



Made From Scratch

Healthy Holiday Treats

Cranberry Bliss Balls

Ingredients for balls:

- 1/2 cup pitted Medjool dates
- 1/3 cup dried cranberries
- 1/2 cup rolled oats
- 1/2 cup raw walnuts and pecans
- 1/2 cup shredded coconut
- 2 Tbsp coconut butter
- 1 Tbsp chia seeds
- 1/2 Tbsp cocoa powder
- 1/2 tsp pure vanilla extract

Ingredients for topping:

- 2 Tbsp desiccated coconut

Instructions:

1. Soak the dates and cranberries in a glass dish of hot water for 15 minutes.
2. Drain the water from the dried fruits and add them to a food processor.
3. Combine the rest of the ball ingredients in the processor and process until combined. It will become quite sticky.
4. Roll the mixture into teaspoon-sized balls, placing them on a plate.
5. On a separate plate, add the desiccated coconut and any other desired toppings.
6. Roll each ball in the toppings and put them onto a large tray or in a storage container to go in the fridge for a few hours until firm.



Nutrition facts Servings: 25 Serving size: 1 Cranberry Bliss Ball

Calories: 40 **Fat:** 2.7g **Saturated fat:** 1.17g **Fiber:** .9g **Carbs:** 4.2g **Protein:** .73g **Sodium:** 12mg

Peppermint Brownies

Ingredients:

- 1/3 cup canola oil
- 1/3 cup plus 2 Tbsp fat-free sour cream
- 1/4 cup strong, double-strength coffee
- 3/4 cup granulated sugar
- 1 cup Splenda®
- 2 tsp vanilla extract or powder
- 1 large egg
- 1/2 cup egg substitute
- 3/4 cup cocoa (sift the cocoa first if it is in chunks)
- 1/2 cup unbleached white flour
- 1/2 cup whole-wheat flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 16 York Sugar-Free Peppermint Patties
- Powdered sugar for sprinkling on top (optional)

Instructions:

1. Preheat oven to 350°. Coat a 9-inch square baking pan with canola cooking spray.
2. Add canola oil, fat-free sour cream, corn syrup, sugar, Splenda®, and vanilla to a large mixing bowl and beat well by hand or with a mixer on low speed.
3. Add in the egg, egg substitute, and cocoa, beating well after each addition and until the lumps are gone.
4. Add the flour (white and wheat), baking powder, and salt to a 2-cup measuring cup and blend briefly with a fork. Add dry ingredients to batter in a mixing bowl and mix by hand or with a mixer, just until blended.
5. Pour half of the batter into the prepared pan. Lay peppermint patties on top of the batter. Pour the remaining batter over the patties. Bake in the center of the oven for 22-25 minutes or until brownies begin to pull away from the sides of the pan. Cool completely in the pan on a wire rack. Cut into bars.
6. Sprinkle top with a little bit of powdered sugar if desired.

Nutrition facts Servings: 16 brownies

Calories: 163 **Fat:** 6.5g **Saturated fat:** 1.5g **Fiber:** 2g **Carbs:** 25g **Protein:** 3.5g **Sodium:** 71mg

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Butterscotch Gingerbread Cookies

Ingredients:

- 3 cups all-purpose flour
- 2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp ground ginger
- 3/4 tsp ground cloves
- 1/2 tsp salt
- 10 Tbsp butter or canola margarine, softened
- 6 Tbsp honey
- 1 cup brown sugar, packed
- 1 large egg
- 1/3 cup light molasses
- 1 1/2 cups butterscotch-flavored morsels (butterscotch chocolate chips)

Instructions:

1. Preheat oven to 350°.
2. Combine flour, baking soda, cinnamon, ginger, cloves, and salt in a small bowl.
3. Beat butter, honey, brown sugar, egg, and molasses in a large mixer bowl until fluffy and creamy. Gradually beat in flour mixture until well blended. Stir in butterscotch chips.
4. Use a cookie scoop to drop 2 tablespoons of cookie dough onto baking sheets that have been coated with canola cooking spray. Press dough down with fingers or palms to slightly flatten.
5. Bake for about 10 minutes or until cookies are lightly browned but still soft. Remove to wire racks to cool completely.

Nutrition facts Servings:

Calories: **Fat:** 5g **Saturated fat:** 4g **Fiber:** g **Carbs:** 21g **Protein:** 1.3g **Sodium:** 144mg

Gingerbread Granola

Dry ingredients:

- 3 1/2 cups gluten-free rolled oats
- 1 3/4 cup raw nuts and seeds
- 3 Tbsp cane sugar
- 1/4 tsp sea salt
- 1/2 Tbsp ground cinnamon
- 3/4 tsp ground ginger
- 1 pinch ground cloves

Wet ingredients:

- 1/4 cup coconut oil
- 1/3 cup pure maple syrup
- 2 Tbsp molasses
- 1 tsp pure vanilla extract



Instructions:

1. Preheat oven to 325° and line a baking sheet with parchment paper.
2. Mix the dry ingredients in a large bowl.
3. In a small saucepan, warm up the wet ingredients over medium-low heat.
4. Pour the wet mixture over the dry ingredients and toss to coat.
5. Spread the mixture evenly onto the baking sheet and bake for 20-25 minutes. Stir at the halfway point.
6. Once the granola is browned, remove from the oven and allow to cool completely before storing.

Nutrition facts | Servings: 10

Calories: 318 | **Fat:** 21g | **Saturated Fat:** 6.4g | **Fiber:** 7g | **Carbs:** 38.3g | **Protein:** 10g | **Sodium:** 64mg

Note: Gingerbread granola nutrition facts were found by using 1 cup raw walnuts and 3/4 cup sunflower seeds.