

# HEALTHY HOLIDAYS

*Recipes for a vibrant, nutritious, and delicious holiday season*



## SEASONAL COLLARD SLAW WITH GREEN TAHINI AND KUMQUAT

*You can easily eat the rainbow with this delicious salad. It is full of immune boosting color compounds and micronutrients. Collard slaw will last up to a week in the fridge, so make a big batch and enjoy it all week long!*

- 1 bunch collard greens
- 1 large sweet potato, cut into cubes, or 1 bag frozen sweet potato cubes
- 1 cup cooked millet (optional)
- ½ cup roasted unsalted cashews
- ½ cup crumbled feta or goat/sheep cheese (optional)
- 1/2 cup fresh kumquats, thinly sliced (can substitute cherry tomatoes or sliced yellow peppers in summer and fall)
- Salt, pepper, dried ginger, cumin and berbere spice (optional), to taste

### Green Tahini Dressing:

2 cloves garlic, minced or pressed, ¼ cup extra-virgin olive oil, 1/2 cup tahini, ½ cup each fresh packed cilantro and parsley, juice and zest of 1 lemon or lime (1/4 cup juice), dash each of salt and pepper, 1 tablespoon honey or maple syrup.

Roast the sweet potato cubes on an oiled baking tray at 375 degrees F for 30 minutes or until soft. To prepare the dressing, combine all ingredients in a glass jar and blend with a stick blender to combine, or blend in stand blender. Add water as needed to thin to desired consistency. Wash collards and cut into thin strips (chiffonade). Place in a large bowl and mix in ¾ of the dressing, millet, sweet potatoes, cashews, and spices to taste until well combined. Sprinkle with feta and kumquat slices and drizzle remaining dressing on top.

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Anita Bermann, MS, RDN, CD  
**Ideal Feast Nutrition Counseling**  
206-913-8715  
idealfeastnutrition.com

## PUMPKIN SPICE SNACK TRUFFLES

*These tasty snack truffles, aka “protein balls,” are a fantastic nibble for those hungry afternoons when your body needs a protein and complex carbohydrate boost but your cravings lead you in the holiday cookie direction. Two-three balls provide comparable protein content to a standard energy bar.*

¼ cup peanut butter

¼ cup pumpkin puree

½ pitted dates, tightly packed

1 cup any combination pecans, almonds, and pumpkin seeds

¼ cup rolled oats

2 tablespoons coconut oil

1 teaspoon molasses

1-2 tablespoons maple syrup or honey, optional, to taste

1 generous teaspoon pumpkin spice, or a shake each of nutmeg, ginger, allspice, cloves, and cinnamon

Pinch sea salt

¼ cup mini chocolate chips

1-3 tablespoons coconut flour, if needed, to pull together

Optional: melted chocolate, shredded coconut, or finely chopped nuts to coat

Combine through salt in food processor and puree together. If the mixture is too thick to blend, add water or almond milk 1 tablespoon at a time. Add chocolate chips and puree until just combined. If the mixture is too thin to roll now, add coconut flour 1 tablespoon at a time to hold together.

Roll mixture into 1 inch balls and drop onto waxed cookie sheet. If desired, dip in melted chocolate or sprinkle with coconut or nuts for extra flair. Freeze for 1 hour before serving, or store directly in fridge. Will last up to a week in the fridge.

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## PUMPKIN SPICE CHAI

*Heat up a cup of this flavorful tea for deep warming on a cold winter's night. If desired, chai spices can be brewed overnight in a slow cooker on low and strained out before mixing with other ingredients. Serves 6.*

- 4 cups water
- 2 tablespoons of dried black or rooibos (for caffeine free) tea
- 1 quart milk of choice (I prefer coconut or almond)
- 1 cup pumpkin puree
- 2 cinnamon sticks
- 1 teaspoon whole cloves or 1 pinch dried cloves
- ½ teaspoon cardamom pods or 1 pinch dried cardamom powder
- 1 teaspoon black peppercorns
- 1 inch piece of fresh ginger, cut into slices, or 1 pinch powdered ginger root
- 1 tablespoon powdered turmeric root
- 1 tablespoon pumpkin pie spice blend (or mix of cloves, cinnamon, ginger, nutmeg)
- 1 teaspoon vanilla extract
- ¼ cup maple syrup (or to taste)

Bring water to boil in large saucepan. Add tea and spices and turn heat to low, allow to simmer for 30-60 minutes (longer simmer time results in more potent tea). Add milk, pumpkin, and vanilla and heat until warmed through. Add maple syrup to taste and filter through a strainer or pour through a slotted spoon to serve.

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## ARTICHOKE ALMOND DIP

*This dip is a great way to incorporate raw foods into your holiday traditions and is super quick to make. Enjoy this as you would your traditional artichoke dips, with crackers, fresh cut veggies, or kale chips!*

- |   |                                       |
|---|---------------------------------------|
| 1 cup raw almonds (preferably soaked overnight for 6-12 hours in a bowl of water to soften) | 1/4 cup lemon juice                   |
| 1 14oz can of artichokes, drained and rinsed  | 1/2 small red onion, coarsely chopped |
| 1/4 cup extra virgin olive oil  | 2 tablespoons capers                  |
|   | 1 garlic clove, peeled                |
|   | ½ tsp sea salt                        |

Drain water from almonds and rinse well. Add with other ingredients to food processor and process until smooth. Spoon into a serving dish and enjoy.

Recipe adapted by Anita Bermann from *Nourishing Meals* by Alissa Segersten and Tom Malterre. Whole Life Press, 2012.



Anita Bermann, MS, RDN, CD  
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206-913-8715  
idealfeastnutrition.com

## SPICED PUMPKIN PECAN MUFFINS

*These moist and flavorful muffins are delicious for breakfast or any time of day. They are packed with nutrients from nuts, whole grains and pumpkin, and provide spices like cinnamon and ginger with known anti-inflammatory properties. Canned pumpkin works in this recipe, but fresh baked pumpkin imparts richer flavor.*

1 ½ cups almond meal	1/2 cup maple syrup or ¼ cup each maple syrup and molasses
½ cup whole wheat pastry, spelt, or brown rice flour	1 cup mashed cooked pumpkin
1 tablespoon baking powder	½ cup milk of choice
¼ teaspoon sea salt	¼ cup melted coconut oil, butter, or neutral tasting olive oil
1 heaping teaspoon ground cinnamon	2 eggs
1 heaping teaspoon ground ginger	1 teaspoon vanilla extract
½ teaspoon ground cloves	½ cup chopped pecans
½ teaspoon ground nutmeg	
½ teaspoon ground cardamom	

Preheat the oven to 350 degrees F. Prepare a muffin tin by oiling each cup.

Combine the dry ingredients (through cardamom) in a bowl and whisk until well combined.

Separately, combine the wet ingredients (through vanilla) and whisk until smooth. Add the wet mixture to the dry mixture and mix with a rubber spatula. Mix in pecans.

Spoon the batter into the muffin cups, filling each about three-quarters full. Bake for 30-40 minutes, until cooked through when a knife is inserted in the center. Let cool on a wire rack for 15 minutes then gently loosen muffins from tin by running a knife around the sides of the muffins. Yields 12.

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## CURRY SPICED PUMPKIN HUMMUS

*This recipe includes anti-inflammatory spices and adds in pumpkin for color and boost of vitamin A.*

8 ounces pumpkin, peeled and cut into 1/2 cubes (or 1 cup canned pumpkin)

1/2 tsp sea salt

1 cup cooked chickpeas or one 15-ounce can, rinsed and drained

Freshly squeezed lemon juice

1 tablespoon tahini

1 teaspoon each of curry powder, ground cumin, and ground ginger

3 tablespoons water

Optional garnishes: 3 tablespoons pomegranate seeds and 1 tablespoon minced mint



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If using fresh pumpkin, steam in a steamer basket, covered, over high heat, for 10 minutes or until tender.

In a food processor add the pumpkin, chickpeas, 2 1/2 tablespoons of lemon juice, 2 tablespoons of olive oil, tahini, spices, 1/2 teaspoon salt, and water. Process until smooth. (Be sure to taste, you may want to add a touch more lemon or salt to enhance the flavor). Transfer to a bowl; drizzle with oil and toppings.

Time: 20 minutes. Yield: about 2 cups. Adapted from *The Healthy Mind Cookbook* by Rebecca Katz with Matt Edelson

## DEEP IMMUNE CHICKEN SOUP

*Making bone stock from a whole chicken infuses deep healing power into this satisfying soup. Strong flavored spices and vegetables offer additional infection-fighting powers. For a faster soup, use store bought low-sodium organic chicken broth.*

### **For the stock**

- 1 whole organic small-sized chicken
- 2 large onions
- 1 large carrot
- 1 large stick of celery
- 1 square kombu seaweed (optional)
- ¼ cup apple cider vinegar

### **For the soup**

- 8 cups + stock
- 2 cups shredded chicken meat (extracted from stock recipe)
- 1 tablespoon olive oil
- 6 cloves garlic, minced or pressed
- 1 onion, sliced
- Fresh ginger, one-inch piece, minced

### **For stock:**

Place the whole chicken and whole vegetables in a crockpot. No need to peel anything. Add kombu and apple cider vinegar. Cover with cold water to at least 2 inches above the top of the chicken. Cook at least 24 hours and up to 2 days, until bones begin to break apart in the stock.

Remove chicken meat from stock and reserve for soup. This can be done after 6-8 hours when meat is



cooked, no need to wait until stock is done.

Strain stock to remove bones and vegetable residue, discard residue. Stock can be refrigerated for 1 week before use, or frozen indefinitely.

**For soup:**

Heat olive oil in the bottom of a soup pot on medium-heat. Add all vegetables and sauté until onion and cabbage begin to soften.

Add your stock to the cooking pot, together with the chicken meat. Add cayenne and black pepper. If additional water is needed, add water to desired thickness. Bring to a gentle simmer and cook for 10-20 minutes or until vegetables soften further and flavors meld.

Stir in miso paste just before serving. Add cider vinegar to taste to ensure balance of sour flavor.

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## SLOW COOKER CONGEE

*Congee is a long-simmered, rice porridge soup. According to Chinese medicine, simmering this soup for three hours balances the yin and yang of each ingredient, making it highly medicinal and easy to assimilate. Putting the congee together in the slow cooker before going to bed allows you to wake up to a nourishing breakfast.*

3/4 cup white or brown rice  
9 cups water, stock, or bone broth  
1 4-inch piece kombu seaweed  
1/2 teaspoon sea salt

*Optional Toppings:*

Splash ume plum vinegar (adds *umami* flavor)  
Chopped cooked chicken breast  
Poached egg  
Scallions, thinly sliced  
Sautéed shitake mushrooms

Place rice, water, kombu and salt in a 3-quart or larger crock pot. Turn heat to low and let simmer for 6-8 hours, or overnight. Add additional liquid if necessary. Prior to serving remove the kombu. Pile with additional toppings of choice.

**Preparation time:** 10 minutes + 6-8 hours cooking time **Serves:** 4

Adapted from an original recipe by J. Adler, copyright 2009.



Anita Bermann, MS, RDN, CD  
Ideal Feast Nutrition Counseling  
206-913-8715  
[Idealfeastnutrition.com](http://Idealfeastnutrition.com)

## Intuitive Eating

Intuitive eating is an approach that teaches how to create a healthy relationship with your food, where *you* ultimately become the expert of your own body. You learn how to distinguish between physical and emotional feelings, and gain a sense of body wisdom. It's also a process of making peace with food. If you have had a history of chronic dieting or rigid "healthy" rules about eating it can be challenging to begin to trust your body with food. Below is a summary of the 10 principles of Intuitive Eating, from the book, *Intuitive Eating*, by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD.

- 1. Reject the Diet Mentality:** Throw out the diet books that offer you false hope of losing weight quickly and easily. A new and better diet is not lurking around the corner, and this hope will prevent you from rediscovering Intuitive Eating.
- 2. Honor Your Hunger:** Keep your body biologically fed with adequate energy. Otherwise you can trigger a primal drive to overeat. Learning to honor this first biological signal sets the stage for re-building trust with yourself and food.
- 3. Make Peace with Food:** Give yourself unconditional **permission** to eat. If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and bingeing. When you finally "give-in" to your forbidden food, eating can lead to overwhelming guilt.
- 4. Challenge the Food Police:** The Food Police monitor the unreasonable rules that dieting has created. The police station is housed deep in your psyche, and its loud speaker shouts negative barbs, hopeless phrases, and guilt-provoking indictments.
- 5. Respect Your Fullness:** Listen for the body signals that tell you that you are no longer hungry. Observe the signs that show that you're comfortably full. Pause in the middle of a meal or food and ask yourself how the food tastes, and what is your current fullness level?
- 6. Discover the Satisfaction Factor:** We often overlook one of the most basic gifts of existence: the pleasure and satisfaction that can be found in the eating experience. When you eat what you really want, in an environment that is inviting and conducive, the pleasure you derive will be a powerful force in helping you feel satisfied and content.
- 7. Honor Your Feelings Without Using Food:** Find ways to comfort, nurture, and accept your issues without using food. Anxiety, loneliness, boredom, and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement. Food won't fix any of these feelings. It may comfort for the short term, distract from the pain, or even numb you into a food hangover. But food won't solve the problem.



**8. Respect Your Body:** Accept your genetic blueprint. Just as a person with a shoe size of eight would not expect to realistically squeeze into a size six, it is equally as futile (and uncomfortable) to have the same expectation with body size. Respect your body so you can feel better about who you are.

**9. Exercise: Feel the Difference:** Shift your focus to how it feels to move your body, rather than the calorie burning effect of exercise. If you focus on how you feel from working out, it can make the difference between rolling out of bed for a brisk morning walk or hitting the snooze alarm.

**10. Honor Your Health:** Make food choices that honor your health and taste buds while making you feel well. Remember that you don't have to eat a perfect diet to be healthy. You will not suddenly get a nutrient deficiency or gain weight from one snack, one meal, or one day of eating. It's what you eat consistently over time that matters.

## Further Reading and Resources

### Websites:

1. Association for Size Diversity and Health (ASDAH): [www.sizediversityandhealth.org](http://www.sizediversityandhealth.org)
2. Body Positive: [www.bodypositive.com](http://www.bodypositive.com)
3. Ellyn Satter Institute: [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)
4. Health at Every Size Community: [www.haescommunity.org](http://www.haescommunity.org)
5. Intuitive Eating: [www.intuitiveeating.org](http://www.intuitiveeating.org)
6. The Center for Mindful Eating: [www.tcme.org](http://www.tcme.org)
7. Linda Bacon's Body Manifesto Video Series: <https://lindabacon.org/videos/>

### Books:

1. Bacon, L and Aphramore, L. (2013). *Health at Every Size: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand*. Lulu.
2. Campos, P. (2004). *The Obesity Myth*. Gotham Books.
3. Hirshmann, J and Munter, C. (2010). *Overcoming Overeating*. CreateSpace Independent Publishing Platform.
4. Koenig, K. (2007). *Food and Feelings Workbook*. Gurze Books.
5. Matz, J and Frankel, E. (2006). *The Diet Survivor's Handbook*. 60 Lessons in Eating, Acceptance, and Self-Care. Sourcebooks.
6. May, M. (2011). *Eat What You Love, Love What You Eat*. Am I Hungry Publishing
7. Tribole, E and Resch, E. *Intuitive Eating: A Revolutionary Program that Works*. St. Martin's Griffin.

