfect cookieeeee! YUM!

Note

I absolutely LOVE these!! They also work great as a gift. Make a batch, store in a glass jar, put a band around and you´ll make someone happyyyyyy!! :)


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Give me to someone
and they´ll be happy!



Oatmeal Cranberry Cookies

Ingredients

1 cup oat flour (blend oats)
3/4 cup oats
1 tbsp cashew butter
3 tbsp maple syrup
1/4 cup chopped almonds
1/4 cup cranberries (fresh or frozen)
1 cup grated apple (about 2 small apples)
1/2 tsp cinnamon
pinch of pink Himalayan salt

Directions

1. Preheat your oven to 180 degrees celsius.
2. In a mixing bowl, add cashew butter and maple syrup. Stir in the oats and oat flour and mix well. Add in grated apple, cranberries, chopped almonds, cinnamon and salt.
3. Form little bowls in your hands and press down the middle to get a cookie shape.
4. Place the cookies on a tray lined with parchment paper and bake for 18min. Let them cool down COMPLETELY :-) They taste even better the next day. The yummiest cookie which is super low in sugar and so good for you. If you want it sweeter, add a few extra tbsp maple syrup. I quite like a not too sweet cookie as well. Let me know what you think! :-))

delicious gifts make everyone happy



Crisp Caroccini *Cookies*

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Crisp Caroccini

Cookies

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Ingredients

1 cup oats (blend to get flour)
1 cup almond flour (blend almonds: use bleached ones for light colour)
1 tsp vanilla powder extract
1/2 cup maple syrup
1/3 cup white almond butter

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Add all ingredients into a bowl and mix well (using your hands). Place the dough in the fridge for 30min.
3. Form little balls, add to a baking tray lined with parchment paper and press down to get thin cookies. You can also use another sheet of parchment paper to press the cookies down without having the dough stick to your hands.
4. Bake for 15-18min and let them cool down completely. One of my favourite recipes!! I love everything crisp and crunchy and these are so delicious and easy to make.



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Marie´s Cookies

IngredientsDirections

2 cups oats
2 tbsp coconut sugar
2 tbsp cacao powder
5 tbsp maple syrup
4 tbsp peanut butter (or hazelnut butter)
3-4 tbsp plantmilk
1/2 cup chocolate chips



1. Preheat oven to 180 degrees Celsius.
2. Add oats, cacao powder and coconut sugar to a bowl and mix well. Add in nut butter, maple syrup, plant milk, chocolate chips and mix well
3. Place a big spoon of the cookie dough on your baking tray lined with parchment paper and repeat for the rest of the dough. This is how my friend Marie likes to make them and whenever she comes over for dinner we usually end up having a midnight cookie session with lots of tea and girls talk haha. SO COZY! :-) Alternatively you can form balls with your hands and press down the middle to get a cookie shape.
4. Bake for 18min and let them cool down afterwards. ENJOY!

Prep	Bake	Ready in
5 min	18 min	30 min



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Fruity Oat Bars

Warning: might be addictive! AND so nutritious

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Ingredients

1 cup oat flour (blend 1 cup oats)
3 tbsp maple syrup
1/4 cup raisins
2 tbsp almonds, chopped
3 medjool dates, chopped
3 dried figs, chopped
3 dried apricots chopped,
2 tbsp dried pineapple or papaya (optional)
5 medjool dates
1/2 cup water

Steps

1.Soak dried apricots and figs for 10 minutes.
2.Preheat the oven to 180 degrees Celsius.
3.Place oats in a blender and blend until you get oat flour.
4.Transfer oat flour to a bowl, add maple syrup and mix well.
5.Add in raisins, chopped almonds, dates, figs, apricots and optionally pineapple or papaya. Mix well and set aside.
6.Place dates and water in a high speed blender and blend until smooth. Add the caramel sauce to the dough and mix well.
7.Spread the oat bar mixture into your silicone bar moulds and bake for 15 minutes. Let them fully cool down afterwards. The goey texture is sooo delicious and these bars are a true nutrient power house + perfect snack on cozy days.

Fruity and so delicious

Caramel Gingerbread Bars



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Caramel Gingerbread Bars

IngredientsDirections

BASE
10 medjool dates
3/4 cup ground almonds
1 small apple, finely grated
1 tbsp fresh orange zest (organic) 1 tsp fresh lemon zest (organic)
2 tbsp gingerbread spices

CARAMEL LAYER
10 large medjool dates
1 tsp vanilla extract powder
1 cup water

TOP LAYER
1 vegan chocolate bar

1. Start by making the base of the bars. Add pitted dates to a blender or food processor and pulse a few times to get a sticky paste. (dont overblend)
2. Add date paste to a bowl with ground almonds, grated apple & all other ingredients.
3. Spoon the base into your silicone bar moulds or spread it into your baking form. You want to have about 1-2cm thick base.
4. You can either place the bar moulds in the freezer now for at least 30min to keep this recipe raw OR bake for 15min at 180 degrees celsius.
5. In the meantime make the caramel sauce by adding all ingredients into a blender and blend until creamy.
6. Pour the caramel on top of your base layer and put the bars back in the freezer for 30 minutes. This goes for both the raw & baked option. :-)
7. Melt your vegan chocolate bar and add as a top layer. Put the bars back into the freezer for 30-60min. You can store these in the freezer for a few weeks and just take them out 5min prior eating. I looove the combination of the Christmassy tasting cookie base with the creamy caramel sauce and a thin chocolate topping. HEAVEN!! If you are making the raw version and want to save time, you could also just add all layers right after each other without the freezing steps. ;)

Chocolate Pudding

made healthy!



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Ready in
2 min

Chocolate Pudding

Ingredients

2 ripe persimmons
2 tbsp cacao powder
1 tsp vanilla extract powder
2 medjool dates

TOPPING
coconut yogurt (optional)

Directions

1 Add all ingredients into a high speed blender and blend until creamy. The easiest 2 min Chocolate pudding which is SO HEALTHY!

2 Feel free to add your favourite toppings. I love to add 2-3 scoops of coconut yoghurt. Reminds me of those monte yoghurts which I ate when I was growing up (not healthy haha).



Love

Choco Crossies

Thaaaat Crunch!!! Totally obsessed! Best 5min snack !



Ready in

10 min

Ingredients

1 cup cornflakes (GF, sugar free)
1/4 cup bleached almonds, chopped
1 vegan chocolate bar

Directions

1.Melt vegan chocolate bar.
2.In the meantime add cornflakes and chopped almonds into a bowl. Pour in the melted chocolate and mix well.
3.Form the little crossies with your hands (you can be quick and messy here, the shape doesnt make a difference).
4.Add crossies to your baking tray or cooling rack lined with parchment paper and place in the fridge for 5-10min.

Note

The beeeest quick snack!! Like the crunch is unreal and you need only 3 simple healthy ingredients!! You´ll love these.
PS: I used plain sugar free and gluten free cornflakes made from corn and rice.



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Nutella Caramel Cups

Smooth chocolate cup with the best peanut caramel

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Ready in

40 min

Ingredients

1.5 cups hazelnuts
1/4 cup maple syrup
1/3 cup cacao powder
4 tbsp water
1 tsp vanilla powder extract
pinch of salt

CARAMEL
12 large medjool dates, pitted 2 tbsp peanut butter
1 cup water
1 tsp vanilla powder extract

Directions

1. Add hazelnuts to a food processor and pulse until you get hazelnut butter. This takes around 3-5 minutes.
2. Add in maple syrup, vanilla, cacao powder and water and keep pulsing until you have a creamy sticky Nutella paste.
3. Use half of the paste to add a nice thick base layer to your silicon cups. Store other half in the fridge. Place cups in the freezer while you make the caramel.
4. Place dates, vanilla and water into a high speed blender and blend until creamy. Add in 2 tbsp peanut butter and mix well. (If your dates are smaller use less water.)
5. Add a thick layer of caramel to your cups and freeze for at least an hour.
6. Add rest of the cacao Nutella spread on top and freeze again for about 30minutes. These last forever in the freezer! So deliiiicious and healthy and a great alternative to using store bought chocolate.

Salted Pecan
CHEESE CAKE

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SALTED PECAN CHEESE CAKE

omg the creamiest most delicious piece of heaven

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Ready in

20min + freezer time



Ingredients

BASE
1/2 cup almonds (blend)
1/2 cup shredded coconut
4 large medjool dates, pitted
1 tbsp maple syrup
1/2 tsp pink Himalayan salt

CREAM LAYER
1 cup raw cashews
1 cup water
3 medjool dates, pitted
1 tsp cinnamon
1 tsp vanilla powder extract

PECAN CARAMEL LAYER
22 large medjool dates
1 cup pecans
2 cups Water
2 tsp vanilla powder extract
1/2 tsp pink Himalayan salt

TOPPINGS
30 Pecan nuts

Directions

1.Add all base ingredients into a food processor and pulse until you have a firm sticky dough. Add dough to your baking form lined with parchment paper and form a 1 cm thick base layer. Place form in the freezer while you make the cream and caramel layer.
2.For the cream, add all ingredients into a high speed blender and blend until smooth and creamy, set aside. SO YUMMMM!
3.To make the pecan caramel, add all ingredients into a high speed blender and blend until creamy.
4.Get baking form out of the freezer, add the cream layer and either freeze for another 30minutes before adding the thick caramel layer or add it straight on top if you´re short on time. :-)
5.Freeze overnight or for al least 3 hours. Perfect to prep in advance.
6.Top your cake with pecans and its ready to be enjoyed!!
7.You can store it in the freezer for a few weeks and take it out about 5-7 minutes before serving.



LAZY DOMINOS

The lazy version of Dominos for all my busy people and so yum

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Ready in

10 min

Ingredients

1/2 cup dried apricots, soak for 10min (about 6-7 apricots)
5 large medjool dates
1/2 cup almonds
1 tbsp oats

TOP COAT
1 vegan chocolate bar (optional)

Directions

1. Add all ingredients into a food processor and pulse until you have a firm paste.
2. Form little squares with your hands and place pieces on a tray with parchment paper.
3. Melt vegan chocolate, pour into a small deep glass and dip each domino into chocolate. Using a tooth pick works great here. Place chocolate covered dominos back on your tray and refrigerate for 10 minute so the chocolate can firm up.
4. These are surprisingly DELICIOUS and so rich in flavour & texture! YUM YUM YUM!





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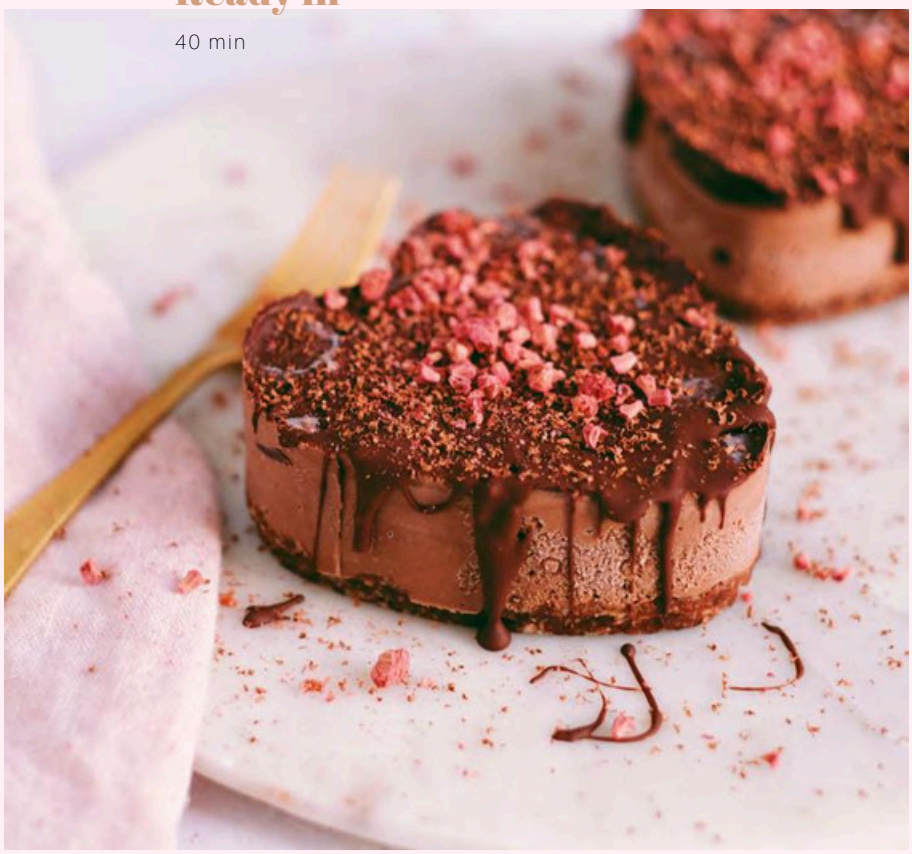
Flourless Chocolate Cake

Creamy raw vegan chocolate ganache cake

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Ready in

40 min



Ingredients

BASE
1/3 cup almonds
1/2 cup shredded coconut
1 heaping tbsp cacao powder
4 medjool dates
1 tbsp maple syrup
sprinkle of salt

CHOCOLATE FILLING:
1 cup soaked raw cashews
1 cup coconut milk
3 heaping tbsp cacao powder
3 medjool dates, pitted
2 tbsp maple syrup
optional: add zest of one orange to give it a chocolate orangy flavour.

Top:
1/2 vegan chocolate bar

Directions

1.Start by blending 1/3 cup almonds to get almond flour.
2.Soak cashews from the chocolate filling in water and set aside.
3.Add all base ingredients into a food processor and pulse until you have a sticky paste. If you don't have a food processor you can mash the dates with your hands and mix it all together with the other ingredients.
4.Add a 1-2cm thick base layer to your baking form lined with parchment paper. I used two small heart shaped forms here. The parchment paper makes it a lot easier to get the cake out of the form later and also adds nice character to the cakes. :)
5.Place forms in the freezer and make the rich chocolate filling by adding all ingredients into a high speed blender and blend until creamy.
6.Pour the chocolate filling on top of your chocolate cake base and place in the freezer for at least an hour (best overnight)
7.Get the cake out of the freezer, melt your vegan chocolate bar and add as a top layer. I also love to sprinkle some freeze dried raspberries on top for a pop of color and decoration. So pretty, delicious & perfect for the holidays!! ENJOYYY!



Prep	Bake	Ready in
10 min	20 min	30 min

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Classic German

Dominos



makes 22

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Ingredients

BASE
1/2 cup hazelnuts (pulse to get ground hazelnuts)
1/2 cup oats (blend to get flour)
2 tbsp caramel sauce (from the caramel layer)

CARAMEL LAYER
5 large medjool dates,
1/2 cup water
1 tsp vanilla

MARZIPAN
75gr white ground almonds
1.5 tbsp maple syrup

TOPPINGS
1 vegan chocolate bar

Directions

1. Start by making the caramel layer, add all ingredients into a high speed blender and blend until creamy. Set aside. You´ll need two tbsp from the caramel for the base dough.
2. Add all base ingredients into a bowl and mix well. Add dough to silicone ice cube forms to form a 1 cm thick layer. Spoon the caramel layer on top and place in the freezer while you make the Marzipan paste.
3. For the marzipan add ground almonds and maple syrup into a food processor and pulse until you have a firm dough. Form small balls, add on top of the caramel and press down to get an even layer. Put back in the freezer while you melt the chocolate.
4. Pour chocolate over the marzipan layer and freeze again for about 30 minutes. You can store these in the freezer for a couple of weeks and always have a bite size yummy and healthy treat at hand!! Even better than the real ones!

Granola Caramel Cups

The perfect healthy treat and high in protein



Prep	Bake	Ready in
20 min	12 min	35 min

Ingredients

BASE
1/2 cup pecans
1/2 cup oats
1 cup cashews
10 medjool dates, pitted
1 tbsp maple syrup
pinch of pink Himalayan salt

CARAMEL
7 large medjool dates, pitted
1/2 cup water
1 tsp vanilla extract powder
1 heaping tbsp peanut butter

TOPPING
1 vegan chocolate bar (optional)

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Add all base ingredients into a food processor and pulse until you have a firm sticky dough. Form little balls with your hands and add to your silicone cup moulds. Bake for 12 minutes and let them cool down afterwards so the crust will firm up.
3. Make the caramel by adding all ingredients into a high speed blender and blend until creamy
4. Spoon the caramel into your cups and place cups in the freezer while you melt the chocolate.
5. Pour chocolate over the caramel granola cups and place, store them in the fridge so the chocolate has time to firm up (only takes about 5min) and ENJOYYY!!! Whenever I make them, they are gone within like 10 minutes haha!! So delicious and packed with protein!

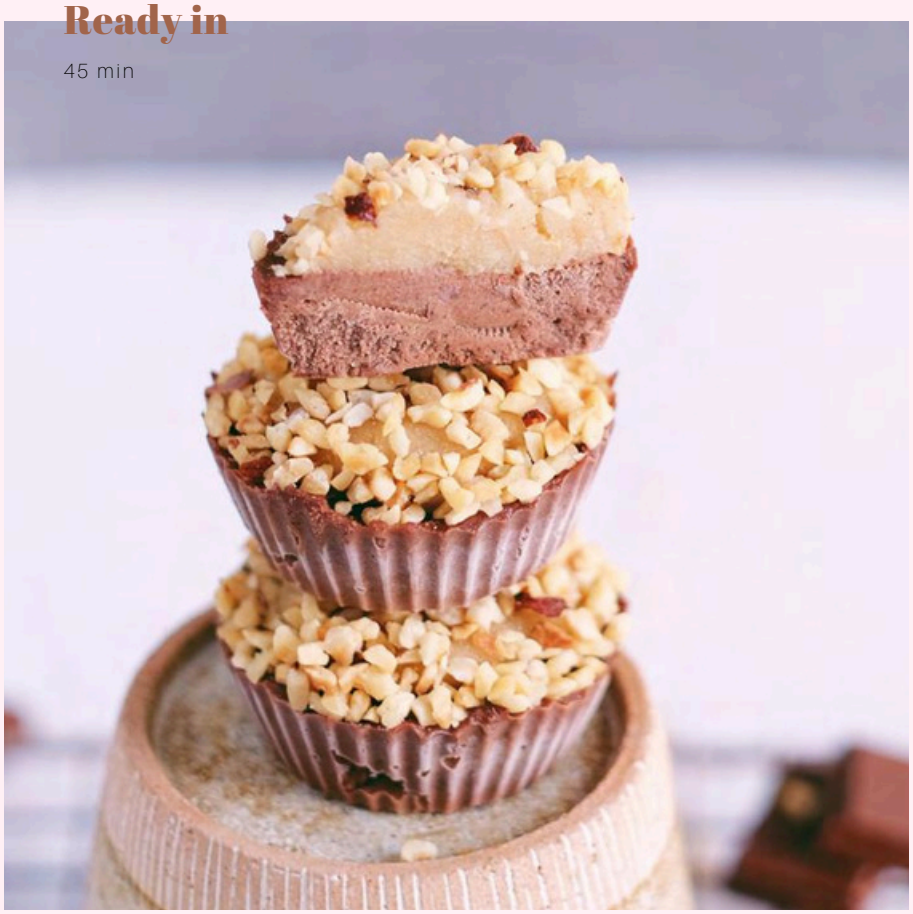
Chocolate Marzipan Cups

OMG so delicious and perfect to prep in advance

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Ready in

45 min



Ingredients

1,5 cups hazelnuts
1/4 cup maple syrup
1/3 cup cacao powder
4 tbsp water
1 tsp vanilla powder extract
pinch of salt

MARZIPAN
150gr ground bleached almonds
3 tbsp maple syrup

TOPPING
1/2 cup hazelnuts, roasted & chopped

Directions

1. Add hazelnuts to a food processor and pulse until you get hazelnut butter. This takes around 3-5 minutes. Alternatively use store bought hazelnut butter.
2. Add in maple syrup, vanilla, cacao powder and water and keep pulsing until you have a creamy sticky Nutella paste. SO YUM!
3. Spoon cacao paste (aka homemade chocolate) into your silicone cups and place in the freezer for 30 minutes.
4. Make the marzipan by adding ground almonds and maple syrup to your food processor and pulse until you have a firm paste. Form a big ball and place in the fridge until cups are ready to to take out the freezer.
5. Form little balls with the marzipan and add one to each cup, press down the middle a little, then top with lots of roasted chopped hazelnuts for that extra crunch!! Store in the freezer! :)





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Ready in 10 min

Gingerbread Energy Balls

Ingredients

1.5 cup ground hazelnuts
1 tbsp orange peel (use organic)
1 tsp lemon peel (optional)
2 tablespoons ginger bread spices or all spices
6 large medjool dates
4-5 dried figs, finely chopped
1 teaspoon vanilla extract powder
1 tsp hazelnut butter (or brown almond butter, could also be left out completely for a lower fat option)
1/4 cup water

optional: 2 tbsp cacao powder if you want to make it chocolately

Step

1 Add dates into a food processor and pulse 2-3 times to get a paste (dont over pulse). if your dates are soft enough you can also just mash them with your hands or chop finely. All three options work!:)

2 Add date paste with all other ingredients into a bowl and mix well.

3 Form 9 Balls with the mixture and store in the fridge. I LOVE these delicious Christmassy tasting energy balls. So quick to make, easy to pack on the go or to serve with a tea. You could also dip
the balls in melted vegan chocolate, then cover with chopped roasted hazelnuts if you want them a littler fancier. :))



FRUIT BREAD



Ready in

45 min

Ingredients

1/2 cup oat flour (blend oats)
1/4 cup walnuts
1/4 cup hazelnuts (or almonds)
5 brazil nuts
7 large medjool dates, pitted
7 dried figs
2 tbsp orange juice
1 tsp baking powder
1 tbsp cinnamon
1/2 cup apple sauce
1/4 cup ground almonds
1 tbsp water

TOPPINGS
chopped nuts, figs, dates
1 tbsp coconut sugar

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Blend 1/2 cup oats in a high speed blender for about 30 sec to get oat flour.
3. Chop all nuts, dried figs and medjool dates and soak in 2 tbsp orange juice for about 10 minutes (feel free to skip if in a hurry and just mix all ingredients together).
4. Add together with all other ingredients and mix well.
5. Transfer fruit bread mixture into your baking form lined with parchment paper, top with more chopped nuts, figs and dates, add a bit of coconut sugar and bake for 35 minutes.
6. Let it cool down completely and ENJOYYY!:-)) So delicious, sweet and love the crunch from the nuts in there!! Feel free to add in some raisins as well if you like!



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Vanille Kipferl

My favourite Christmas cookies made healthy!

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Ready in

20 min

Ingredients

200gr ground hazelnuts
250gr oat flour (blend oats)
60gr coconut sugar
2 tablespoons caramel sauce (blend 4 dates, 1/3 cup water)
3 tablespoons white almond butter
splash of almond milk
1.5 teaspoons vanilla extract powder

Directions

1.Add all dry ingredients to a mixing bowl and stir well. Then add almond butter, caramel sauce and almond milk.
2.Cover the bowl with a kitchen towel and place in the fridge for 30min.
3.Preheat the oven to 175 degrees Celsius. 4.Get the dough out of the fridge, form
little half moons and place on your parchment paper lined baking tray.
5.Bake for 11-13 min. They are still quite soft after baking, let them cool down completely.
6.Sprinkle some coconut sugar on top before serving. You can store these in an airtight container for a couple of days. I LOVE this recipe!! They used to be my favourite Christmas cookies growing up and this healthy version of it is heaven!!

Note

Wash your hands with cold water frequently when forming the half moons. The dough can be a bit sticky if your hands get too warm. :-)

Jam Drop Cookies

Typical German Christmas cookies with a healthy twist

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Prep	Bake	Ready in
20 min	13 min	40 min

Ingredients

1/3 cup almond butter
80ml (1⁄3 cup) date caramel sauce
1 tsp vanilla extract powder
1 tbsp maple syrup
1 cup oat flour (blend oats)
1 cup almond flour. (blend almonds)

RASPBERRY JAM
1 cup raspberries
1 tbsp chia seeds
2 tbsp water
1 tbsp maple syrup
1 medjool date, chopped (optional)

Directions

1 Preheat the oven to 180 degrees and prepare a baking tray with parchment paper.
2. Start by making the raspberry jam. Mix the chia seeds with water and set aside to thicken for 10 min. Add the chia seed mix to a small bowl with all other ingredients and combine well. Set the jam aside.
3. In a separate bowl, mix the oat, almond flour and vanilla extract. Add the maple syrup, date caramel sauce and almond butter and mix well.
4. Form 10 little balls, place them on the baking tray and use your thumb and press down the middle to create a hole. Fill each hole with a teaspoon of raspberry jam and bake the cookies for 13 minutes.
5. Let them cool down completely and serve with the leftover jam.
6. You can store the cookies in an airtight container for up to 7 days. :-) ENJOY!! This is one of my absolute favourite recipes!



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German Zimtsterne

Delicious cinnamon cookies for the cozy season



Ready in

50 min

Ingredients

1 cup ground almonds
1/3 cup coconut sugar
1/3 cup coconut butter
3 tbsp maple syrup
1 tsp vanilla extract powder
3 tbsp cinnamon

ICING
1 cup cashews, soaked & rinsed
1 heaping tbsp cashew butter
3 tbsp xylitol
1/4 cup water (add more if needed)

Directions

1. Add all ingredients to a bowl and mix well. Cover the dough with a kitchen towel and place in the fridge for 30 minutes.
2. To make the icing add all icing ingredients to a high speed blender and blend until smooth. Leave in the fridge until cookies are ready.
3. Preheat the oven to 180 degrees Celsius and prepare a baking tray with parchment paper.
4. Roll out the cookie dough (use a bit of coconut flour or desiccated coconut underneath if the dough is sticking to the surface.
5. Grab your star cookie cutter to cut out the cookies.
6. Bake for 13 min and let them cool down for 10 min afterwards.
7. Add the icing and ENJOYYY!
8. You can store the cookies in an airtight container (in the fridge) for 5-7 days.



Low Sugar Waffles

Ingredients

1.5 cups oats
2 very ripe bananas
1 tsp vanilla powder extract 2 tsp baking powder
1/2 cup water

SAUCE
5 medjool dates
1 cup water
1 tbsp carob powder
1 tbsp cacao powder

EXTRA TOPPING
mixed berries or banana slices

Directions

1. Add oats, bananas, baking powder, vanilla and water to a high speed blender and blend until smooth.
2. Pour batter in your waffle iron or alternatively use a silicone waffle form and bake for 12 minutes at 180 degrees Celsius.
3. In the meantime make the sauce by adding all ingredients into a high speed blender and blend until smooth. Also love these waffles plain with no sauce, a little dry but I find that so satisfying haha ENJOY!!!



Kaiserschmarrn

Ingredients

1 cup ground almonds
1 cup buckwheat or oat flour
1 tsp baking powder
1/2 cup almond milk
2 tbsp maple syrup
juice of 1 lemon
1 ripe banana, mashed
1/3 cup raisins
1/4 cup water

VANILLA PUDDING
2 ripe persimmons
1 tsp vanilla powder extract

Step

1 Add ground almonds, buckwheat or oat flour and baking powder to a bowl and mix well.

2 Add in mashed banana and all other ingredients and mix well.

3 Pour the dough into a non sticky pan and let it bake for 7-10 minutes or longer depending on how crispy you like it. While its baking break it into bite size pieces.

4 In the meantime add ripe persimmons (stem removed) and vanilla powder into your blender and blend until creamy. Such a delicious quick and healthy vanilla pudding.

5 Dip the Kaiserschmarrn into the Pudding and ejoyyy!!! SO YUM!! Perfect breakfast, brunch, lunch or dessert

Cranberry choc Vanilla Bowl

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Ingredients

1 cup frozen cranberries
1.5 cups plant milk (I used cashew milk)
1/2 cup cashews
2 ripe bananas
2 medjool dates, pitted
1 tsp vanilla powder extract
2 tbsp raw cacao powder

TOPPING
few pieces vegan chocolate (optional)

Directions

1. Place the frozen cranberries on the bottom of your jars or bowls (this one looks pretty in a jar, that way you see the different layer better)
2. Add the rest of the ingredients (except for cacao) to a high speed blender & blend until smooth.
3. Transfer to a pot and let it simmer on medium heat. Once its nice and warm (don't over boil it) pour it over the frozen cranberries and just leave about a 1/3 in the pod.
4. Add raw cacao powder and stir well. Then pour the cacao cream on top of the vanilla layer and add some grated chocolate or a few vegan chocolate pieces on top. OMG HEAVEN in a bowl and 100% good for you and your soul. :) Perfect for a cozy cold morning.



Panna Cotta

IngredientsDirections

2 ripe persimmons
1 tsp vanilla powder extract

CARAMEL SAUCE
5 medjool dates
1/2 tsp vanilla extract
1 tbsp maple syrup
1 cup water

TOPPING
Frozen raspberries

1 Add persimmons (stem removed) and vanilla to your blender and blend until creamy. Pour the pudding mixture into small bowls or glasses and optionally place in the fridge overnight for a firmer consistency.

2 Make the caramel sauce by adding all ingredients into a high speed blender and blend until smooth.

3 Pour caramel sauce over the Panna Cotta right before serving and top with some frozen raspberries. Such a good combination of flavours. LOVE LOVE LOVE!!



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Low-Fat Cinnamon Rolls

Ingredients

5-6 ripe bananas
1 tbsp cinnamon

CARAMEL PASTE
12 medjool dates
1/2 cup water
1 tsp vaniila powder extract



Directions

1. Preheat the oven to 120 degrees celsius.
2. Slice bananas vertically in 3 pieces each. It works much better when you leave the skin on and peel it off afterwards. Place thin banana strips on a tray with parchment paper, sprinkle cinnamon on top and bake for 60 minutes. Let them cool down for 15 minutes afterwards.
3. In the meantime make the caramel sauce by adding all ingredients into a high speed blender and blend until creamy.
4. Gently remove baked banana slices from the tray using a thin knife, add a spoon of caramel and roll them up. Easy peasy, no dehydrator needed, fat free, sugar free, wheat free haha but so yum!!!!



makes 12

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Ready in
20min

Custard Tartes

IngredientsDirections

BASE
1/2 cup pecans
1/2 cup oats
1 cup cashews
10 medjool dates
1 tbsp maple syrup
pinch of salt

FILLING
2-3 ripe persimmons
1 tsp vanilla powder extract

1 Preheat the oven to 180 degrees Celsius.

2 Add all base ingredients into a food processor and pulse until you have a firm sticky dough. Form little balls with your hands and add to your silicone cup moulds. Bake for 12 minutes and let them cool
down afterwards so the crust will firm up.

3 In the meantime add ripe persimmons and vanilla to your blender and blend until creamy. The best vanilla pudding!! Spoon t he pudding into your little tartes and ENJOY right away of refrigerate for an hour!!! Love these little bite size pieces. Perfect to store in the fridge for a couple of days as well!



Rote Grütze

Ingredients

4 cups frozen mixed berries (I used blackberries, currants, cranberries and raspberries)
1/4 cup water
1 tbsp maple syrup (optional)

VANILLA PUDDING
2 ripe persimmons
1 tsp vanilla powder extract

Directions

1. Add frozen berries and water to a pod and let it simmer for 20min at medium low heat.
2. Add in maple syrup or 1 tbsp coconut or leave it out if you want it extra low sugar.
3. Wash your persimmons, remove the stem top part and add the whole thing into a blender together with the vanilla extract (no extra water needed - you want a thick cream). Blend until smooth and creamy. It's important here to use super soft ripe persimmons and not kakis, otherwise you'll get a jelly consistency (still yummy haha)
4. Pour the warm berry jam into your jars or bowls & add in the vanilla cream. The combination of the warm berries and this deliiiiicious vanilla pudding is heaven! I made it a fat free delicious dessert, however you could also enjoy it with the vanilla sauce recipe from the Bratapfel
recipe









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Savoury Christmas

Multi Seed *Crackers*



Multi Seed Crackers



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Ingredients

1 cup golden flax seeds (blend to get flax meal)
1/2 cup sunflower seeds (or pumpkin seeds or half & half) 1/2 cup sesame seeds
1/2 cup water
1 tsp salt pink Himalayan salt
1 tbsp almond butter

Directions

1. Start by adding 1 cup golden flaxseeds to your blender and blend until you get flour.
2. Add flaxseed meal, sunflower seeds, sesame seeds, water & salt to a bowl and let it soak for 15-30min.
3. Preheat the oven to 170 degrees Celsius. Transfer mixture to a blender, add almond butter and blend roughly.
4. Spread the seed mixture on a baking tray lined with parchment paper and use another sheet of parchment paper on top to fully press the dough flat without having it stick to your hands (important). The thinner you press it the crispier your crackers.
5. Bake crackers for 30min, then flip over (again using the 2nd sheet of parchment paper so the dough isn't breaking yet.)
6. Bake for another 20min and let them cool down completely. Also great to prep the night before and have the crackers ready in the morning for a savoury brunch spread.
7. Break into pieces and ENJOY:) so crunchy, delicious & packed with protein and healthy fats.



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makes 1

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Vegan Block *Cheese*

RAW / VEGAN / GLUTEN-FREE

Ingredients

1.5 cups soaked cashews
1.5 cups soaked macadamia nuts 2 capsules probiotics (only the powder)
1/4 cup water

optional: fresh chives & dill

Directions

1. Add soaked cashews, macadamia nuts, probiotic powder and water to a blender and blend unil creamy. Try not to add more water and use a spatula to scrap down the sides of the blender.
2. Pour mixture into a cheese cloth or nut milk bag and press super tight to squeeze out any extra liquid.
3. Keep cheese in the cloth and let it ferment for 24 hours at room temperature.
4. Once that's done either leave it plain or add fresh herbs like chives and dill - both go really well.
5. Transfer cheese to your favourite form, I used a round small cake form and store it in the fridge. The longer you let it sit the more firm it becomes. I let mine sit for 3 days. Perfect to prep in advance.



Love ♡



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Ready in

30 min

Fig Jam

Ingredients

2 cups dried figs, soak for 30min 1 cup water
2 tbsp coconut sugar
1 tbsp apple cider vinegar

Directions

1. Soak figs in warm water for 30 minutes, then chop in small pieces.
2. Add chopped figs to a pot with 1/2 cup water, coconut sugar and apple cider vinegar and let it cook on low medium heat for 10 minutes. Add in another 1/2 cup water and let it simmer for 20 more minutes and stir well.
3. Transfer fig jam to a glass jar and store in the fridge for up to a week. LOVE to have it with my bread and cheese recipe. Such a good combination!! 10/10 !!!

Multi Grain GF Bread

Gluten free bread that makes you feel good

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Ready in

10 min + 1 hour baking



Ingredients

2.5 cups oats
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 cup flax seeds
3 tbsp chia seeds
3 tbsp psyllium husk powder
1 tsp sea salt
1 tbsp maple syrup
2 cups water

Directions

1. Preheat the oven to 175 degrees Celsius.
2. Mix all dry ingredients together and stir well
3. Add in water and maple syrup and let it soak for 10 minutes.
4. Pour mixture into your baking form lined with parchment paper and bake for 30 minutes.
5. Carefully flip the bread over and bake for another 30 minutes.





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Vegan Cream Cheese

Ingredients

1.5 cups cashews
1/2 cup water
1 tsp pink Himalayan salt

fresh dill and chives

Directions

1. Add cashews, water and salt into a high speed blender and blend until creamy.
2. Pour cream into bowl and add fresh herbs. Then transfer the mixture into a nut milk bag and squeeze out any extra liquid.
3. Leave cream cheese in the nut milk bag, form a round ball and place in the fridge overnight.



Favourite

Cheese was the hardest thing for me to give up when I wanted to go fully vegan and having healthy alternatives like my delicious cream cheese recipe is SO helpful!! + no bloating, clear skin and zero cholesterol. YAY!

Mami's Hummus







Ready in

5 min

Ingredients

2 cups cooked chickpeas
1/3 cup water from chickpea can
1-2 tsp cumin seeds (optional ground cumin)
1-2 tsp coriander seeds (optional fennel seeds)
juice of one lemon
1 tsp pink Himalayan salt
2 tbsp tahini

OPTIONAL TOPPINGS
roasted chickpeas
pomegranate seeds

Directions

1. Add all ingredients to a food processor or high speed blender and blend until creamy.
2. Transfer hummus to a serving bowl, top with roasted chickpeas, pomegranate seeds and black pepper or leave it plain. :)

Such an easy 2min spread or dip, high in protein and perfect to store in the fridge for a couple of days. I love to have it with my homemade seed crackers or the multigrain bread, fresh sliced cucumber and pumpkin seeds on top ! YUMMMMM! This is my mom´s Hummus recipe, she makes it every single week and puts it on everything haha! Enjoy:)).



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Ready in

45 min

makes 2

Roasted Beets

IngredientsDirections

6 small beets (all colors).
2 cups coconut yoghurt
fresh dill

1. Preheat the oven to 200 degrees Celsius.
2. Wash your beets and. place them whole on. a tray lined with parchment paper. Bake for 45 minutes and let them cool afterwards.
3. Add coconut yoghurt to a bowl, roasted beets on top + fresh dill and black pepper. I am usually not the biggest fan of beets but this combination is so delicious! The flavour of chilled coconut yoghurt with sweet roasted beets goes so well together ans looks super pretty too!



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Healthy Nut Roast

Fruity, Hearty, Delicious - not as calorie dense

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Ready in

45 min

Ingredients

1/2 butternut squash or kabocha squash
1 eggplant
1 stem leek
2 carrots
2 sticks celery
1/2 cup cooked chestnuts
1 tsp cinnamon
zest of one orange
juice of one orange
1 cup mixed nuts (i used brazil, pistachio, walnuts) 1 cup cooked chickpeas, (pulse 1-2 times)
1/3 cup dried cranberries, chopped
1/4 cup dried apricots, chopped
2-3 medjool dates, pitted and chopped
1 tbsp white miso
1 tbsp apple cider vinegar

Steps

1. Preheat the oven to 200 degrees Celsius.
2. Peel and cut the Butternut or Kabocha squash in small cubes. You can also leave the skin on, totally optional. Place on a tray lined with parchment paper & bake for 40min.
3. In the meantime chop all other vegetables including the chestnuts. Add them to a non stick pan and sautee with a bit of water for 10min.
4. Add in cinnamon, orange zest and 1 cup of chopped nuts, chickpeas, apricots, cranberries, dates, white miso & apple cider vinegar and let it simmer for another 10min.
5. Wait for the baked pumpkin to be ready (how about squeezing in my 9min Energy boost workout😜)
6. Blend 1/2 of the pumpkin in a blender with 1/3 cup cooked chestnuts and 1/4 cup water.
7. Add the pumpkin and pumpkin puree to the sauce pan & stir well. (You could do all these steps the night before christmas and just pop the loaf in the oven the next day - yay to less stress hehhe)
8. Add the mixture to a baking form lined with parchment paper and bake for 45min at 200 degrees Celsius. Very important to let it cool down for at least 15min before flipping it over. It makes either two small forms (like mine in the picture) or one bigger one. You could also spread the mixture into silicone muffin forms, then you already have nice small portions sizes and can serve 2 on a plate with red cabbage and potatoes. Enjoyyy! Love how delicious and f.l.a...v.ourful this recipe is + it's SO nutritious too!



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Ready in

10 min

makes 12

Cranberry Sauce

IngredientsDirections

1 sour apple, grated
small piece of ginger, grated
2-3 cups fresh cranberries (or frozen) juice of 2 oranges
2 tbsp coconut sugar
1 cinnamon stick (remove later)
1/4 cup water

1 Start by grating the apple & ginger (I didnt peel my apple but you totally can).

2 Add all ingredients into a non stick sauce pan and sautee for 20min.

3 Let the sauce cool down, remove the cinnamon stick and store in an air
tight container for 3-4 days in the fridge.

4 Such a delicious, light, creamy, flavourful sauce that's also so healthy! Yay!!



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The Best Potato Gratin

Ingredients

7 big baking potatoes

SAUCE
1 cup soaked cashews
1/2 cup cooked chestnuts
juice of 1 lemon
1 tbsp apple cider vinegar
1 cup water
1 tsp white miso



Directions

1. Preheat the oven to 200 degrees Celsius.
2. Peel your potatoes and slice them very finely. If the slices are too big it will need longer to cook. :)
3. Place potato slices into a baking form lined with parchment paper.
4. Make the sauce ingredients by adding all ingredients into a high speed blender and blend until creamy.
5. Pour the sauce over your potato gratin and place the form in the oven. Bake for 45min until the crust is nicely golden.
6. Let it cool down for 10min (or longer) before serving. SO creamyyyy & delicious. Absolutely love this one.

one of my favourites!

Potato Bites with Dip

Best crisp oil free potatoes everyone loves!!!

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Ready in

45 min

Ingredients

1kg baby potatoes
2 tbsp mixed Italian herbs

DIP
1-2 tbsp coconut yoghurt
1 cucumber, chopped
1 bunch fresh chives
Black Pepper
Pink Himalayan salt

Steps

1. Steam potatoes for 20-25 minutes.
2. Let them cool down, cut in halves, place in an air fryer and sprinkle Italian herbs on top.
3. Air fry potatoes for another 20minutes at 180-200 degrees until they're crispy & golden.
4. In the meantime, prep your dip: Add coconut yogurt, cucumber & chives to a bowl and mix well. Top with black pepper and pink Himalayan salt (optional) and place dip in the fridge until you serve the potatoes. It's such a simple & delicious dip, everyone always LOVES it!

Red Cabbage & Green Beans

The perfect side dishes for any Christmas meal

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Ready in

60 min



Ingredients

1 small heads red cabbage
2 small apples, grated
2 tbsp coconut sugar
2 star anise
1 cinnamon stick
1/4 cup water (add more if needed)
juice and zest of 1 orange

Directions

1. Grate the cabbage so you get very thin strips.
2. Grate the apple as well and add together with all other ingredients into a sauce pan and cook for about 45min on medium heat. Add more water in case it gets too dry.
3. Let it cool down, remove cinnamon & anise stars and store in an air tight container for 3-4 days. I felt like it was even tastier the next day. It's a typical german side dish which i loved when I was younger.:))

Ingredients

2 handfuls of green beans
2 tbsp chopped almonds

SAUCE
2 tbsp tahini
juice of 2 lemons
1/2 tsp pink himalyan salt
optional: 1 tsp ground cumin

Ready in

15 min



Directions

1. Start by steaming green beans for about 10 minutes.
2. To make the sauce, add all ingredients into a blender and blend until smooth.
3. Pour over green beans, top with chopped almonds, salt & pepper and enjoy!

Holy Carrots

Heavenly roasted sweet delicious carrots



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Ready in

1 hour

Ingredients

500gr carrots (1lbs)

SAUCE
2 tbsp maple syrup
1 tbsp apple cider vinegar
1 tsp cinnamon

Directions

1. Preheat the oven to 180 degrees Celsius
2. Wash your carrots (no need to peel them) and remove the green stem. But don't throw the greens away: they're great for smoothies and super nutritious.
3. Steam carrots for just 5 minutes.
4. Add maple syrup, apple cider vinegar and cinnamon together in a bowl, toss well and massage the sauce into the carrots. You could also let it marinate over night if you want to meal prep that recipe.
5. Place carrots on a baking tray lined with parchment paper and bake for 45minutes.
6. Let them cool down & enjoyyy! I also love baked carrots completely plain and have them with avocado in my salads but this is a delicious way to make it a little fancier for Christmas. :)

Note

If you are not a fan of sauces, these are also so good just plain-steamed, roasted and cooled down. Perfect to pair with avocado.

Green Peas & Pumpkin

Perfect for a cozy Christmas morning



Ready in

10 min

Ingredients

2 cups frozen peas
1 coconut yoghurt
1/3 cucumber, chopped
handful fresh chives, chopped
Black Pepper
Pink Himalayan Salt

Directions

1. Steam frozen peas or let them defrost over night in the fridge.

Add to a serving bowl and top with coconut yoghurt, chopped cucumber, chives, black pepper and salt (optional)

Such a simple recipe, looks very decorative and I love the combination of flavours here+ high in protein as well.



Ingredients

1 kabocha squash

Ready in

45 min

Directions

1.Preheat the oven to 200 degrees Celsius.
2.Cut Kabocha Squash in wedges and place on a tray lined with parchment paper.
3.Bake for 45 minutes and let it complely cool down afterwards, that makes the texture and taste even better.

I know this is the most basic recipe but omg so satisfying and a great side dish to any Christmas dinner! Could eat this every night + great to store in the fridge for a couple of days (in case you have leftovers haha). Tastes amazing the next day (I leave it cold)!

Potatoes & Sesame Broccoli

Simple and delicious sides are always my thing

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Ready in

25 min

Ingredients

1kg. baby potatoes
1 bunch fresh.chives, chopped optional: pink Himalayan salt

Directions

1.Steam potatoes for 25min
2.Peel potatoes and add to your serving bowl. I like to let mine cool down :-)
3.Add LOTS of fresh chives and ENJOY!!
Simple steamed potatoes are one of the most satiating foods on the plaaaaanet and I could live off of them so I thought they deserve a little space in here haha! ENJOY!!



Ingredients

2 handfuls of broccoli stems
2 tbsp sesame seeds

SAUCE
2 tbsp tahini
juice of 2 lemons
1/2 tsp pink himalyan salt
optional: 1 tsp ground cumin

Ready in

10.min

Directions

1.Start by steaming the broccoli for about 10 minutes max.
2.To make the sauce, add all ingredients into a blender and blend until smooth.
3.Pour over broccoli, top with sesame seeds, salt & pepper and enjoy!

Brussel Sprouts

So yum, quick & delicious. Perfect for friends & family!



Ready in

40 min

Ingredients

1 pound brussel sprouts
1 tbsp maple syrup
1 tbsp fennel seeds
1 tbsp apple cider vinegar
2 medjool dates, chopped
1/2 cup coked chestnuts

TOPPINGS
fresh pomegranate seeds

Steps

1. Preheat the oven to 200 degrees Celsius
2. Wash and steam your Brussel sprouts for 5 min.
3. Transfer brussel sprouts to a bowl, add sesame seeds, maple syrup, apple cider vinegar and 2 chopped dates (optional). Toss well and add brussel sprouts to a baking tray lined with parchment paper. Crumble chestnuts on top and place tray in the oven for 30min.
4. Add fresh pomegranate seeds before serving & enjoyyy!

Healthy Mac n' Cheese

Ready in

20 min



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Ingredients

2 medium sized potatoes
1/4 of a whole kabocha squash
-> use 1/2 squash if its small
1 tsp curry powder (optional)
juice of 1 lemon
1 cup water
small piece of ginger (optional)

250gr GF pasta
(I like to use corn and rice pasta
or red lentil pasta for this recipe)



Directions

1.Cut and peel kabocha squash, peel potatoes and steam both for 20 minutes.
2.In the meantime, cook pasta according to the package instructions.
3.Add kabocha squash, potatoes, curry powder, lemon juice, water and ginger to your blender and blend until smooth. You could also add 2tbsp of nutritional yeast. I personally don't like it so much but if adds a nice cheesy flavour as well. .

Tip

This recipe is so simple that it really matters to have good quality (=better taste) potatoes and pumpkin. Kabocha squash has that nutty rich flavour which I love and potato wise I love the really yellow ones!! ENJOYYY!! Peer loved it as well hehe!



makes 2

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Cacio e Pepe

creamy penne

Ingredients

PASTA
250gr buckwheat penne

SAUCE
1 cup soaked cashews
1/2 cup cooked chestnuts
juice of 1 lemon
1 tbsp apple cider vinegar
1 cup water
1 tsp white miso

TOPPINGS
brazil nut "cheese"
(5 Brazil nuts, chopped)
handful fresh chives
pepper, salt

Directions

1. Start by cooking the pasta according to the package instructions.
2. In the meantime, add all sauce ingredients into a high speed blender and blend until smooth.
3. Stir sauce into the pasta and top with chopped Brazil nuts, fresh chives, black pepper & salt (optional) so creamyyyy!



CHRISTMAS MENU IDEAS

Option 1

add in main dishes from my other ebooks

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Starter

GF Bread, Block Cheese Board, Fig Jam





Main

Nut Roast, Cranberry Sauce, Red Cabbage, Potato Gratin









Dessert

Classic German Lebkuchen, Lazy Dominos





CHRISTMAS MENU IDEAS

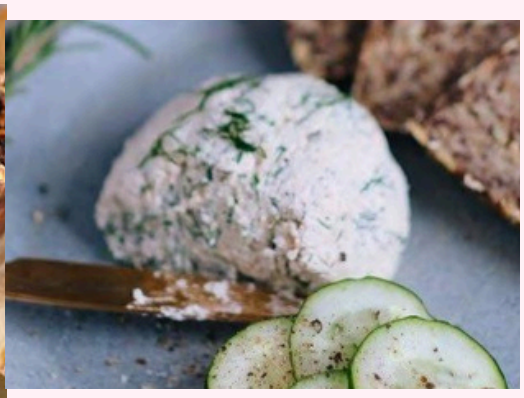
Option 2

add in main dishes from my other ebooks

Starter

Roasted Beets, Fruit Bread, Cream Cheese





Main

Potato Bites with Dip, Nut Roast, Green Beans, Mami's Hummus






Dessert

Golden Milk, Pecan Cheese Cake, Chocolate Pudding





CHRISTMAS MENU IDEAS

More combinations

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Idea

STARTER

Crackers, Hummus, Cream Cheese



MAIN

Cacio e pepe pasta or Mac n' cheese

Dessert

Yule log, Mandel hornchen, Marzipan Lebkuchen



Idea 2

STARTER

Roasted Beets, GF Multigrain bread, Cream Cheese

MAIN

Nut Roast, Cranberry Sauce, Potato Bites with Dip, Holy Carrots



Dessert

Pecan Cheesecake, Chocolate Pudding, Choc Peanut Oat Cookies



Sweet Xmas Brunch Menu

Try these:

Toffee Date Pudding, Vegan Stollen, Mince Pies, Choco Lebkuchen, Golden Mylk, Hot Cocoa








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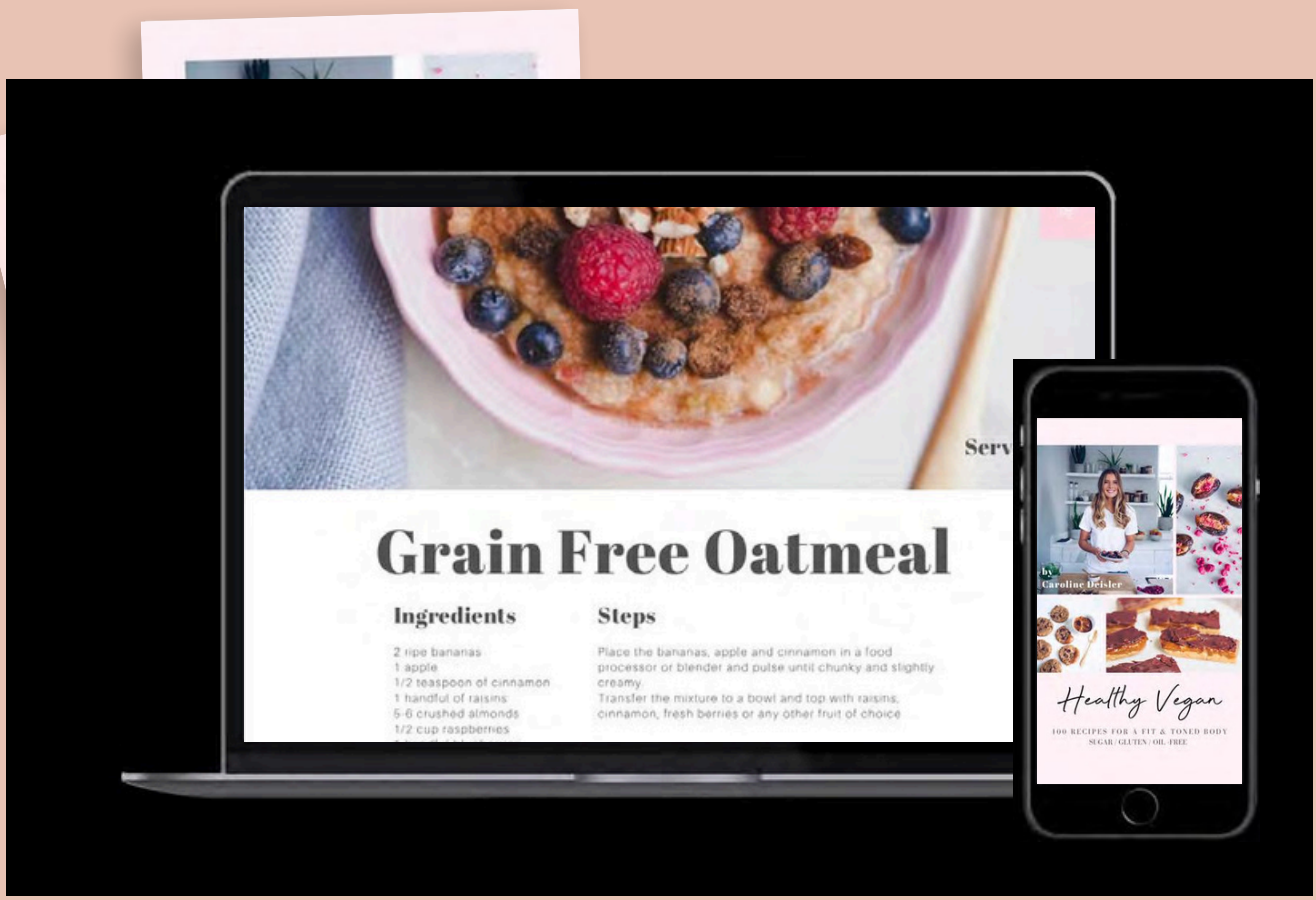
THANK YOU!

I hope this ebook helps you to have a deliiiiicious & healthy CHRISTMAS time :)) and shows you how satisfying healthy plant based food can be while feeling your absolute best :)))

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