

Healthy Recipes for the Holiday Season

from the creators of
Chez Us
A Healthy Life For Me
Jelly Toast



story behind this book

This book is a collaboration of three friends who have a passion for creating, cooking and eating delicious healthy meals.

We are food bloggers who met through our love of cooking, photography and laughter. Each trying to create recipes that are not only healthy, but delicious. Our recipes are made in our kitchens and end up on our dinner tables. Our families the ultimate taste testers and critics.

We have compiled some of our favorite holiday season recipes from our blogs, with a few new ones that have yet not been published.

Our ultimate goal was to incorporate these recipes into an easy to use book to help you find recipes for any meal, along with several tips and tricks for keeping organized through the holidays. Whether you need to feed your family a weeknight dinner, or serve out of town guests a breakfast to impress, you can find it here. Cocktails will be provided too, so relax and enjoy.

Cheers!

Denise- Chez Us

Amy- A Healthy Life For Me

Emily- Jelly Toast

authors

Chez Us is a food blog filled with easy to make at home recipes for the home cook, using seasonal and healthy ingredients. She cooks, and he devours.



You can find Denise here:

Blog- <http://chezus.com/>

Twitter- <https://twitter.com/chezus>

Pinterest- <http://www.pinterest.com/chezus/>

Facebook- <https://www.facebook.com/pages/Chez-US/126591726194?fref=ts>

G+ - <https://plus.google.com/+Chezus/posts>

YouTube- <https://www.youtube.com/user/ChezUsVideos>

Instagram- http://instagram.com/denise_woodward

A Healthy Life For Me is a food blog filled with healthy and balanced recipes to help individuals and families build and sustain healthy, balanced and fulfilling lives.



You can find Amy here:

Blog- <http://ahealthylifeforme.com/>

Twitter- <https://twitter.com/AHLFM>

Pinterest- <http://www.pinterest.com/AHLFM/>

Facebook- <https://www.facebook.com/ahealthylifeforme>

G+ <https://plus.google.com/u/0/+AmyStafford/posts>

YouTube <https://www.youtube.com/channel/UCeeph7i8Em58pKQ6peok77A>

Instagram- <http://instagram.com/ahealthylifeforme>

Jelly Toast blog is all about what I cook at home for my family as well as my desire to learn more about food photography and cooking.



You can find Emily here:

Blog- <http://jellytoastblog.com/>

Twitter- <https://twitter.com/jellytoastblog>

Pinterest- <http://www.pinterest.com/jellytoastboard/>

Facebook- <https://www.facebook.com/jellytoast.jellytoastkids>

G+ <https://plus.google.com/u/0/+EmilyCaruso/posts>

YouTube <https://www.youtube.com/channel/UCzxxJUAkQWw6iTnJnIURfwInstagram>
<http://instagram.com/emsjellytoast>

breakfast



The Holidays can be hectic, but don't miss out on the most important meal of the day. Here are a list of a few of our healthy and delicious breakfast recipes to help your day get started off right.

Gluten Free Baked Pumpkin Chocolate Donuts

Author: A Healthy Life For Me

Serves: 12

Ingredients:

Muffin:

- $\frac{3}{4}$ cup of Almond Flour
- $\frac{1}{3}$ cup + 3 tablespoon Tapioca Flour
- $\frac{1}{4}$ cup Coconut Flour
- 1-teaspoon baking soda
- 1-teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon ground cardamom
- $\frac{1}{4}$ teaspoon sea salt
- 5 eggs
- $\frac{1}{2}$ cup maple syrup or honey
- $\frac{3}{4}$ cup of pumpkin puree
- 2 tablespoon coconut oil (melted), + additional for greasing pan
- 1-teaspoon vanilla extract
- 1 cup of mini Enjoy Life Chocolate Chips (find in organic section of your grocery), divided

Instructions:

1. Preheat oven to 375°.
2. Grease a donut pan with coconut oil.
3. In a large bowl add flours, baking soda, spices and salt, and stir to blend.
4. In a medium bowl whisk eggs, add maple syrup, pumpkin puree, coconut oil and vanilla extract together.
5. Pour egg mix into your flour mix and stir until combines.
6. Add in $\frac{1}{2}$ cup of your chocolate chips and stir through the batter.



7. Using a pastry bag with a tip pipe the flour mix into your prepared donut pan. I filled my pan up pretty generously.
8. Bake for 12-15 minutes.
9. Remove from oven and pop out onto wire rack that is on top of a baking sheet to cool.
10. Fill donut pan and repeat.
11. While donuts are cooling add remaining ½ cup of chocolate chips to a glass bowl and microwave for one minute, remove and stir. Microwave an additional minute and stir until smooth.
12. Drizzle chocolate over donuts as much or as little as you like.
13. Stick in the fridge to hurry along the chocolate setting or enjoy right away with the ooey-gooey chocolate.

Grain free, Dairy Free, Gluten Free and Paleo, but packed full of Pumpkin and Chocolate Flavor. ~ Amy from A Healthy Life For Me

Kale Bacon Mushroom Baked Eggs

Kale Bacon Mushroom Baked Eggs

Author: Chez Us

Serves: 2

Tools:

- ramekins or mini cast iron pans

Ingredients:

- olive oil spray
- 2 slices bacon, cut into small dice
- 8 cremini mushrooms, cleaned and cut into slices
- 1 small shallot, finely diced
- 1 bunch kale, washed, stem removed and thinly sliced
- 2 eggs
- 6 teaspoons half and half
- parmesan cheese

Instructions:

1. Preheat oven to 325.
2. Lightly spray either the ramekin or mini cast iron pans with olive oil. Place on a baking sheet and set aside.
3. In a large frying pan over medium heat cook the bacon until lightly golden; about 7 – 9 minutes. Stirring often.
4. Add the shallot, stir and cook for 2 minutes.
5. Add the mushrooms and cook until golden brown and soft. This will take about 6 minutes.
6. Add the kale, stir and cook just until wilted, about 2 minutes.



7. Divide the mixture between the ramekins, making a small well in the middle. Add the egg to the well.
8. Pour 3 teaspoons of half and half over each egg.
9. Sprinkle with a small amount of parmesan cheese.
10. Place in the oven and bake for 13 – 15 minutes, until whites are set and the yolk begins to thicken but is not hard.
11. Serve.
12. Eat.

Whether you prefer to enjoy your eggs in the morning or afternoon, eggs are a great source of real food over heavily processed or synthetic foods ~ Denise from Chez Us

Pumpkin Bread Pudding with Maple Rum Raisin Syrup

Pumpkin Bread Pudding with Maple Rum Raisin Syrup

Author: Jelly Toast

Serves: 12

Ingredients:

Pumpkin Bread Pudding:

- 18 oz loaf of day old bread (I used an Italian loaf)
- 6 large eggs
- 2 1/2 cups whole milk
- 1 cup of heavy cream
- 1/2 cup brown sugar
- 1/4 cup white sugar
- 1/4 cup of Captain Morgan Original Spiced Rum
- 1 15oz can of pumpkin puree
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground cloves
- 1/4 tsp ground nutmeg



- For Serving: Maple Rum Raisin Syrup (recipe follows) and powdered sugar

Maple Rum Raisin Syrup:

- 3/4 cup pure maple syrup
- 1/2 cup raisins
- 3 tbs Captain Morgan Original Spiced Rum
- 1 tbs unsalted butter

Directions:

Pumpkin Bread Pudding

Cut entire loaf of bread into 1 inch cubes and spread evenly into 3 quart baking dish. Bread can alternately be sliced into 3/4 inch slices and arranged neatly into the baking dish as seen in the photos.

In a large bowl whisk together eggs, milk, cream, brown sugar, white sugar, Captain Morgan Original Spiced Rum, pumpkin puree, cinnamon, ginger, cloves and nutmeg until well combined. Gently pour mixture over bread pieces in the baking dish. Gently press bread down with your hands to encourage custard mixture to soak into the bread. Cover dish and refrigerate for at least 3 hours or over night.

Preheat oven to 350 degrees. Uncover baking dish and allow to sit at room temperature while oven heats up. Using a spoon, gently stir bread and custard mixture to ensure that the liquid is distributed well throughout the dish. Bake in preheated oven, uncovered, for 45-55 minutes or until bread pudding is set. Serve bread pudding warm or at room tem-

perature topped with Maple Rum Raisin Syrup (recipe follows) and powdered sugar.

Maple Rum Raisin Syrup:

In a small saucepan, bring maple syrup, raisins, 3 tablespoons of Captain Morgan Original Spiced Rum and unsalted butter to a low simmer. Allow mixture to simmer, stirring frequently, for about 3-5 minutes or until butter is melted and raisins are plumped. Serve over Pumpkin Bread Pudding. Leftover syrup can be store in the refrigerator and reheated before serving.

On Thanksgiving, when there are so many other dishes to make, I am all about this make ahead Pumpkin Bread Pudding with Maple Rum Raisin Syrup. ~ Emily from Jelly Toast

side & salads



Together, grains, vegetables, and fruits represent a balanced diet that provides both the energy and essential nutrients necessary to support and maintain a healthy body. During the stress of the holidays you need keep your energy levels high so “eat your vegetables it does a body good!”

Untitled

Recipe: Jeweled Rice Salad

Author: Chez Us

Serves:8-10

Ingredients:

- 3/4 cup wild rice
- 1 cup long grain rice
- 2 cups diced butternut squash
- 1/2 cup italian parsley, rough chop
- 1/2 cup pomegranate seeds
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice - I use Meyer

lemons when I can

- 1 teaspoon zaatar
- kosher salt
- black pepper

Directions:

1. Do Ahead: - you can roast the butternut squash up to a day before assembling the salad, and the rice unto 2 days. Place into bowls, cover and refrigerate.
2. Preheat the oven to 350. Cut the squash in half, scoop out the seeds and place onto a baking sheet. Lightly drizzle with some olive oil, sprinkle with salt and pepper. Roast until fork tender, about



30 minutes. Remove from the oven and set aside to cool. Once cool, remove the skin and dice the flesh into medium pieces. At this point you can refrigerate until ready to put the salad together.

3. Place wild rice into a medium pot of cold water, place over high heat, and bring to a boil. Reduce the heat to a low simmer, and cook until the grains begin to split, about 30 minutes.
4. Combine the long grain rice with 1 1/2 cups of cold water in a medium saucepan, place over high heat and bring to a boil. Reduce the heat to a low simmer, cover and cook for 10 minutes. Remove from the heat and let sit until the water is absorbed.
5. Drain the wild rice, rinse with cold water to stop the cooking process and drain again. Set aside.
6. Lightly drizzle a small amount of olive oil over both rices and fluff with a fork. Let them cool. At this point you can refrigerate until ready to assemble the salad.
7. Mix the olive oil, lemon juice, zaatar, salt and pepper together.
8. To assemble the salad mix the rices, squash, and parsley together in a large mixing bowl. Drizzle with the dressing, and season to taste with more salt and pepper if needed.
9. Place the mixture onto a serving platter. Garnish with the pomegranate seeds.
10. Serve.

This salad pairs nicely with roasted turkey or even a pork tenderloin. Denise ~ Chez Us

Kale Salad with Warm Cherry Almond Vinaigrette

Kale Salad with Warm Cherry Almond Vinaigrette

Author: A Healthy Life For Me

Serves: 4

Ingredients:

- 3 Tbsp. olive oil, divided
- 1 shallot, peeled and thinly sliced
- 3 cloves garlic, coarsely chopped
- 1 cup dried cherries
- 2 Tbsp. red wine vinegar
- 2 teaspoons honey
- Juice and zest of half a lemon
- 1/8 tsp. sea salt
- 1/8 tsp. ground black pepper
- 1 bunch kale, very thinly sliced
- 1/4 cup slivered almonds
- (Optional) 1/4 cup crumbled blue cheese or goat cheese



Instructions:

1. Heat 2 Tbsp. oil in a large sauté pan over medium-high heat.
2. Add shallot and sauté for at least 5 minutes or until tender. Add garlic and sauté for 1 minute. Then add cherries, red wine vinegar, honey and lemon juice and zest, and stir to combine. Season with salt and pepper.
3. In a large bowl, toss the kale with olive oil and an extra pinch of sea salt, and massage kale with your fingers for 1 minute until tender.
4. Add in the warm cherry, shallot mixture and top with slivered almonds, and toss to combine.

Serve topped with crumbled cheese if desired.

I like to make the salad and let it sit with vinaigrette for about 30 minutes before serving, this helps to continue to soften the kale. Amy ~ A Healthy Life For Me

Cauliflower Gratin

Cauliflower Gratin

Author: Jelly Toast

Serves: 8

Ingredients:

- 1 large head of cauliflower, cut into small florets
- 3 tablespoons unsalted butter
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh thyme leaves
- 3 tablespoons all purpose flour
- 1 1/2 cups whole milk
- 5 oz gruyere, shredded and divided
- 2 oz prosciutto, chopped
- salt and pepper to taste
- non stick cooking spray
- 2-3 tablespoons of Italian seasoned bread crumbs (I used whole grain)

Directions:



1. Preheat oven to 350 degrees. Spray 2 1/2 quart baking dish with non-stick spray and set aside.
2. Bring a pot of water to a boil, and cook cauliflower for 3-5 minutes, or until just beginning to soften. Drain and set aside.
3. In a Dutch oven, melt butter over medium/high heat. Add onions, garlic and thyme and cook until onions are softened and garlic is fragrant, about 5 minutes. Sprinkle flour over onion mixture and stir to combine. Slowly pour milk into onion mixture, stirring quickly to dissolve all of the flour. Allow sauce to come to a low boil; reduce heat to low. Add 4 oz of gruyere and stir until cheese is completely melted; stir in prosciutto and season sauce with salt and pepper. Remove from heat. Fold cauliflower into cheese sauce and stir well to coat. Spread cauliflower into prepared baking dish. Sprinkle remaining cheese and bread crumbs on top. Bake for 30 minutes or until sauce is bubbling.
4. Serve and Enjoy!

This Cauliflower Gratin is creamy and cheesy and studded with lovely salty prosciutto. Topped with crunchy bread crumbs, this gratin is a party of textures. It's so decadent tasting that it closely resembles mac and cheese...just without the mac. ~ Emily from Jelly Toast

main dish



Dinner time can be hectic on most nights, but during the holidays it is even harder to find the time.

These recipes were meant to feed the troops, or to impress the guests.

Sunday Supper Cilantro Scented Roast Chicken

Sunday Supper Cilantro Scented Roast Chicken

Author: Chez Us

Serves: 12

Tools:

- Food Processor
- Roasting Pan or Baking Dish

Ingredients:

- 1 large clove garlic
- 1/2 cup cilantro, torn
- 1 lime, zested
- 1 tablespoon maldon salt
- 2 tablespoons olive oil
- 1 13.5 ounce can coconut milk
- 1 3 – 4 pound chicken

Instructions:

1. Preheat the oven to 400.
2. Place the first 4 ingredients into a food processor and blend into a paste.
3. Place the chicken in a baking dish or roasting pan. Rub the cilantro/salt mixture all over the chicken – everywhere.



4. Pour half of the can of coconut milk inside the chicken, and the remaining milk all around it.
5. Drizzle the olive oil over the top.
6. Roast for 1 hour 15 minutes, or until the temperature taken at the thickest part of the breast registers 175 on a meat thermometer.
7. Let rest for 10 minutes, then cut the bird into serving pieces.
8. Serve.

***I like to make a meal that can be shared just the two of us or amongst a few friends. A comforting way to say good-bye the week we just had, and hello to new.
~ Denise from Chez Us***

Sweet Potato Buffalo Chicken

Sweet Potato Buffalo Chicken

Author: A Healthy Life For Me

Serves: 4

Ingredients:

- 1 lb. boneless skinless chicken breasts or thighs, cut into cubes
- 2 sweet potatoes, cut into ½-inch cubes;
- 1 teaspoon paprika
- 1 tablespoon garlic powder
- 3 tbsp. hot sauce
- 1 tablespoon coconut oil or melted ghee
- 3 strips of uncured bacon, sliced
- 1 cup green onions, sliced
- Sea salt
- Ground Black pepper

Instructions:

- 1 Preheat your oven to 400 F.
- 2 Set oven proof pan over medium heat
- 3 Add tablespoon of coconut oil to pan and when melted add bacon. Cook until bacon is crisp.
- 4 Remove bacon, set aside
- 5 In a large bowl, combine together paprika, garlic powder, hot sauce, and season with salt and pepper.



- 6 Add the sweet potatoes and chicken, and stir to coat.
- 7 Empty the bowl into the pan.
- 8 Place pan uncovered in pre-heated oven for 40 to 45 minutes.
- 9 Add the green onions and bacon to the dish and serve.

A quick and easy dinner for the whole family that is a snap to pull together. Gluten Free + Paleo + Dairy Free and packed full of flavor. ~ Amy from A Healthy Life For Me

Untitled

Autumn Chicken Pot Pie

Author: Jelly Toast

Serves: 6

Ingredients:

2 Tablespoons butter

1 onion onion, chopped

2 celery stalks, sliced

2 carrots, peeled and sliced

1 sweet potato, peeled and chopped

2 cloves garlic, minced

1/2 cup flour

4 cups chicken stock (store bought or homemade)

1/2 teaspoon dried thyme

1 chicken bullion cube

1 cup frozen peas

2 cups cooked chicken, shredded or cubed (see notes)

1 store bought pie crust (1 roll or 1/2 a box), room temp



flour for rolling

Directions:

1. Preheat oven to 400 degrees.
2. In a large pot, melt the butter over medium high heat. Add onion, carrot and sweet potato. Cook until soft, about 8 minutes. Add garlic and cook until fragrant.
3. Add flour, and stir until vegetables are coated.
4. Slowly add broth to the pot, whisking to create a smooth sauce. Add thyme and chicken bullion. Bring to a boil, and reduce heat to a simmer, stirring frequently. Simmer for about 5 minutes or until sauce is nice and thick. Stir in chicken and peas. Pour mixture into a 2 quart casserole dish.
5. On a slightly floured work surface, roll pie crust slightly to fit the shape of your casserole dish. Place crust over casserole dish, folding overhang inward and crimping the edges. Cut several vents in the top of the crust.
6. Place casserole dish on a rimmed baking sheet and bake for 35-40 minutes or until crust is golden and filling is bubbling. Allow to cool for 10-15 minutes before serving.

Notes:

Use any chicken that you like. Most recently, I used 4 chicken thighs that I roasted at 375 for about 30 minutes. I have also made this recipe using chicken from my basic roasted chicken breast recipe. You could also use leftover chicken from a market rotisserie chicken.

This dish is the perfect fall and winter cuisine it is warm, stick-to-your-ribs food that comforts you, both body and soul. ~Emily from Jelly Toast

dessert



Stressed spelled backwards is dessert. When it comes to sweets, enjoying a little of what you fancy is a good When it comes to sweets, a little of what you fancy hustle and bustle of doing for others, it is okay to treat yourself to something sweet.

Fig Cake with Coconut Vanilla Glaze

Fig Cake with Coconut Vanilla Glaze

Author: A Healthy Life For Me

Serves: 6

Ingredients

Cake:

- 1 ¼ cup almond flour
- ⅔ cup + 2 tablespoons tapioca flour
- ⅓ + 1 tablespoon coconut flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine grain sea salt
- ½ teaspoon ground cinnamon
- ⅓ cup honey
- 1½ cups full fat coconut milk
- 2 eggs
- ¼ cup unsalted butter, melted and slightly cooled
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- 6 ripe fresh figs, stems removed and chopped

Glaze:

- ¾ cup coconut sugar
- 1 tablespoon arrowroot or tapioca flour
- 1 tablespoon coconut milk, plus more as needed
- 1 teaspoon vanilla extract

Topping:

- ½ cup toasted almonds, chopped

Instructions

Cake:



- 1 Preheat an oven to 350°F, and place a rack in the middle of the oven. Grease a mini bundt cake pan with non-stick cooking spray, and set aside.
- 2 Add flours, baking powder, baking soda, sea salt, and cinnamon to a large bowl, whisking to combine.
- 3 Add coconut milk, honey, eggs, butter, vanilla extract and almond extract to a small bowl, whisking to combine.
- 4 Pour the coconut milk mixture into the bowl with the dry ingredients, and stir just until combined. Stir in the chopped figs. Divide the batter between the 6 wells of the mini cake pan and bake until the tops of the cakes are lightly golden about 25-28 minutes.
- 5 Transfer the pan to a wire rack, and let cook for 10 minutes.

Glaze:

- 1 To make the glaze, whisk together the coconut sugar, arrowroot, coconut milk and vanilla until smooth and pourable, Add a little more coconut milk if the mixture seems to thick. Should be shiny and slightly thick for drizzling.
- 2 Once the cakes are cool, drizzle each cake with vanilla glaze. Start in the middle, and let the glaze run down the sides. Then sprinkle each cake with chopped toasted almonds.

Notes

You can cook this in a 10" bundt pan for 30-35 minutes.

Almond Flour, Tapioca Flour, Coconut Flour, Arrowroot and Coconut Sugar usually can be found in the organic section of your local grocery store. Coconut Sugar may be in your regular baking aisle.

These cakes are truly little gems, exactly what you expect from a cake; moist, sweet and with substantial flavor. They also keep it clean & healthy because they are gluten free, grain free and dairy free. Amy ~ A Healthy Life For Me

Roasted Pear Crumble

Roasted Pear Crumble

Author: [Chez Us](#)

Serves: 4

Ingredients

- 2 ripe but still firm Red Bartlett pears
- olive oil
- 1/2 cup pistachios, shelled
- 1/4 cup rolled oats
- 2 tablespoons maple shavings from [Tonewood Maple Cube](#)
- 1/2 cup [mascarpone cheese](#)

Instructions

1. Preheat oven to 425.
2. Cut the pears in half and core. Place in a baking dish.
3. Lightly drizzle a small amount of olive oil over each half.
4. Place in the oven and roast for 15 – 20 minutes until slightly golden and soft.
5. Remove from the oven and set aside.
6. While the pears are roasting toss the pistachios, oats, maple shavings and 1 tablespoon of olive oil together in a mixing bowl. Spread out on a baking sheet.
7. Toast until golden, stirring often to prevent burning. It will only take about 5 – 8 minutes. Let cool.



8. Place a dollop of mascarpone cheese on a serving plate and top with a pear half. Sprinkle with the crumble mixture.
9. Serve.

I tend to lean towards rustic desserts, especially during the cold winter months. Another thing I liked was that the pears were roasted instead of baked. This technique gave them a rich caramel base, that enhanced the natural sweeteners of the fruit. ~ Denise from Chez

Sparkling Toffee Cookies

Sparkling Toffee Cookies

Author: Jelly Toast

Serves: 2-3 dozen

Ingredients:

- 1 cup granulated sugar + 1/3 cup for rolling
- 1 1/2 sticks unsalted butter, softened (3/4 cup)
- 1 large egg
- 1 teaspoon vanilla
- 2 cups all purpose flour
- 1/4 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup toffee bits (homemade or store-bought)

Directions:

1. Preheat oven to 350 degrees. Line baking sheet with parchment paper and set aside.
2. In the bowl of stand mixer, cream together 1 cup of sugar and softened butter until light and fluffy. Add in egg and vanilla and beat until



combined. In a medium bowl, whisk together flour, baking powder, baking soda and salt. With the mixer on low, slowly add dry ingredients into butter mixture. Beat until just combined. Fold in toffee bits.

3. Scoop 1-2 teaspoons of dough and roll into a ball. Roll dough ball in remaining sugar and place on prepared cookie sheet. Repeat with remaining dough. Bake cookies for 10 minutes or until just golden at the edges. Allow cookies to cool for 5 minutes on baking sheet and then transfer them to wire racks to cool completely.

These cookies are soft, sweet with a bit of a caramel flavor from the toffee. Great to make ahead and freeze. Emily ~ Jelly Toast

cocktails



To your health. May we drink one together in ten years' time and a few in between.

Aperol Champagne Cocktail

Aperol Champagne Cocktail

Author: Chez Us

Serves: 1

Ingredients:

- 1 oz aperol
- champagne
- lime swirl, for garnish

How To:

1. In a champagne glass add the aperol.
2. Top off with champagne.
3. Garnish with a lime swirl.
4. Serve.
5. Drink.

We wish each of you a safe New Years Eve and a New Year filled with Joy! ~Denise from Chez Us



Classic Champagne Cocktail

Classic Champagne Cocktail

Author: Chez Us

Serves: 1

Ingredients:

- 1 sugar cube
- angostura bitters
- Champagne or Sparkling Wine
- lemon twist

Instructions:

1. Place a sugar cube in the bottom of a champagne class.
2. Soak with a few drops of bitters.
3. Slowly fill the glass with champagne.
4. Add the lemon twist.
5. Serve.
6. Drink.

We love bubbles, and a Classic Champagne Cocktail is a delicious way to enjoy them.



Cranberry Simple Syrup

Cranberry simple syrup

Author: A Healthy Life For Me

Ingredients:

- 8 ounces fresh cranberries
- 1 cup granulate sugar
- 1 cup water

Instructions:

1. In a medium saucepan bring ingredients to simmer over medium heat.
2. Lower heat to low and simmer an additional 10 minutes until cranberries are tender but have not burst.
3. Strain cranberries and reserve simple syrup in refrigerator for up to two weeks.

Not only a great mix for your holiday cocktails, but also makes a great homemade hostess gift that is sure to please. Amy ~ A Healthy Life For Me



Cranberry Vodka Spritzer

Cranberry Vodka Spritzer

Author: A Healthy Life For Me

Serves: 1

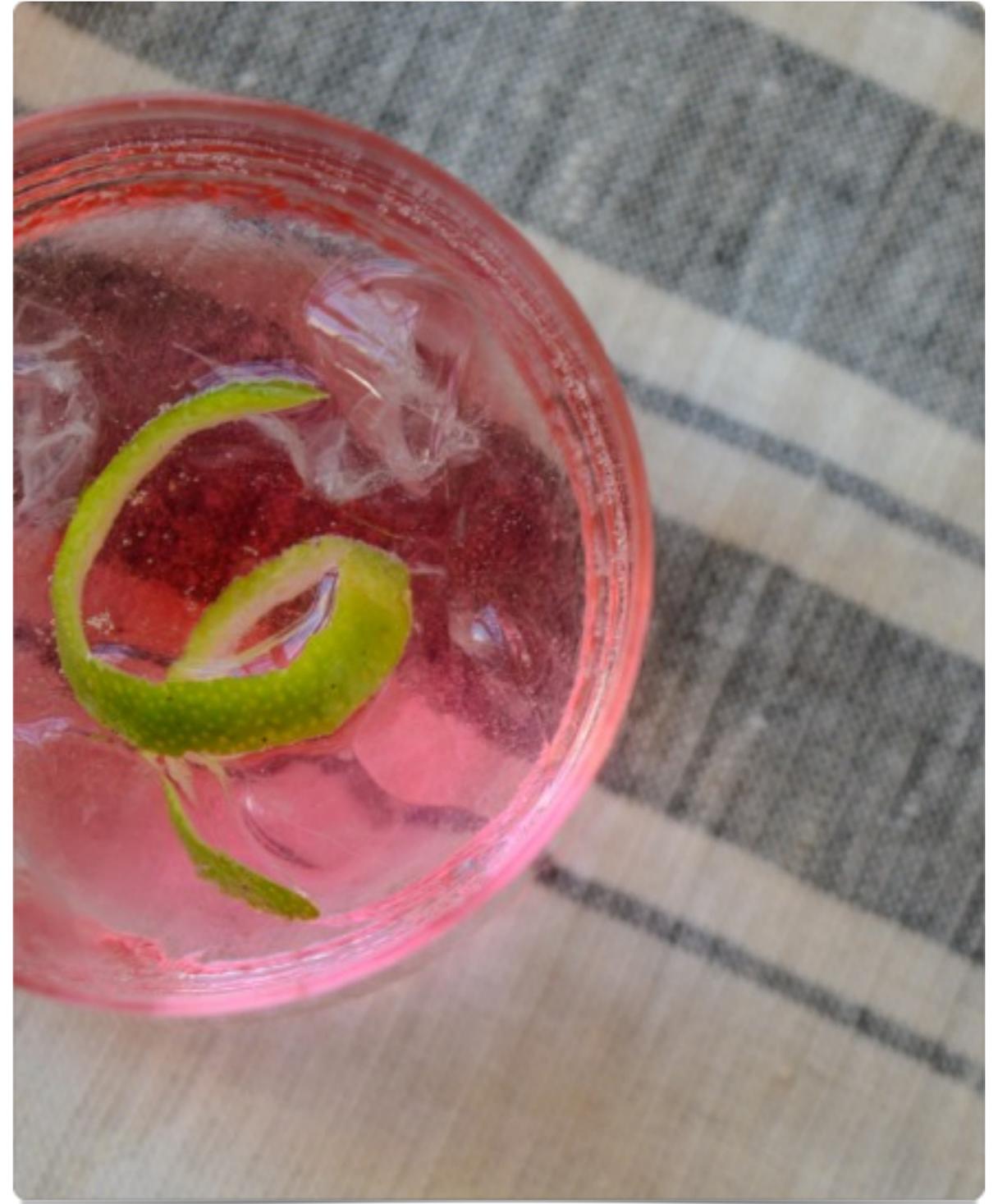
Ingredients

- 1 ounce Cranberry Simple Syrup
- 2 ounce Vodka
- club soda
- fresh ice
- lime peel

Instructions

1. Fill low ball glass with ice.
2. Add Cranberry Simple Syrup, Vodka and top with Club soda
3. Add lime peel

Make up a batch of the Cranberry Simple Syrup and stick it in the fridge to pull out when you want a holiday cocktail. Amy ~ A Healthy Life For Me



tips & tricks



helping to make cooking easier through the holidays

Substituting Dried Herbs for Fresh-

Say your recipe calls for a few sprigs of fresh herbs but you don't want to spring for a whole bunch. No problem. In most cases, you can use dried herbs instead. Follow this simple formula: 1 teaspoon of dried equals 1 tablespoon of fresh. Since dried herbs tend to have a strong, concentrated flavor, the substitution works best for hearty varieties, like oregano, thyme, and sage, which are added early in a recipe and mellow with cooking. Stick with the fresh versions of herbs like basil, mint, and parsley, which have a more delicate flavor and are added just before serving.

Getting a Crisp Golden Brown Skin on Your Turkey-

Do you want a crisp golden brown skin on your turkey? The night before prep your turkey. Use some paper towels to blot dry any moisture from the outside of your turkey and place in refrigerator uncovered. Refrigerators circulate air and this will dry the skin on your turkey ensuring crisp golden brown skin.

A Crisp Pie Crust Every Time-

There's no better way to ruin a perfectly good pie than with a soggy, underdone crust. For foolproof crusts—yes, both top and bottom—position your pie on the lowest rack, where most ovens

tend to concentrate heat. As the heat rises, it will crisp the bottom crust before cooking the exposed top crust. Using a transparent Pyrex pie plate also helps: A quick peek will tell you when the underside is golden (not pale and doughy looking), guaranteeing a rich, flaky dessert.

Foolproof Cookie Cutting-

Want your stars and snowmen to cut an impressive figure? Ensure that they retain their crisp, sharp edges by following these cool instructions: Roll out the chilled dough on floured parchment paper, then chill it again for at least 15 minutes before cutting out shapes. (If you're working with a big batch, refrigerate the sheets of dough in a stack with the paper separating them.) Use a floured cookie cutter to punch out a clean shape, and re-flour it before every cut. Place the shapes on a parchment-lined baking sheet and chill once again, for at least 15 minutes, before baking.

Getting Organized Before the Big Day-

Check to make sure you have plenty storage containers and materials, including of plastic wrap, waxed paper and aluminum foil. If you use glass or plastic containers with snap-on lids, organize them so they're easy to find—and that includes the lids that fit them.

helping to make cooking easier through the holidays con't

How to Make Simple Syrup-

Want to sweeten your lemonade or iced tea? Don't reach for the sugar bowl. You'll get a better result—no sandy granules at the bottom of the glass—if you mix up a batch of simple syrup instead. Just combine 1 cup water with 1 cup sugar in a small saucepan and cook over medium heat, stirring often, until the sugar has completely dissolved, 3 to 5 minutes. Let it cool and add to beverages as needed. (Use 1½ teaspoons of simple syrup for every teaspoon of sugar you would usually use.) Store the syrup in the refrigerator for up to 2 weeks.

A Crisp Crust Every Time-

There's no better way to ruin a perfectly good pie than with a soggy, underdone crust. For foolproof crusts—yes, both top and bottom—position your pie on the lowest rack, where most ovens tend to concentrate heat. As the heat rises, it will crisp the bottom crust before cooking the exposed top crust. Using a transparent Pyrex pie plate also helps: A quick peek will tell you when the underside is golden (not pale and doughy looking), guaranteeing a rich, flaky dessert.

Foolproof Cookie Cutting-

Want your stars and snowmen to cut an impressive figure? Ensure that they retain their crisp, sharp edges by following these cool instructions: Roll out the chilled dough on floured parchment paper, then chill it again for at least 15 minutes before cutting out shapes. (If you're working with a big batch, refrigerate the sheets of dough in a stack with the paper separating them.) Use a floured cookie cutter to punch out a clean shape, and re-flour it before every cut. Place the shapes on a parchment-lined baking sheet and chill once again, for at least 15 minutes, before baking.