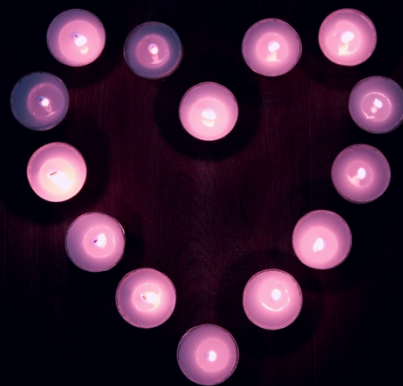


Karen Toews
With *In Balance*

Celebration Food Recipes

Celebration *noun* [sel-uh-brey-shuh] To observe (a day or event) with ceremonies of respect, festivity or rejoicing. A joyful occasion to mark a happy event.



Savoury Snacks

savoury *adjective* [**sey-vuh-ree**] Attractive to the sense of taste or smell. Salty or spicy; not sweet.

- 1: Nibbles
- 2: Cereal Nut Mix
- 3: Hot Artichoke Dip
- 4: Mini Florentine Turkey Cups
- 5: Guacamole Pate
- 6: Fresh Salsa
- 7: Spicy Hot Wings
- 8: Asian Chicken Drumsticks
- 9: Meatballs on a Stick
- 10: Roasted Chickpeas
- 11: Mark's Hummus



Note: Most of these savoury recipes are so healthy that they don't need to be saved for special occasions but can, in fact, be served for everyday meals and snacks. They are in this booklet as reminders that healthy can be tasty and fun, and that, with the right garnish or serving dish, healthy foods dress up nicely and do wonderfully at parties and celebrations too!

Nibbles

This is a nice savoury snack to serve with veggies and dip on a games or movie night. Be sure to put out individual sized servings, however, as it is very tasty and can be easy to overeat.

From: Grandma Joyce

Makes: 13-14 cups

Oven Temp: 250°

Bake Time: 60 min

Instructions

1:

Preheat oven. Combine better butter and spices (Worcestershire sauce, Spike, onion and garlic powder, celery salt, Tabasco sauce) in a small saucepan and heat until butter is melted.

2:

Combine popcorn, nuts, cereals, crackers and pretzels in a large mixing bowl and then add butter/spice mixture. Mix well.

3:

Place mixture in roasting pans or on rimmed cooked sheets and bake for one hour, stirring frequently. Store in airtight containers.

Notes

If you make this without nuts (allergies or taste preferences) remember food pairing strategies and serve a protein and/or vegetables with this treat.



Ingredients

6 cups

air popped popcorn

2 cups

raw nuts (i.e. almonds, hazelnuts, pecans,)

2 cups

cereal squares (healthy version)

1½ cups

"O" shaped cereal (healthy version)

1 cup

sesame stick crackers

1 cup

pretzels

¾ cup

better butter (½ butter, ½ olive oil)

3 tablespoons

Worcestershire sauce

1½ teaspoons

Spike seasoning

1 teaspoon

onion powder

1 teaspoon

garlic powder

½ teaspoon

celery salt

10 drops

Tabasco sauce

Cereal Nut Mix

From: Brenda Wollenberg

Makes: 8 cups

Oven Temp: 350°

Bake Time: 12 min

Instructions

1:

Preheat oven. Combine cereal squares, pretzels and nuts in a 17x11 inch pan.

2:

Stir butter and nut butter in a small pan over low heat until melted and smooth. Pour over cereal/nut mix and stir well.

3:

Bake mix in oven, stirring twice. Remove mix from oven. When cool, stir in cranberries and store mix in an airtight container.

Ingredients

4 cups

cereal squares (healthy version)

2 cups

whole wheat pretzels

1 cup

nuts (i.e. almonds, pistachios, cashews)

¼ cup

better butter (½ butter, ½ olive oil)

¼ cup

peanut butter **or** almond butter

1 cup

dried cranberries, lightly sweetened

Notes

Make a double batch and package mix in "dollar store" glass jars for hostess or teacher gifts. Substitute pumpkin seeds for nuts, and sunflower butter and a touch of honey for peanut butter if gift giving in a "nut-free" zone.



This is a family favourite. For additional color and flavour add ½ cup of diced red pepper.

Hot Artichoke Dip

From: Brenda Wollenberg

Serves: 6

Oven Temp: 350°

Bake Time: 15-20 min

Instructions

1:

Preheat oven. Combine all ingredients and place in a shallow, ovenproof dish.

2:

Bake dip until heated through and light golden color.

3:

Serve hot with vegetable dippers and good quality crackers (i.e. whole grains, no refined sugar; gluten free nut and seed crackers).

Notes

For a flavour shift with a little more zip, substitute ½ cup mayonnaise and ½ cup plain yogurt, preferably organic, for the cup of mayonnaise.

And remember, there is no reason you can't make a vegetable tray celebratory as well!

Ingredients

1 can (14 oz)

artichoke hearts, drained and chopped

1 cup

mayonnaise, homemade **or** good quality store bought

2 tablespoons

parsley, finely chopped

1 tablespoon

green onion, minced

2 tablespoons

red onion, minced

2 cloves

garlic, minced (2 teaspoons)

½ teaspoon

lemon juice

Optional

½ cup

Parmesan cheese, grated



Mini Florentine Turkey Cups

From: Brenda Wollenberg
Makes: 24

Oven Temp: 350°
Bake Time: 15-20 min

Instructions

1:

Preheat oven. Stir together all ingredients except turkey breast slices.

2:

Cut turkey slices in half and place one half in each of 24 lightly greased mini muffin pan cups, folding turkey slice as needed to fit muffin cup like a crust.

3:

Fill each cup with approximately 1½ teaspoons of spinach mixture. Bake Florentine cups in oven for 15 minutes or until heated through. Serve warm (although leftovers are great cold too!).

Ingredients

12

smaller-size slices turkey breast deli meat, nitrate and gluten free

1 –10 ounce package

frozen spinach, cooked, drained and finely chopped

2

eggs, preferably free range

¼ cup

cheese , shredded, preferably organic

2 tablespoons

green onion, minced

1 tablespoon

Parmesan cheese, grated

2 cloves

garlic, minced (2 teaspoons)



We love the elegant look of this pâté—almost as much as we love the smooth, yet bold flavour!

Guacamole Pâté

Serves: 12

Prep Time: 30 minutes

Set Time: 3 hours

Instructions

1:

In small saucepan, sprinkle gelatin over cold water and let stand for 1 minute. Heat gently over low heat for 2-3 minutes or until dissolved.

2:

In food processor, puree avocados, yogurt, mayonnaise, lemon juice, salt, pepper, cayenne and garlic until smooth. Blend in dissolved gelatin. Stir in cilantro, tomato, jalapeno pepper and green onions.

3:

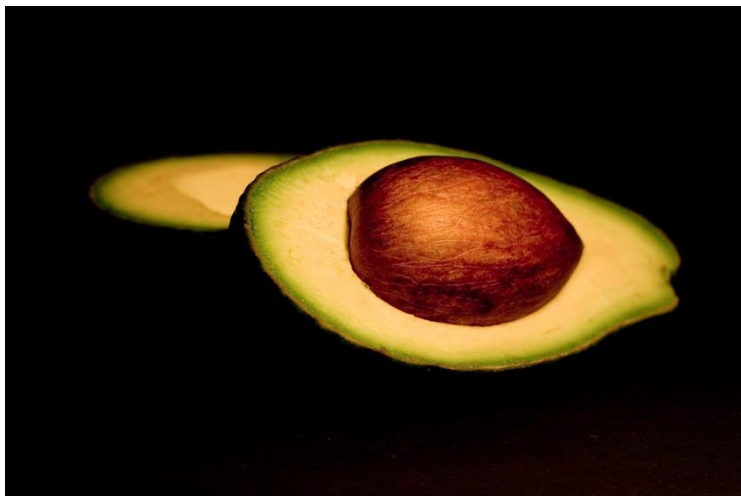
Line 8 x 4 inch loaf pan with plastic wrap. Spoon in avocado mixture and cover with plastic wrap. Refrigerate for 3 hours or until set (can be refrigerated overnight).

4:

Serve with **Fresh Salsa**. Unmould pâté onto serving plate. Serve in slices with a spoonful of salsa spread down center of each slice.

Notes

Adapted from *The Canadian Living Christmas Book* by Elizabeth Baird and Anna Hobbs.



Ingredients

4 teaspoons

gelatin **or** use agar-agar per package directions

¼ cup

cold water

2

avocados, peeled and pitted

1 cup

full fat yogurt **or** sour cream, preferably organic

½ cup

mayonnaise, homemade **or** good quality store bought

¼ cup

lemon juice (juice of 1 lemon)

¼ teaspoon

sea salt

¼ teaspoon

pepper

¼ teaspoon

cayenne

2 teaspoons

garlic, minced (2 cloves)

¼ cup

cilantro, chopped

1 small

tomato, finely chopped

1 small

jalapeno pepper, seeded and finely chopped

2

green onions, finely chopped

Fresh Salsa

Makes: 1 cup (approximately)

Instructions

1:

Combine all ingredients. Serve with raw vegetables, corn chips (preferably organic) or **Guacamole Pâté**.

Notes

For a flavour and colour variation, try a yellow tomato or add a small tomatillo to the mix. You can also increase the heat by adding an additional jalapeno pepper.



Ingredients

1
tomato, chopped

1
red pepper, seeded and chopped

1
jalapeno pepper, seeded and chopped

1
small red onion, minced

1 teaspoon
garlic, minced (1 clove)

$\frac{1}{3}$ cup
cilantro, chopped

Doubling the amount of the salsa nicely increases the spiciness of the wings!

Spicy Hot Wings

From: Brenda Wollenberg

Serves: 4

Oven Temp: 300°F

Bake Time: 1.5 hours

Instructions

1:

Preheat oven. Place wings in single layer in a baking pan.

2:

Combine sauce ingredients. Reserve $\frac{3}{4}$ cup of the sauce and pour remaining sauce over wings; bake for one hour.

3:

Remove wings and place on rack over a parchment paper-lined cookie sheet. Return chicken to oven and bake for 20 more minutes until chicken has a dry appearance.

4:

Baste chicken with some of the reserved sauce and continue baking. Baste wings 2-4 more times, at 5-minute intervals. Repeated basting increases the spiciness of the chicken.

Notes

Wings can also be marinated overnight in sauce prior to baking. Be sure, however, to reserve $\frac{3}{4}$ cup of sauce for basting during baking.

Ingredients

28

chicken wings, preferably hormone-free, cleaned and split

1 cup

hot sauce

1 cup

spicy salsa

$\frac{1}{2}$ cup

tamari **or** Kikkoman, naturally aged soy sauce

2 tablespoons

granulated onion

2 tablespoons

granulated garlic

2 tablespoons

crushed red pepper flakes

1 teaspoon

cayenne



Asian Chicken Drumsticks

Perfect autumn flavour combination as well, apple and garlic!

From: Brenda Wollenberg
Makes: 16

Oven Temp: 350°F
Bake Time: 30-40 min

Instructions

1:
Preheat oven. Place drumsticks in a large bowl. Combine sauce ingredients in a small bowl and pour over chicken. Toss drumsticks with sauce until evenly coated.

2:
Place drumsticks in single layer in a baking pan. Bake for 30-40 minutes until chicken is cooked through and no pink remains.



Ingredients

16
chicken drumsticks, preferably hormone-free

½ cup
tamari **or** Kikkoman, naturally-aged soy sauce

½ cup
apple juice

2 tablespoons
honey **or** unrefined cane sugar

3 teaspoons
garlic, minced (3 cloves)

1 tablespoon
paprika

1 tablespoon
cayenne

These meatballs make yummy snacks or appetizers!

Meatballs on a Stick

From: Brenda Wollenberg
Serves: 4

Oven Temp: BBQ or broil
Bake Time: 10-12 min

Instructions

1:

In a food processor, mix the parsley, green onion, garlic, oregano, salt and pepper. Blend in egg and transfer mixture to a large bowl.

2:

Add beef and mix well. Shape into oval meatballs, almost sausage-like in shape, and thread lengthwise onto metal or pre-soaked wooden skewers.

3:

Preheat BBQ to medium-high or oven to broil. Grill the skewers on barbeque or under oven broiler. On the barbeque, cook with the lid closed, turning meatballs once after about 6 minutes. They should only take about 12 minutes. In the oven, cook for 7-10 minutes. In either case, meat thermometer should read 160°F. Serve with tzatziki sauce.

4:

If using pita bread, during the last minute or two of meatball grilling, toss the pitas onto the grill or into the oven, until they have reached desired crispness (it does not take long, so keep watch). Cut each pita into 6 pie-shaped wedges and serve with meatballs and tzatziki sauce for dipping.

Ingredients

1 pound

lean ground beef, preferably hormone-free

1 cup

parsley, finely chopped and lightly packed

2

green onions, chopped

1 teaspoon

garlic, minced (1 clove)

½ teaspoon

dried oregano

½ teaspoon

sea salt

¼ teaspoon

pepper

1 large

egg, preferably free range

1 cup

tzatziki sauce, homemade **or** good quality store bought (i.e. natural ingredients, no or low sugar)

Optional

4

whole wheat pita breads

This recipe provides a handy portable protein for busy days. It can also be served as a tasty, crunchy party snack!

Roasted Chickpeas

From: Brenda Wollenberg

Makes: 2 cups

Oven Temp: 350°F

Bake Time: 60-75 min

Instructions

1:

Preheat oven. Choose a baking sheet with sides and line with parchment paper.

2:

In a mixing bowl, combine all the ingredients and toss until the chickpeas are evenly coated.

3:

Spread chickpeas onto the baking sheet and bake until they are crisp (they will darken). Stir occasionally to promote even cooking. For extra nip, add paprika or cayenne.

Notes

These will disappear quickly, so you may want to double up and make two batches while you are at it.

Ingredients

1 can (19 oz)

chickpeas, drained, rinsed and patted dry

1 tablespoon

coconut oil

¼ teaspoon

garlic powder

¼ teaspoon

onion powder

2 tablespoons

Parmesan cheese, grated

Optional

¼ teaspoon

cayenne or paprika

Make this your “go to” pot luck contribution for celebrations and you’ll ensure you always have a high quality and tasty protein/fat combination to balance out the sugar and starch offerings.

Mark’s Hummus

From: Brenda Wollenberg

Makes: 2¾ cups

Instructions

- 1:**
Place tahini, olive oil, and garlic in food processor. Process for 1-2 minutes.
- 2:**
Add chickpeas, reserved chickpea cooking liquid and lemon juice; process until chickpeas are smooth. Add cumin and parsley, process for an additional minute.
- 3:**
Serve with vegetable dippers and good quality pita bread or crackers (i.e. whole grains, no refined sugar; gluten free nut and seed crackers).

Notes

If you have no cooked chickpeas at the ready, substitute the contents of a 19 oz can of chickpeas for the 2 cups of cooked chickpeas. Reserve some of the tinned chickpea liquid for the reserved cooking liquid.

Ingredients

- 1 tablespoon
tahini (sesame seed paste)
- ¼ cup
extra virgin olive oil
- 2 teaspoons
garlic, minced (2 cloves)
- 2 cups
chickpeas, cooked
- ¼ cup
reserved chickpea cooking liquid
- 1 tablespoon
lemon juice (juice of 1 lemon)
- 1 teaspoon
dried cumin
- ¼ cup
parsley

Sometimes Sweets

Sometimes Sweets *noun* [suhm-tahymz switz] Sugary foods that are not necessarily good for us , especially when eaten in volume, but that we choose in certain situations, usually celebratory, to eat and heartily enjoy!

- 1: Whole Wheat Shortbread
- 2: Dried Cranberry-Pecan Scones
- 3: Coconut Macaroons
- 4: Chocolate-Mint Truffle Cookies
- 5: Chewy Ginger Cookies
- 6: Granola Bars
- 7: GF Brownies
- 8: Cranberry Bliss Bars
- 9: Raw Chocolate Cream Pie
- 10: Frosty Strawberry Squares
- 11: Gma's Blueberry Delight
- 12: Snow Balls
- 13: Raw Cacao Fudge Balls
- 14: Homemade Chai



Whole Wheat Shortbread

These are very nice plain but are exceptional when you dip the point of the triangle in a bit of melted top-quality chocolate!

From: Brenda Wollenberg **Temp:** 275°F
Makes: 16 large or 32 small **Time:** 40-50 min

Instructions

1:

Preheat oven. Cream butter until soft and fluffy. Beat in unrefined cane sugar and gradually mix in whole wheat pastry flour. With hands, work in unbleached flour. Knead until dough is a smooth ball.

2:

Divide dough in half and work each half into a ½-inch thick round. Sprinkle work surface with flour if dough sticks. Place on cookie sheet, flute edges and mark each circle into 8 triangles (don't cut all the way through). Prick with fork.

3:

Bake until cookies are straw- coloured. Cut through markings while still warm.

Notes

For smaller cookies, divide dough in quarters and create four circles to make 32.

Dough can also be rolled and, rather than making triangles, can be cut with cookie cutters.

Ingredients

1 cup
butter (at room temperature)

½ cup
unrefined cane sugar

1 cup
whole wheat pastry flour

1½ cups
unbleached flour



Dried Cherry-Pecan Scones

This is adapted from a Whole Foods recipe, a great grocery store resource for healthier Sometimes Foods!

From: Charlotte Ruttle
Makes: 8 large or 12 small

Temp: 375°F
Time: 20-22 min

Instructions

1:

Preheat oven. Place dry contents in a large bowl and whisk until blended. Cut in butter with fingers, two knives or a pastry cutter until coarse crumbs form. Add cherries and toss to combine. Fold in $\frac{3}{4}$ cup buttermilk, mixing just until dough comes together.

2:

Turn out onto a lightly floured surface. Dust hands with flour and knead dough a few times until ingredients are well incorporated.

3:

For large scones, pat dough into an 8-inch circle, about 1-inch thick. Cut into 8 wedges and place on baking sheet lined with parchment paper. For small scones, divide dough evenly into 2 balls and pat each into a 6-inch circle, about $\frac{3}{4}$ -inch thick. Cut each circle into 6 wedges and place on baking sheet lined with parchment paper.

4:

Brush scones with remaining 2 tablespoons buttermilk and sprinkle with sugar. Bake until golden, about 20 minutes for small scones or about 22 minutes for large scones.

Notes

For gift giving, mix dry ingredients together, minus cherries and pecans. Place dry mix into a liter Mason jar. Put cherries and pecans into a baggy and place in Mason jar. Tie a ribbon around the lid with recipe attached.

Ingredients

1½ cups
all-purpose flour, preferably organic

1½ cups
whole wheat flour, preferably organic

$\frac{1}{4}$ cup
unrefined cane sugar

1 tablespoon
baking powder

$\frac{1}{2}$ teaspoon
baking soda

$\frac{1}{2}$ teaspoon
salt

1 cup
toasted pecans, finely chopped

$\frac{3}{4}$ cup
dried cherries

$\frac{3}{4}$ cup
unsalted butter, cut into small pieces

$\frac{3}{4}$ cup plus 2 tablespoons
buttermilk, preferably organic

1 teaspoon
unrefined cane sugar

Coconut Macaroons

From: Satori Clarke
Makes: 36

Temp: 325°F
Time: 18 min

Instructions

- 1:
Preheat oven. Line baking sheet with parchment paper; set aside.
- 2:
Beat egg whites with salt until foamy. Beat in vanilla. Beat in sugar, two tablespoons at a time, until stiff peaks form.
- 3:
Fold in coconut, then add lemon zest. Drop by spoon, in one tablespoon amounts, 1 inch apart onto prepared pan. Bake in centre of oven until macaroon edges are golden. Allow to cool.
- 4:
Line a cool baking sheet with parchment paper. Dip bottoms of cookies into melted chocolate and place on pan. Refrigerate until chocolate hardens, about 10 minutes.

Notes

For ease in forming cookies before baking, fill a jar or bowl with water and dip spoon in to rinse it after dropping each macaroon on baking sheet.

These macaroons taste great in different flavours as well. Substituting cinnamon for the lemon zest is one variation. Get creative and see what you can come up with!

Ingredients

- 2
egg whites, preferably free range, at room temperature
- pinch
Himalayan sea salt
- $\frac{3}{4}$ cup
coconut sugar
- 3 cups
shredded coconut
- $\frac{1}{4}$ teaspoon (packed)
lemon zest
- 4 oz
bittersweet chocolate, melted



Chocolate-Mint Truffle Cookies

From: Satori Clarke

Makes: 9 dozen

Temp: 350°F

Time: 8 min

Instructions

1:

Preheat oven. In a saucepan over medium-low heat, melt unsweetened and semi-sweetened chocolates and butter. Remove from heat, vigorously whisk in sugar. Whisk in eggs, one at a time. Whisk in mint extract.

2:

Whisk flour with ground almonds and baking powder, then stir into chocolate mixture. Add chocolate chips.

3:

Transfer mixture to a bowl, cover and refrigerate for 2 hours. Roll dough by heaping teaspoon into 1-inch balls. Place 2 inches apart, on parchment paper-lined or greased baking sheet.

4:

Bake cookies until slightly firm to the touch, rotating pan 180 degrees halfway through baking time. Allow to cool. Store in airtight container for 5 days or freeze for 1 month.

Notes

Dough can be made and then refrigerated for up to 24 hours before baking.



Ingredients

4 oz

unsweetened chocolate, chopped

3 oz

semisweet chocolate, chopped

$\frac{3}{4}$ cup

butter

1½ cups

coconut sugar or unrefined cane sugar

3

eggs, free range if possible

$\frac{1}{2}$ teaspoon

mint extract

$\frac{3}{4}$ cup

whole wheat flour

$\frac{3}{4}$ cup

almonds, ground

$\frac{3}{4}$ teaspoon

baking powder

$\frac{1}{2}$ cup

mini chocolate chips

Chewy Ginger Cookies

Perfect with a glass of almond milk or hot herbal tea!

From: Satori Clarke

Makes: 2 dozen

Temp: 375°F

Time: 12-14 min

Instructions

1:

In a medium bowl, sift together flour, baking soda, baking powder, ginger, cinnamon, cloves, pepper and salt.

2:

In a separate bowl, beat butter, $\frac{3}{4}$ cup sugar and molasses until light and fluffy. Beat in the egg until smooth. Add flour mixture, beat until combined.

3:

Wrap dough in plastic, flattened into a disc; chill until firm, about 1 hour or overnight.

4:

Preheat oven. Make 1½-inch balls of dough and then roll balls in $\frac{1}{2}$ cup sugar. Place balls 2 inches apart on parchment lined baking sheets. Chill 20 minutes. Bake cookies, rotating baking sheets half-way through, until firm around the edges but still slightly soft in the center.



Ingredients

1½ cups
whole wheat flour

1 teaspoon

baking soda

$\frac{1}{4}$ teaspoon
baking powder

1½ tablespoons
fresh ginger, grated

1½ teaspoons
cinnamon

$\frac{1}{2}$ teaspoon
cloves

pinch
white pepper, freshly ground

$\frac{1}{4}$ teaspoon
sea salt

$\frac{1}{2}$ cup
butter, room temperature

$\frac{3}{4}$ cup
coconut sugar or unrefined cane sugar

$\frac{1}{4}$ cup plus 1 tablespoon
molasses

1
egg, preferably free range

$\frac{1}{2}$ cup
coconut sugar or unrefined cane sugar

Granola Bars

From: Jennifer Epp

Makes: 24

Temp: 350°F

Time: 20-25 min

Instructions

1:

Combine sugar (use the lesser amount if using chocolate chips), nut butter, honey, Better Butter and vanilla in a small saucepan. Stir over low heat until ingredients are softened and well combined.

2:

Place rolled oats in large bowl. Pour nut butter mixture over oats and stir until well coated. Preheat oven. Let mixture cool for about 10-15 minutes while oven preheats so chocolate chips don't melt when stirred in.

3:

Combine coconut, sunflower seeds, raisins, flax, sesame seeds and chocolate chips and stir into oats until well mixed.

4:

Put oat mixture into greased 9 x 13 inch pan and bake at until lightly browned. Cut into squares.



Ingredients

½-⅔ cup

unrefined cane sugar

⅔ cup

peanut butter (or other nut butter)

½ cup

honey

½ cup

Better Butter , melted (¼ cup butter and ¼ cup olive oil)

2 teaspoons

vanilla

3 cups

rolled oats (or 2½ cups rolled oats and ½ cup almond flour)

½ cup

coconut

½ cup

sunflower seeds

½ cup

raisins or lightly sweetened dried cranberries

⅓ cup

flax (or combination of chia, flax and hemp)

2 tablespoons

sesame seeds

Optional

1 cup

chocolate chips

Brownies that are gluten-free and refined sugar-free as well! Serve with herbal tea or a glass of cold almond milk.

GF Brownies

From: Karen Toews
Makes: 16

Temp: 350°F; 325°F
Time: 20 min; 10 min

Instructions

- 1:**
Cover dates with water and soak for 15-20 minutes. Drain dates, reserving ¼ cup of soaking water. Blend dates with reserved soaking water until smooth.
- 2:**
Beat together butter, coconut oil and dates until fluffy. Add salt and vanilla, beat until smooth. Add 6 eggs and beat until frothy. Add coconut flour, cocoa, and flax seed and beat well. Allow batter to sit for 15 minutes so that coconut flour can absorb the liquid.
- 3:**
If batter is stiff, blend in 1- 2 more eggs. Add nuts. Don't add water or milk to thin batter unless you want to change the texture of the brownie from a chewy brownie to a cake-like brownie.
- 4:**
Spread batter into a greased 9 x 9 inch pan and bake at 350°F for 20 minutes. Decrease heat to 325°F and bake for an additional 10 minutes until done (i.e. the centre of the brownies will appear to be under-cooked, but the edges will be firm). The brownies will firm up as they cool, so don't over bake. After brownies cool for 5 minutes, sprinkle chocolate chips on top. As chocolate chips melt, spread evenly over the brownies.



Ingredients

1½ cups
dates

½ cup
butter, softened

½ cup
coconut oil

½ teaspoon
Himalayan salt

1 teaspoon
vanilla

6-8
eggs, free range

1½ cups
coconut flour

½ cup
cocoa

¼ cup
flax seed, freshly ground

½ cup
walnuts, chopped

Optional

½ cup
chocolate chips

Cranberry Bliss Bars

These are called Bliss Bars for a very good reason!

From: Satori Clarke **Temp:** 350°F
Makes: 36 bite-sized triangles **Time:** 10 min; 35-40 min

Instructions

- 1:**
Preheat oven. In saucepan, combine cranberries, water, orange zest and vanilla. Bring to a boil; reduce heat to medium-low. Stir orange juice and rice flour together until well combined. Drizzle into cranberry mixture, stirring constantly. Simmer while stirring for 3-5 minutes or until thickened. Remove from heat and set aside.
- 2:**
Combine ground walnuts and coconut sugar with flour, salt and cinnamon. Cut in butter using pastry blender or fingers. Work butter into mixture until dough clumps together.
- 3:**
Press evenly into ungreased 9 inch square cake pan and bake for 10 minutes. Spread filling over crust; bake for 35-40 minutes or until topping is bubbly and set around edges. Let cool completely on wire rack.
- 4:**
Drizzle melted chocolate over top of filling, cut into 1½-inch triangles .

Notes

To use frozen cranberries, allow to thaw in fridge overnight. For fresh or frozen, use 2½ cups cranberries and blend lightly in food processor. Use only 1 cup of water and add ¼ cup coconut sugar or unrefined cane sugar.

Ingredients

FILLING

2 cups
dried cranberries (for fresh or frozen see Notes)

1¾ cups
water

2¼ teaspoons
orange zest (one medium orange)

¼ -⅓ cup
fresh orange juice (juice of one medium orange)

1 tablespoon
brown rice flour

1 teaspoon
vanilla

CRUST

¾ cup
ground walnuts

⅓ cup
ground coconut sugar

¾ cup
whole wheat flour

pinch
Himalayan sea salt

¼ teaspoon
cinnamon

½ cup
butter, cold but not hard

TOPPING

2 oz
dark/semi-sweet chocolate, melted

Raw Chocolate Cream Pie

Chocolate never had it so good. The fact this pie contains such wonderful ingredients also means it gives a serving of healthy fats and antioxidants with that great taste!

From: Karen Toews
Serves: 6 –8

Freeze: 2-3 hours
Thaw: 15 min

Instructions

- 1:
Place all crust ingredients into a food processor (or blender) and pulse until well combined. The crust should slightly stick together in a clump. Spoon mixture into a small (8-inch) springform pan or other pan of equivalent size. Press mixture with your fingers, to firmly place the crust in the pan. Set aside.
- 2:
Soak cashews in a bowl of water for about 10-15 minutes, then rinse well. Place cashews into blender with maple syrup, vanilla and water. Blend briefly to get mixture creamy. Add in cocoa powder and coconut oil. Blend until creamy, stopping periodically to scrape down the sides of the blender as needed. Continue blending until mixture is nice and smooth. Once chocolate filling is blended, scoop filling into crust and spread to make it smooth.
- 3:
If desired, sprinkle pie with chopped pecans, cover tightly with plastic wrap, then foil, and put in the freezer for several hours before serving. Let the frozen pie partially thaw in the refrigerator before cutting and serving.



Ingredients

CRUST

1 cup
nut meal (i.e. grind pecans, almonds, **or** walnuts
or use purchased almond meal)

4
Medjool dates **or** 2-3 tablespoons maple syrup

¼ cup
dark cocoa powder

¼ cup
coconut oil

pinch
sea salt

1 teaspoon
vanilla

FILLING

2 cups
cashew pieces

⅓-½ cup
maple syrup **or** honey, preferably raw

1 teaspoon
Vanilla

½ cup
water

½ cup
coconut oil, melted

¾ cup
dark cocoa powder

Optional

½ cup
pecans, chopped

Frosty Strawberry Squares

An absolute Wollenberg favourite, this is a light, refreshing way to end a special meal.

From: Brenda Wollenberg
Serves: 12-16

Temp: 350°F
Time: 15-20 min
Freeze: 6-12 hours

Instructions

1:

Preheat the oven. Place butter in 9" x 13" pan and place pan in preheating oven until butter melts. Remove pan from oven and stir flour, ¼ cup sugar and walnuts into melted butter in the pan. Place pan back in oven and bake until mixture is lightly browned, stirring frequently. Let crumbs cool and set aside ⅓ of the crumbs to use on top of squares.

2:

Put egg whites, ⅔ cup sugar, lemon juice, berries and vanilla in food processor and beat for 10-15 minutes until light and fluffy. Fold whipped cream into strawberry mixture.

3:

Spread mixture over bottom crumbs and top with reserved crumbs. Freeze 6 hours or overnight. Trim with whole berries. Serve frozen.

Notes

This dessert tastes equally as wonderful when you substitute raspberries or blueberries for the strawberries.

Ingredients

1 cup
whole wheat flour **or** almond flour

½ cup
butter, melted

¼ cup plus ⅔ cup
unrefined cane sugar

½ cup
walnuts, chopped

2
egg whites, preferably free range

10 ounces
frozen strawberries (or 2 cups fresh)

½ teaspoon
vanilla

2 teaspoons
lemon juice

2 cups
cream, preferably organic, whipped until stiff

12-16
whole berries for garnish



Gma's Blueberry Delight

*Another great combination of protein and fruit.
Great taste and a slower release of blood sugar!*

From: Grandma Mavis
Serves: 12-16

Temp: 350°F
Time: 15-20 min
Cool: 12 hours

Instructions

1:
Combine cornstarch and cold water and shake or mix until smooth. Cook cornstarch mixture, blueberries, first ¼ cup sugar and stevia in small saucepan over medium-low heat until thick. Stir often. Place in fridge or freezer until cool.

2:
Stir together graham cracker crumbs or almond meal and melted butter in a 9" x 13" pan (or a spring form pan of equivalent volume). Remove ⅓ cup of mixture and set aside. Press remainder into bottom of pan.

3:
With mixer or in food processor, combine cream cheese, vanilla and second ¼ cup sugar until smooth. Fold in whipped cream. Layer ½ the cream cheese mixture over the crumb base. Cover with blueberry mixture. Layer the remaining ½ of the cream cheese mixture over the blueberries. Sprinkle reserved crumbs on top. Refrigerate for 24 hours. Serve chilled.



Ingredients

¼ cup
cornstarch

½ cup
cold water

3 cups
blueberries (fresh or frozen)

¼ cup plus ¼ cup (divided)
unrefined cane sugar

½ teaspoon
stevia

2 ½ cups
graham cracker crumbs **or** almond meal

⅔ cup
butter, melted

2 – 8 ounce packages
cream cheese

2 teaspoons
vanilla

1 cup
cream, preferably organic, whipped until stiff

Gluten-free, dairy-free and sugar-free ... and still so tasty!

Snowballs

From: Charlotte Ruttle

Makes: 12-16

Instructions

- 1:**
Place oats, nuts and seeds in food processor. Blend until they are finely ground.
- 2:**
Add the dates, 1 cup of coconut, honey, coconut oil, and vanilla extract. Blend again until everything comes together in a sticky dough-like manner. If it is not quite wet enough, add a tiny bit of water at a time until it comes together. Do this very slowly so as to not be left with a wet mess!
- 3:**
Transfer mixture into a bowl. Stir in the chocolate chips.
- 4:**
Roll mixture into approximately 12-16 balls (depending upon the size you want). Roll balls in remaining coconut. Store snowballs in an air tight container in the freezer. Serve as a frozen bite!

Notes

If you do not need a gluten-free products, substitute regular oats.



Ingredients

- $\frac{3}{4}$ cup
certified gluten free oats
- $\frac{1}{4}$ cup
sunflower seeds
- $\frac{1}{2}$ cup
walnuts
- $\frac{1}{2}$ cup
almonds
- $\frac{1}{2}$ cup
dates
- $1\frac{1}{2}$ cups
shredded unsweetened/unsulphured coconut
- 2 tablespoons
honey **or** pure maple syrup
- 2 tablespoons
coconut oil
- $\frac{1}{2}$ teaspoon
vanilla extract
- $\frac{1}{2}$ cup
chocolate chips, good quality

Raw Cacao Fudge Balls

Yummy holiday treats!

From: Janice Doerksen

Makes: 36

Instructions

1:

In food processor or blender, process pecans and walnuts until fine. Add remaining ingredients, except coconut flakes, and process until fully combined.

2:

Form mixture into balls and roll in coconut flakes. Refrigerate for up to a week or freeze for longer storage.

3:

To add a little heat to the fudge balls, add cayenne pepper to the mixture when processing.

Notes

If dates are a bit hard, soak for about 30 minutes to soften.

Cacao contains a rich supply of vitamins and minerals that enhance physical and mental well being. These nutrients include beta-carotene, zinc and an incredibly rich supply of magnesium. Cacao also contain more antioxidant flavonoids than blueberries, red wine and green tea. Sometimes you really can have your treats and get your antioxidants too!

Ingredients

½ cup
pecans

½ cup
walnuts

12-15
Medjool dates, seeds removed

⅓ cup
raw cacao nibs

2 teaspoons
ground cinnamon

½ teaspoon
vanilla bean powder

pinch
salt

coconut flakes

Optional

½teaspoon
cayenne pepper



Pair with any of In Balance's Sweet Treats for an occasional lovely afternoon break.

Homemade Chai

From: Charlotte Ruttle

Serves: 4

Instructions

1:

Place 3 cups water in a small saucepan; add cardamom, cloves, cinnamon, ginger, and vanilla bean and scrapings. Bring to a boil over high heat. Reduce heat to low; simmer until mixture is aromatic, about 15 minutes. Whisk in honey; drop tea bags in pan. Turn off heat, and let steep 3 minutes.

2:

Strain tea through a fine strainer or a coffee filter into a warmed serving pot. Heat milk in same saucepan over medium heat, for about 3 minutes. Do not let milk come to a boil because it will separate. Pour into serving pot with the tea, and stir well to combine. Serve immediately, with more honey on the side if desired.

Notes

For gift giving, pour chai concentrate into Mason jars and seal with cover. Do not add milk until serving. Tie a ribbon around the jar with recipe attached.



Ingredients

10
whole green cardamom pods, lightly crushed

5
whole cloves

2
cinnamon sticks

4
black peppercorns

1 two-inch piece
fresh ginger, peeled and quartered

½
vanilla bean, split lengthwise and scraped
or 1-2 tablespoons of vanilla

⅓ cup
honey, plus more for serving, if desired

4
bags black tea, preferably organic

1½ cups
organic milk, almond milk, or another dairy

What I Do Now, After *In Balance*

Karen Toews, RHN

Support Women with Inspiration and Coaching for Vibrant Living

I help women discover what matters to them; guiding to reframe thoughts to make choices, with actions, to achieve changes for a full and purposeful life.

Celebrate well! Enjoy these tasty recipes with satisfaction and joy!

Let's talk if you want help discovering the true person you were designed to be.

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