



10 Healthy
Christmas
Recipes

Blogger Edition

10 Healthy Christmas Recipes: Blogger Edition

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

This year, plan your holiday menu with some healthy Christmas recipes. Balancing traditional Christmas food with your healthy eating plan is difficult. Plus there are so many options for your healthy Christmas recipe list. Where do you even begin?

To help you plan your menu, FaveHealthyRecipes.com has teamed up with some of the best food bloggers to create this brand new healthy recipe eCookbook, *10 Healthy Christmas Recipes: Blogger Edition*. This eCookbook has some of the best ideas for healthy Christmas dinner that you will ever try.

We have assembled some of the best healthy Christmas recipes around, including healthy Christmas dinner recipes, healthy Christmas cookie recipes and healthy Christmas cakes. This eCookbook has everything from 5-Ingredient Nutcracker Cookies, Crustless Chocolate Pie, Christmas Fruit Salad and a whole lot more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in seasonal healthy Christmas recipes!

For additional healthy meal ideas, be sure to visit [FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com). While you're there, subscribe to [The FaveHealthyRecipes.com Email Newsletter](#) to get free recipes delivered to your inbox every week.

Enjoy your healthy easy Christmas ideas and food recipes!

Sincerely,

The Editors of FaveHealthyRecipes

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5-Ingredient Nutcracker Cookies

By: [Julie from FaveHealthyRecipes.com](http://FaveHealthyRecipes.com)

If you love cookies, but often feel guilty indulging in them, take comfort in knowing that these 5-Ingredient Nutcracker Cookies are here to help. With just 5 main ingredients, these cookies can be baked up in just 10 minutes. Plus, the most amazing part of this easy, healthy cookie recipe is that you can substitute the pistachios in this easy cookie recipe for any nut of your choice. Use peanuts, walnuts, pecans or any other nut in your cupboard. That's why these are so easy ... they're so versatile!



Ingredients

- 1 cup butter, softened
- 1/2 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract OR pistachio extract
- 2 1/4 cups flour
- 1/4 cup pistachios, finely chopped

Instructions

1. Preheat the oven to 375 degrees F.
2. In the bowl of a stand mixer, cream butter and sugar. Add egg and vanilla.
3. Incorporate flour and salt. Mix until dough forms a ball. Scrape sides of bowl and remove dough ball to a cutting board or floured surface.
4. Form small disks with dough, and lay on greased cookie sheet.
5. Bake for 10 minutes.

Baby Jesus Birthday Cake

By [Mary from One Perfect Bite](#)

As if this cake could be any more angelic, this Baby Jesus Birthday Cake is the perfect angel food cake recipe to serve for his birthday and other birthdays year round. This is a perfect cake recipe to bake for a Christmas celebration of many kinds. Celebrate the birth of baby Jesus, your family, friends, and the true holiday spirit this season. There's also a little something special about a homemade cake from scratch. It's so special and perfect for this occasion.



Ingredients

- 8 egg whites, room temperature
- 3 cups sifted all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- 2 cups sugar, divided use
- 2 cups butter
- 8 egg yolks
- 3 Tbsp. fresh orange zest
- ¼ cup orange juice
- 1 whole clove
- Confectioner's sugar

Instructions

1. Preheat oven to 350 degrees F. Grease and lightly flour 10 inch tube or bundt pan. Sift flour with baking powder and salt; set aside.
2. With electric mixer at high speed, beat egg whites until foamy. Gradually beat in 1 cup sugar, 1/4 cup at a time, beating after each addition. Continue beating until soft peaks form when beater is slowly raised. Turn into medium bowl.
3. In same bowl, at high speed, cream butter with remaining 1 cup sugar. Add egg yolks and beat until light and fluffy, about 5 minutes. Add orange juice and zest and beat until smooth. Divide flour mixture into thirds; using low speed blend in flour 1/3 at a time, just until combined, about 1 minute. At low speed, beat in egg white mixture, half at a time, just until blended. Turn into prepared pan. Press clove into batter. Bake 60 minutes.
4. Let cool in pan on wire rack 15 minutes. Loosen around edge of pan with spatula. Turn cake out of pan. Cool completely on wire rack.
5. Transfer to a cake plate. Sprinkle confectioners' sugar lightly over top. Slice thinly with sharp, thin-bladed knife.



Eggnog Cookies

By [Christy from The Girl Who Ate Everything](#)

Celebrate the holiday season with these delicious Eggnog Cookies. A carefully blended selection of spices perfectly complements and captures the distinctive flavor of eggnog in cookie form. This dessert has a soft texture that is contrasted by the homemade icing that tops this Christmas favorite. Try serving these cookies with a cup of tea or a mug of hot cocoa for a delightfully warming treat. Your family is sure to fall in love with this Christmas-inspired dessert. This eggnog cookie recipe is a great way to spread the holiday spirit. The more you share these cookies, the happier everyone around you will be.



Ingredients

- 2 ¼ cups flour
- 1 tsp. baking powder
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- 1 ¼ cups sugar
- ¾ cup salted butter, room temp
- ½ cup eggnog

- 1 tsp. vanilla
- 2 egg yolks
- 3 cups powdered sugar
- ¼ cup softened butter
- ½ cup eggnog (might need more or less)
- 1 Tbsp. nutmeg for sprinkling (optional)

Instructions

1. Preheat oven to 300 degrees F.
2. In a medium bowl combine flour, baking powder, cinnamon and nutmeg; mix well with a wire whisk and set aside.
3. In a large bowl, cream sugar and butter with an electric mixer. Add eggnog, vanilla and egg yolks and beat at medium speed until smooth. Add the dry ingredients and beat at low speed just until combined.
4. Drop by rounded teaspoons onto parchment lined baking sheets, 1-inch apart. Bake for 21-24 minutes or until bottoms turn light brown.
5. Transfer to cool, flat surface immediately with spatula. Makes about 36 cookies.
6. For the Eggnog Icing: In small mixer bowl, beat the powdered sugar and butter until well blended. Gradually beat in eggnog until icing is smooth and the desired consistency. You may need less or more depending on the consistency you like. Sprinkle lightly with nutmeg after you ice the cookies. I used a sifter/strainer to gently sprinkle nutmeg on top. A little goes a long way when it comes to nutmeg. Makes about 1 1/2 cups.

No-Bake Cranberry Jam Tarts

By: [Emma from Coconut and Berries](#)

Searching for a light, holiday dessert recipe that won't ruin your diet? Whip up No-Bake Cranberry Jam Tarts. They're the perfect combination of sweet and tangy, and contains the perfect amount of crunch and richness. They're made with all-natural ingredients, which means this recipe is much more wholesome than most. Pair these tasty treats with a cup of tea or a glass of milk, and they are guaranteed to hit the spot. They don't require much effort, which is great if you want to spend more time with your guests around the holidays and less time in the kitchen.



Ingredients

- 1 cup almonds
- ½ cup rolled oats (not quick cooking)
- ¾ cup soft dates
- 1 ½ cup fresh or frozen cranberries
- 2 Tbsp. maple syrup
- 2 Tbsp. coconut sugar
- ¼ cup orange juice
- ½ cup water
- Zest of half an orange
- ½ tsp. vanilla extract

Instructions

1. Using a food processor, blitz the almonds and oats together to form a fairly fine flour. Add the salt and the dates and process until you have a thick mixture which holds together when pinched between finger and thumb. You may need to add a couple of extra dates if it's too crumbly. Place your chopped bread onto a baking sheet and bake in the oven until browned on all sides.
2. Divide mixture between the 12 holes of a shallow cake/tartlet tin and press firmly in the base and up the sides to form 12 neat tart shells. Refrigerate or freeze until ready to fill.
3. For the jam, place all ingredients except vanilla in a medium saucepan and bring to a simmer. Allow to simmer gently for 10-15 minutes, stirring, until the cranberries have all popped and the jam has thickened up. Pour into a jar and refrigerate until cool.
4. Run a knife around the edges of the tart shells to loosen them and pop them out of the tin. Fill each with a couple of teaspoons of the jam. Serve at room temperature.

5-Ingredient Sinless Fudge

By [Jenn from Fit Bottomed Eats](#)

It's okay to indulge once in a while, especially when you can enjoy a tasty treat without worrying about your diet! 5-Ingredient Sinless Fudge includes healthy ingredient swaps that lighten up a traditionally heavy, calorie-packed recipe. This version is made with all-natural ingredients, but tastes just as rich, decadent and satisfying as regular fudge. If you love the combination of chocolate and peanut butter, then you will definitely love this dessert. This has been described as a hybrid between a peanut butter cup and an Almond Joy.



Ingredients

- ½ cup coconut oil
- ½ cup high quality coco powder
- ½ cup smooth almond or peanut butter
- ¼ cup raw honey or maple syrup
- ½ tsp. vanilla

Instructions

1. First, melt the coconut oil. Then blend all ingredients together in a food processor or blender until smooth.
2. Pour into paper-lined muffin tin cups or silicon muffin cups and fill half-inch full.
3. Chill for 30 minutes or freeze for 10 minutes. When firm, remove. Store in a sealed container in the refrigerator or freezer and enjoy!

10 Healthy Christmas Recipes: Blogger Edition

Check out these other recipe collections from the FaveHealthyRecipes family:



[Frugal Dinner Recipes: 26 Easy Ground Beef Recipes for Dinner](#)



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Soft Gingerbread Spice Cookies

By [Lyndsy from Dinnervine](#)

Sugar and spice and everything nice! That's the case with these little Soft Gingerbread Spice Cookies. Prepare to embrace fall and the holiday season with this traditional cookie recipe for kids and adults alike. They're great for parties or just with milk after dinner. They are an easy make ahead dessert.



Ingredients

- 2 ¼ cups flour
- 2 tsp. ground ginger
- 1 tsp. baking soda
- ¼ cinnamon
- ½ tsp. ground cloves
- ¼ tsp. salt
- ¾ cup butter, softened (1.5 sticks)
- 1 cup baker's sugar
- 1 egg
- 1 Tbsp. water
- ¼ cup molasses
- ¼ cu[white sugar (for rolling dough before baking)
- Powdered sugar, for dusting tops of baked cookies
- Parchment paper for lining baking pan

Instructions

1. Preheat oven to 350 degrees F. Prepare large baking sheet with piece of parchment paper to fit.
2. In mixing bowl, sift dry ingredients: flour, ginger, soda, cinnamon, cloves and salt. Whisk well.
3. In bowl with electric mixer, cream butter and sugar. Beat in egg, then add water and molasses. Combine until smooth. Gradually add dry flour mix into the wet mixture.
4. Transfer dough into smaller metal bowl and place in freezer for about 20-25 minutes.
5. Remove firmed dough from freezer and roll into about 1 Tbsp. size dough balls. Roll to coat each dough ball on a shallow dish with remaining sugar.
6. Place sugar covered dough balls on parchment-lined baking sheet. Bake 8-10 min, till browned. Cookies will have slight crust on outside, but be soft inside!
7. Immediately cool cookies on wire baking rack. Once cooled, dust tops of cookies with powdered sugar.
8. Store left over cookies in air-tight container, but also stores well in fridge and freezer.

Chocolate Fudge Custard Tarts

By: [Jo from Including Cake](#)

There's nothing like a chocolate dessert recipe to satisfy your sweet tooth! Chocolate Fudge Custard Tarts is rich, creamy and tastes like a bite of heaven. The baked chocolate fudge crust is an excellent contrast to the thick custard filling, and it leaves a very comforting and satisfying feeling in your stomach. You can make this any time, but a rich dessert like this is perfect to enjoy around the holidays! It's easy to serve and even easier to prepare, which is great if you don't like spending much time in the kitchen.



Ingredients

- 7 Tbsp. raw cashews
- 1 $\frac{3}{4}$ cup water
- 2 tsp. vanilla paste or powder
- $\frac{1}{2}$ tsp. ground nutmeg
- 1 Tbsp. ground chia
- 5 Tbsp. agave (plus a pinch of Stevia)
- 2 Tbsp. corn flour

Instructions

1. To make the custard, grind the cashews to get a fine meal. Add all ingredients along with the cashews to medium pan and bring to the boil for 5 minutes, stirring continuously.
2. Lightly grease the tart pans and line with your chosen tart case. Spoon the custard into the prepared tart cases (if using the chocolate fudge crust, line the tart pans with a 3mm thick layer of raw fudge dough) and bake at 350 degrees F. for approximately 10 minutes until the tart tops are on the verge of going golden. Keep a close eye so they don't brown.

Crustless Chocolate Pie

By: [Vered from Healthy Recipes](#)

When you've had a long day, chocolate is the ultimate feel-good food. To satisfy your sweet tooth without loading up on extra calories, whip up Crustless Chocolate Pie. This healthy chocolate dessert is rich, creamy and comforting. A couple of quick, healthy ingredient swaps are incorporated in the recipe to make it lighter than most pies, but that doesn't take away from the intense, dark chocolate flavor. Top it off with a little unsweetened whipped cream, and this dessert is guaranteed to please everyone in your household.



Ingredients

- 1 tsp. unsalted butter for pan
- 8 oz. plain, nonfat Greek yogurt
- 2 large eggs
- 6 oz. bittersweet chocolate chips
- 2 Tbsp. unsalted butter
- ¼ cup pure maple syrup
- 2 Tbsp. bourbon (or brandy)
- ¼ tsp. kosher salt
- 2 Tbsp. coconut flour
- ¼ cup unsweetened cocoa powder

Instructions

1. Preheat oven to 350 degrees F. Grease a 9-inch pie plate with a teaspoon of butter.
2. Place the chocolate, butter, maple syrup and brandy in a medium saucepan. Slowly melt over low heat, stirring often. When the chocolate is melted, turn heat off. Allow to slightly cool.
3. Whisk in the salt and the yogurt, then the eggs, one at a time, and finally sift the coconut flour and the cocoa powder into the mixture, whisking to combine.
4. Pour the mixture into the prepared pie plate, scraping it off with a spatula. Smooth the top with the spatula. Bake 45 minutes, until the center is set and a toothpick inserted in it comes out not wet, but a little moist and with a few crumbs.
5. Cool 2 hours in the pan on a wire rack before slicing and serving. You can also make this chocolate pie a day ahead - once completely cooled, cover and refrigerate. Remove from fridge 30 minutes prior to serving.
6. This is a very dense, rich cake, and cutting it while keeping the slices intact can be tricky. Use a sharp, non-serrated knife. Run the blade under very hot water and wipe it with a clean kitchen towel between cuts. This will help prevent the knife from sticking and tearing the pie.

Christmas Fruit Salad

By [Serena from Serena Bakes Simply From Scratch](#)

Worried about ruining your diet over the holidays? Whip up Christmas Fruit Salad. This healthy fruit salad allows you to satisfy your sweet tooth without feeling guilty about it. The fresh fruits are juicy and are the perfect blend of sweet and tangy. It will curb your appetite without leaving you overly full. We don't normally think about fruit during the holiday season, but after one bite of this fruit salad, you'll never consider celebrating Christmas without it! The whole family will love this treat.



Ingredients

- ½ whole pineapple, peeled and diced
- 2 whole bananas, peeled and sliced
- 3 whole kiwis, peeled and dices
- 1 whole apple, cored and diced
- 1 whole pomegranate, seeded

Instructions

1. Mix pineapple, bananas, kiwis, apple together well.
2. Add pomegranate seeds and plain over yogurt.

Asian Green Beans

By [Min from The Adventures of MJ and Hungryman](#)

If you're trying to get the picky eaters in your house to [eat](#) their veggies, then you should whip up Asian Green Beans. This healthy side dish is packed with flavor in every bite, due to the addition of cranberries and a special sauce. These green beans are the perfect combination of sweet and tart. We can guarantee that you've never ate vegetables that tasted quite as flavorful as these! You can whip them up for any occasion, ranging from small weeknight dinners to large family gatherings.



Ingredients

- 1 lb. green beans, trimmed and steamed
- 2 Tbsp. water
- 1 Tbsp. brown sugar
- ½ cup dried cranberries
- 2 Tbsp. fish sauce
- 1 tsp. sriracha
- 1 tsp. sesame oil
- 2 tsp. sesame seeds

Instructions

1. Steam green beans for approximately 3-5 minutes, until tender.
2. Meanwhile bring sugar and water to a boil in a small saucepan over med-high heat, stirring constantly to dissolve sugar. Remove from heat. Stir in cranberries, and let stand 10 minutes.
3. Whisk together fish sauce, sriracha, and sesame oil in a large bowl. Stir in cranberry mixture.
4. Add green beans to bowl and toss to coat.

Special Thanks

[Mary from One Perfect Bite](#)

[Christy from The Girl Who Ate Everything](#)

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