

cookies, spreads, coffee,
tea, spice blends, chia
pudding + raw chocolate

(gluten, dairy, soy +
refined sugar free)



healthy
Sweet + Spicy
Christmas Recipes

Healthy Sweet + Spicy Christmas Recipes

Introduction + Ingredients

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+ Make your own Christmas Spice Blends
+ Dealing with food FOMO this season



I started this eBook two years ago because I wanted a healthier alternative to the Christmas goodies I loved.

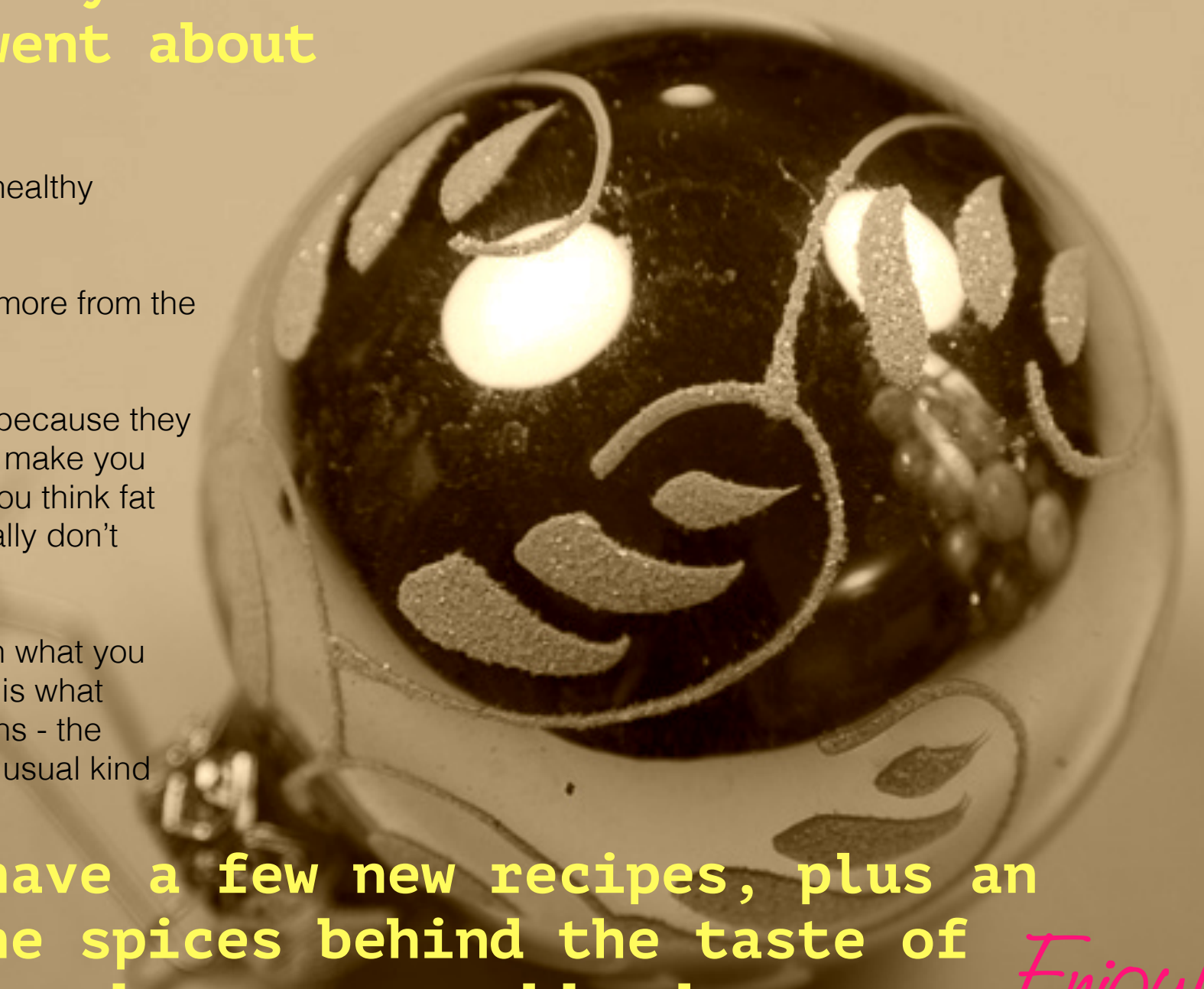
My [sugar-addicted days](#) were behind me and my body no longer even wanted to eat the usual sugar-y stuff because it actually tasted way too sweet. And yet, Christmas didn't feel the same without some of the sweet and spicy tastes I had grown up with.

So I started created my own versions. And as I went about this, I noticed:

- ▶ Taste is always king. It doesn't matter how healthy something is if it doesn't taste good.
- ▶ The familiar Christmas cookie taste comes more from the spices than the refined sugar or flour.
- ▶ All the recipes in this eBook are very filling because they are full of healthy fats and nutrients that will make you feel full - naturally avoiding any excess! If you think fat makes you fat, [read this](#). Most people actually don't consume enough healthy fats!
- ▶ Most of the baked goods are less fluffy than what you may be used to - this is normal since gluten is what provides fluffiness. So adjust your expectations - the baked goods here will be different from the usual kind made with white flour!

In this version, I have a few new recipes, plus an entire section on the spices behind the taste of Christmas and how to make your own blends.

Enjoy!



It's all about the ingredients

All the recipes in this book are made **without dairy, gluten, soy or refined sugar**. Not because you should banish these foods from your diet forever, but because there are healthier alternatives that taste just as good. I also wanted people who are sensitive to these foods or trying to eat less of them to not have to miss out on this part of the Christmas festivities.

You will notice that all the recipes in this eBook have very few ingredients. For this reason, it is important to **always buy the best quality ingredients you can find and afford** - preferably organic.

Flour substitutes

Many of the recipes here use **ground almonds or hazelnuts** instead of white flour. Interestingly, ground almonds or hazelnuts are traditionally used instead of flour in traditional European baked goods like *amaretto* or *étoiles à la cannelle* so this wasn't a big stretch.

When using almonds, try to buy ground almonds without the skin or buy them without the skin and grind them yourself. This makes them easier to digest and will make the baked good lighter.

The **gluten-free flour** I used are **buckwheat** or **chestnut flour**. Buckwheat (*sarrasin* in French) is traditionally used in *crêpes* and is actually not a cereal but a seed, making it easier to digest for some people. It also has a pleasant, quite neutral taste. Chestnut flour has a naturally sweet taste which reduces the need for sweetener in the Gingerbread recipe. You can read more about chestnut flour and where to buy it [here](#).

Eggs

I have used **eggs** in some of the recipes - however if you want to avoid eggs, you can use flax or chia seeds.

For each egg, combine 1 tablespoon of ground flax or chia seeds with 3 tablespoons of water. Stir the mixture well, then put in the fridge to set for about 10 minutes.



Sugar substitutes

Instead of white, refined sugar that is completely void of nutrients and spikes blood sugar levels rapidly, I used natural sweeteners that are full of nutrients and more gentle on blood sugar levels.

Dates:

As a dried fruit, the sugar in dates is completely natural and also contains minerals and vitamins. When it comes to dates, always buy the best quality you can find, preferably the medjool variety. They are bigger and softer than other dates and work very well as a paste. You will need a good food processor (S-blade) to grind dates into a paste.

Maple syrup, molasses (the real thing) and honey (again, the real thing):

These sugars are in a much more natural, less processed state than white or even brown sugar. They also have health benefits: Maple syrup is high in manganese and zinc, molasses is a good source of iron, copper, manganese and calcium, while honey has anti-bacterial, anti-fungal and anti-viral properties.

Even though they are all liquid sweeteners, they cannot be used interchangeably since they each lend a very distinct taste and consistency to baked goods.

Sucanat, Rapadura or coconut sweetener

These forms of sugar have more nutrients than white sugar and will spike your blood sugar less. I use these when a recipe needs a more solid sugar. I particularly like coconut sweetener for both the taste and nutrients - and it spikes blood sugar less than other options.

Dairy substitutes

I have used coconut products or almond butter as an alternative to butter or milk.

Almond butter is simply a paste made from ground almonds that you can buy in most stores. Make sure there is nothing added to the almonds.

Coconut products are a great source of mid-chain fatty acids that are found in few other foods. Always make sure you use *extra virgin* coconut oil, and if you decide to replace this with butter, make sure it is organic, grass-fed butter. Quality really does make all the difference, especially with fats.



Chewy Ginger Spice Cookies

1 cup **almond butter** (or 1 cup ground almonds or almond meal + 3 tbsp oil)
3 tbsp **molasses**
2 large **eggs**
2 tsp fresh **ginger**, grated
1/2 cup **coconut sugar** or **Rapadura**
1/3 cup **buckwheat flour** or **other flour of your choice**
1 tsp **baking soda**
1 tsp **ground ginger**, 1 tsp **cinnamon**, 1/2 tsp **allspice**, a few grinds of **pepper** & 1/2 tsp **sea salt**

Beat the eggs with a mixer. Add fresh grated ginger, molasses, coconut sugar and almond butter. Mix everything well.

Add the flour, baking soda and spices and mix. Using a teaspoon, drop the batter onto a baking tray leaving enough space for the cookies to flatten out. Bake at 180 degrees Celsius for 8 minutes. Take cookies out and leave them to cool on the baking tray for a few minutes before moving them to a rack to cool completely.

Recipe inspired by Gourmande in the Kitchen

recommended sweetener



Chewy Ginger
Spice Cookies

Coconut Macaroons

2 $\frac{2}{3}$ cups **shredded coconut**
2 more cups **shredded coconut**
3/4 cup **maple syrup**
a pinch of **sea salt**
(3-4 tsp **anis seeds or cacao powder**)

Blend the 2 $\frac{2}{3}$ cups shredded coconut in a good food processor or blender until it becomes creamy, almost like butter.

Scoop the coconut butter into a bowl and add the rest of the shredded coconut, sea salt and maple syrup. You can add the anis seeds if you want a more Christmassy taste - or you can just stick to coconut.

Mix with a spatula until everything is well combined - it should be quite sticky!

Drop the batter onto an oven tray using a teaspoon or form small balls with your hands.

Bake at 150 degrees Celsius for about 25 minutes. Take out of the oven and allow to set about 25 minutes before touching.

Recipe inspired by Detoxinista

Coconut
Macaroons



Raw Cinnamon Balls

1 cup whole **hazelnuts** or **almonds** OR 2 cups ground hazelnuts or almonds
1 cup pitted **dates**, preferably medjool
2-3 tbsp **cinnamon** (to taste) or any of the **spice blends** in this eBook
a dash of **sea salt**

Grind the hazelnuts or almonds in a food processor. You can also buy them already ground but I find doing it myself adds more flavor.

With the food processor running on medium, drop in the dates one by one through the feed tube.

Add the cinnamon and sea salt and process until the consistency is uniform and crumbly. You should be able to easily form a ball between your hands. If this is not the case, add more dates

Roll into balls and store in the fridge until you serve/eat them.



Raw

CINNAMON BALLS

Raw Chocolate Spice Balls

This is the same recipe as the Raw Cinnamon Balls with the addition of cacao and ground clove.

Make sure the cacao you use is full-fat and unsweetened.

To the above recipe, simply add

2 tablespoon **cacao** (or more to taste)
a pinch of **ground clove**.

Proceed in the same way as the Raw Cinnamon Balls.

No time to make your own or need a gift? Order a variety of gluten-free, vegan, delectable creations delivered to your door anywhere in Switzerland!

Raw Temptation



Raw
Chocolate Spice Balls

Lemony Sugar Cookies

2 cups **ground almonds** - preferably without the skins

¼ cup or 50g **coconut oil**, softened - you can also use the same quantity of butter if you prefer.

¼ cup or 85g **honey**

¼ teaspoon **sea salt**

zest of 1 large **organic/untreated lemon**

pinch **vanilla**

In a bowl, mix all ingredients - you don't actually need to use an electric mixer. Put dough in the fridge for 1-2 hours.

Preheat oven to 180 degrees Celsius.

Flatten the dough with your hands, then use a rolling pin to make it thinner. Use cookie cutters to create shapes.

Place the cookies on a tray and bake for about 8 minutes until the edges turn golden brown.



Lemony Sugar Cookies

Minty Raw Chocolates

60g **extra virgin coconut oil**

20g **raw cacao butter** (or 20g more coconut oil if you don't have cacao butter)

2-3 tbsp **raw honey, maple syrup or other natural sweetener**

4.5 tbsp **raw cacao**

a pinch of **sea salt**

Mint essential oil to taste

Melt the coconut oil and cacao butter in a double boiler until they melt. Water should be hot but not boiling.

Add the sweetener and stir until everything is incorporated. Sift the cacao powder into the mixture. Add the salt and mint essential oil and stir until the mixture is smooth.

Pour the mix into silicone moulds or anything made of paper – you can use cupcake papers as well.

Place the chocolate in the freezer for at least 10 minutes until it is set or in the fridge for a few hours. The chocolates can then be removed from the forms and stored in a sealed container in the fridge.

Because the chocolate is raw, it will melt quickly outside the fridge, so serve it last minute!



MINTY

Raw

Chocolate

Gingerbread Granola

4 cups **oats** or **buckwheat flakes**

1 tsp **cinnamon**, 1 tsp of **ground ginger**, 1/4 tsp **nutmeg**, 1/4 tsp **cloves**, 1 tsp **vanilla**, 1 tsp **sea salt**

1/2 cup **chia seeds**, 3/4 cup **almonds**, roughly chopped, 1/2 cup **raisins**, 1/2 cup **dates**, chopped

50g **molasses**

50g **maple syrup**

Preheat oven to 160 degrees Celsius. Use a plate you can put in the oven so you can mix all the ingredients in there and put it directly in the oven.

Combine all of your dry ingredients: Oats, seeds, nuts, dried fruit, spices and salt - mix well.

Add the molasses over the dry ingredients and coat the ingredients well.

Bake for 30-40 minutes, stirring the granola every 10 minutes so that it cooks evenly.

Take it out and allow it to cool completely so it becomes more crisp. Store in an airtight container.

Recipe inspired by Tasty Yummies



Chia Pudding - Winter Style

This is a basic chia seed pudding recipe that I have spiced up and zested up to make it more winter-y. This recipe takes only a few minutes to whip up and can be kept in the fridge for several days to be eaten as breakfast, dessert or a snack.

Blend together:

2 Tbsp **almond butter** + 3 dl water or 3 dl **almond or other nut milk**

2-3 **Medjool dates**

¼ tsp **cardamom** + ½ tsp **nutmeg** + ¼ tsp **cardamon** + 1 tsp **cinnamon**

Then add to the blender:

40g or 1/4 cup **chia seeds**

zest of 1 organic orange and 1 organic lemon

Pulse very briefly on the lowest setting of your blender – just enough to mix the chia seeds and lemon and orange zest with the other ingredients. Place in individual cups or one big jar and put in the fridge to set for at least 2 hours. The pudding will take on a more solid, jelly-like consistency when it is ready.

I order chia seeds [here](#). You can use code WIV403 to get up to \$10 off your first order.



Speculaas Spread

Use this delicious and decadent tasting spread over bread, healthier pancakes ([recipe here](#)), vegetable or fruit sticks. Start by making the Speculaas Spice Blend and keep leftovers in a jar to add to preparations like smoothies, yoghurt, muesli etc.

Speculaas Spice Blend

4 tsp **cinnamon**
1 tsp **nutmeg**
1 tsp **ground cloves**
1/2 tsp **white pepper**
1/2 tsp **ground ginger**
1/2 tsp **cardamom**

Once your spice blend is ready, combine the below ingredients until the mixture is smooth, then store in a sealed container at room temperature.

Speculaas Spread

4 tbsp **almond butter** (made only of ground almonds)
1 tbsp **honey**
2 tsp **Speculaas Spice Blend** - or you can add any other spice blend in this eBook



Gingerbread Latte



Gingerbread Latte

2 tbsp **almond butter** (made only of ground almonds)

1.5 dl **water**

1 tbsp **maple syrup** (or to taste)

1.5 cup **hot coffee**

1/2 tsp **ground ginger** + 1/2 tsp **ground cinnamon** + 1/8 tsp **ground cloves** + 1/8 tsp **allspice** + 1/8 tsp **ground nutmeg**

Combine the almond butter and water in a blender and blend until smooth. This is actually a lazy version of almond milk which is better than store-bought almond milk as it has no additives. You can also use 1.5 dl milk of your choice instead.

Add the coffee, spice mix and maple syrup. Blend until frothy, then put through a sieve while pouring into a mug to avoid the gritty bits.

Serve with a cinnamon stick to stir.

Makes 2 large mugs.

Golden Milk

2 cups of **homemade almond milk** (or any other nut milk)
1 inch **fresh ginger** (grated or sliced)
1-2 **cinnamon stick** or 1 tsp of cinnamon
1 tsp of **turmeric**
a pinch of **ground black pepper** or 1-2 black whole peppercorns
1 tsp of **honey** (or **maple syrup**)

Method

Pour the almond milk and add all the other ingredients in a small sauce pan.

Bring to a boil and then reduce to low heat and let it simmer for 15 minutes.

Use a strainer to separate the milk from the ginger and cinnamon sticks.

Use a milk frother for a bit of foam in your cup. Sprinkle some cinnamon on top.

Enjoy the cosiness and warmth of this golden milk while taking care of your body!

Recipe from Marisa Ribordy of Wild.Happy.Heart



Choco-Gingerbread Mousse

1/2 cup **rice milk or any non dairy milk**

1 tsp **agar agar powder**

200g cooked **butternut squash**

1 tbsp **maple syrup**

1 tsp **gingerbread spice** (see recipe below)

a pinch of **salt**

2 tbsp **starch** (corn or potato or arrow root) dissolved in 4 tbsp water

2 tbsp of **coconut cream**

:

Purée the pumpkin with a blender or simply with a fork. Set aside.

Pour the milk and agar agar in a saucepan. Stir well until the agar agar is fully dissolved. Put on the stove and bring to a boil, stirring constantly. Keep boiling for 1 minute.

Add the pumpkin purée, maple syrup, salt, starch mixture and gingerbread spices. Keep on stirring and bring to a boil.

Reduce heat and cook for 3-4 minutes, stirring constantly until the mixture thickens. Pour in a bowl and let cool down completely before refrigerating for a few hours or overnight. Take out of the refrigerator, add the coconut cream* (see note below) and blend well.

Taste and if you want a sweeter taste, add some more maple syrup and blend once more. Pour over the chocolate mousse or in separate cups, if you prefer .

*To make coconut cream, refrigerate a full fat coconut milk can overnight. Carefully open the top and scoop the cream from top. You can keep the coconut light milk for a curry.

Ingredients for about 4 small (1dl) verrines

Recipe from Vanessa of Sweet Artichoke



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Gingerbread

125g **chestnut flour** - you can buy chestnut flour in any organic store or online in Switzerland [here](#) or [here](#).
2 tsp **gingerbread spice blend** (see page 22 for recipe)
1/2 tsp **baking soda**
3 tbsp **almond butter** (made only of ground almonds)
1 tbsp **molasses**
300 ml **water**
zest of 1 **organic orange** (optional)

Method

Preheat the oven to 180 degrees Celsius.

Mix all the dry ingredients then add the wet ingredients and mix really well so there are no lumps. Pour into 2 silicone cake loaf pans. If you are using silicone, you don't need to grease your pan but if you are using tin or glass you do. The secret is to not fill the cake loaf beyond about 1 cm of batter so that it doesn't fall apart.

Place in the oven for about 35-40 minutes. Your gingerbread is ready when the top starts cracking. Take it out and place to cool on a wire rack before cutting.





Let's

get

spicy

Make your own
Christmas spice
blends...

...and create the
Christmas taste
you love

The Spices Behind the Taste of Christmas

CINNAMON (CANNELLE) sweet

Cinnamon comes from the bark of a tropical evergreen tree. There are two kinds of cinnamon: Ceylon cinnamon which comes from Sri Lanka and is considered 'true' cinnamon and Cassia, which is called Chinese, Vietnamese or Indonesian cinnamon. Both can be used interchangeably, but Cassia is more commonly used as it is cheaper and more widely available.

Cinnamon is the star of most Christmas spices and many people associate the smell of cinnamon with this season. It is most often used as a sweet spice and has even been shown to help lower blood sugar levels, reduce the risk of diabetes and help with weight loss. Adding cinnamon to a dish reduces the need for more sugar as it is a sweet spice.

ANISE (GRAINES D'ANISE) sweet

Anise has a liquorice-like taste and has traditionally been used to ease digestion and soothe the stomach. Buy anise whole and use as is in recipes - anise loses its pungency very quickly when ground. Anise and fennel are often used interchangeably but anise is more delicate and doesn't have an aftertaste. You can crush seeds slightly to release more flavor.

STAR ANISE (BADIANE) sweet

Star anise comes from the fruit of an evergreen tree native to China. It is the spice that is most used in Chinese cuisine and is used extensively in Traditional Chinese Medicine.

Star anise has a liquorice-like taste and has traditionally been used to fight viruses, clear mucus from the respiratory tract, ease digestion and arthritis. It contains the same sweet tasting volatile oil in anise - *anethole* - but the two spices are not botanically related. To use it, you can either grind the entire star or keep it whole in preparation like tea.

NUTMEG (NOIX DE MUSCADE) sweet

Nutmeg is the kernel of the fruit of an exotic evergreen tree. It has a warm, sweet, musky flavour that combines well with other Christmas spices. Nutmeg also has an affinity with dairy and is used in eggnog, ice cream or in white/béchamel or cream sauce.

It is best to use freshly grated nutmeg in both sweet and savoury dishes. A little ground nutmeg in warm almond milk with honey is very relaxing before going to bed. Always add nutmeg at the end of cooking time so it conserves its flavour and properties.

ALLSPICE (POIVRE DE JAMAIQUE) sweet

As the name suggests, allspice's flavor and aroma are a mixture of cinnamon and nutmeg with a touch of clove. However, it is actually just one spice, not a mix of spices! Allspice grows primarily in Jamaica, where it is simply called "pepper". In addition to adding deep, warm flavor to savory dishes, ground allspice is used in gingerbread and other cakes and cookies.

VANILLA (VANILLE) sweet

Vanilla is the only edible member of the orchid family and is native to Mexico. It is the most expensive spice after saffron as it is pollinated by hand and demand exceeds supply. You can buy beans whole or as powder. Bourbon vanilla has the strongest aroma and is considered the best bean. It is used in both savory and sweet dishes.

The Spices Behind the Taste of Christmas

CLOVES (CLOU DE GIROFLE) pungent

Clove comes from the dried flower bud of a tree native to Indonesia. The oil in clove is a mild anaesthetic and was previously used in dentistry and for fighting infections.

Cloves can be used whole if added to a preparation as it is cooking such as mulled wine (but should be taken out before serving) or ground. Very little goes a long way!

You can also stud a clementine with cloves as a room freshener.

GINGER (GINGEMBRE) pungent

Ground ginger is made from dehydrated fresh ginger and has a spicy, zesty bite. It is very warming and can help increase circulation, reduce inflammation, and relieve congestion, nausea, gas and chills. Ginger tea is a great digestive aid before or after a meal and helps boost the immune system. Generally speaking, fresh ginger is used in savory cooking, while dried or ground ginger is favored for sweet dishes.

CARDAMOM (CARDAMOME) strong

Cardamom comes from the same family as ginger and turmeric but grows in pods. Cardamom helps digestion and remedies gas, relieves asthma and bronchitis. You can use cardamom whole by bruising whole pods to bring out the flavor or ground. As it is a strong spice, a little goes a long way!

PEPPER - BLACK + WHITE (POIVRE NOIR + BLANC) hot

Pepper aids digestion, remedies gas; has antioxidant and anti-bacterial qualities. Try to buy whole peppercorns and grind them yourself to ensure the freshest taste. White peppercorns are black peppercorns with an outer layer removed. They are considered more of a gourmet spice than black pepper and are hotter and sharper than black pepper, but slightly sweet. Black pepper has more *piperine*, the active substance in pepper, and compliments all spices and recipes.

CACAO (CACAO) bitter

The cacao tree is indigenous to Mexico and Central and South America but is now also cultivated in West Africa, Sri Lanka, Java and Malaysia. The cacao beans are fermented, dried and roasted to make them edible.

When cacao is used raw, it has one of the highest antioxidant levels of any food and is also a good source of magnesium, iron, zinc and more. Cacao can help prevent depression as it contains tryptophan, a precursor to serotonin, the happiness neurotransmitter, and it also has positive effects on cardiovascular health.

CAYENNE PEPPER/CHILE (POIVRE DE CAYENNE) sour

Cayenne pepper is a type of red pepper or chile (not chill, which is a spice mix!) contains *capsaicin*, giving it more heat than paprika. Cayenne pepper is pure chile, ground from the long red cayenne chile pepper and is used more as a background to other spices. All varieties of chile are known to help with reducing pain and inflammation, particularly with arthritis and can increase metabolism, helping with weight loss and fat burning.

Christmas Spice Blends

Simply combine spices as shown in the recipes below and store in jars for up to a year.

Speculaas Spice Mix

4 tsp cinnamon
1 tsp nutmeg
1 tsp ground cloves
1/2 tsp white pepper
1/2 tsp ground ginger
1/2 tsp cardamom

Gingerbread Spice Blend

2 tsp ground ginger
2 tsp ground cinnamon
1/2 tsp ground cloves
1/2 tsp allspice
1/2 tsp ground nutmeg

Chai Spice Blend

6 tsp ground cinnamon
2 tsp ground ginger
1 tsp of ground cloves
1/2 tsp ground cardamom
1/8 tsp ground nutmeg
pinch black pepper

Chai Tea Mix

6 tsp black loose-leaf tea or herbal base
2 cinnamon sticks, broken into pieces
6 cardamon pods, lightly smashed
1/2 tsp anise seeds
2 star anise seeds
6 cloves
1 tsp whole black peppercorns

German Gingerbread Spice Blend (Lebkuchengewürz)

3 tsp ground cinnamon
1 tsp ground cloves
1/4 tsp ground allspice
1/8 tsp ground nutmeg
1/4 tsp ground coriander
1/4 tsp ground cardamom
1/4 tsp ground ginger
1/4 tsp ground anise
1/4 tsp ground star anise

Spicy Cacao Blend

4 Tbsp. raw cacao powder
1/2 tsp sea salt
1/2 tsp allspice
1/2 tsp cinnamon powder
1/2 tsp cayenne pepper
1/2 tsp ginger powder
1/2 tsp of vanilla powder or scraped vanilla bean

To use, add 2 tbsp of the **Spicy Cacao Blend** to 1½ cups milk of your choice or water.

1. If using water, heat it until it is almost boiling. If using almond milk or another type of milk, warm it on the stove, making sure not to heat raw nut milk above 42°C.
2. Whisk in your **Spicy Cacao blend**. Sweeten to taste with maple syrup or honey.

Add your spice blends to any of the below to create a taste of Christmas

Tea / coffee

Nut butter spread 4 tbsp nut butter + 1 tbsp sweetener (honey or maple syrup) + 2 teaspoons spice blend - use this as a spread over bread, pancakes, vegetable or fruit sticks etc.

Porridge Cooked whole grain like millet or quinoa mixed with a little milk of your choice, nuts, dried or fresh fruit and seeds.

Smoothie Simply add the spice blend to create a taste you love.

Stewed fruits Simply add the spice blend towards the end of cooking.

In **cakes** or **cookies**

With **roasted vegetables**, especially rubbed into sweet potatoes or pumpkin.

Add to **soups** such as pumpkin soup.

Add to **milk** of your choice and heat with a little honey or maple syrup.

Chocolate Add to homemade raw chocolate.

Sprinkled over a **medjool date** stuffed with nuts or with **date + nut balls** (Raw Cinnamon Balls in this eBook).

Plain yogurt Simply add to yoghurt, with some nuts, seeds, muesli, raisins, fruit etc.

Drop the struggle with food this Christmas

Do you find yourself facing FOMO or Fear of Missing Out when it comes to eating during the Holidays?

Perhaps it sounds like this:

You only eat this once a year, so eat as much as you can while you can!

Ooh, there's your mother's special pie and that turkey looks amazing -- and you can't not have that, too - you must eat everything!

It doesn't matter how full you are -- you'll be missing out if you don't try all those desserts!

Food FOMO wants you to believe you can only have the True Holiday Experience if you finish the meal with your pants unbuttoned and an Alka Seltzer in your hand. As the name suggests, it comes with an anxiety that if you don't eat more, then somehow your life will be less.

I don't want to give you a list of things you can do to get rid of FOMO when it comes to food.

I want to suggest a different approach: **Don't fight it. Drop the struggle.**

Accept instead that FOMO will inevitably show up because Christmas and food are so intrinsically linked. And that perhaps this isn't such a bad thing.

FOMO is only showing up because you take pleasure in eating. As emotional beings, food is more than just sustenance for us, it is also a source of pleasure. So what if you started to view FOMO simply as a reminder of how much you love food? After all, you wouldn't be afraid of missing out on something you don't actually value.

And what if, by embracing FOMO instead of resisting it, you could get even MORE pleasure from your holiday food this year?

So next time you notice FOMO creeping up on you, whispering seductive thoughts like Eat as much as you can! simply thank it for reminding you just how much you love food.

And after that, you could experiment with expressing this love for food in more vitalizing ways, such as:

- ▶ Eating whatever you eat without guilt -- because an extra serving of guilt negatively impacts digestion and metabolism.
- ▶ Slowing down and fully savoring every bite -- because by slowing down, you are satisfied with less.
- ▶ Realizing that you don't actually need to taste everything and focusing on the foods that really light you up instead.
- ▶ Starting with smaller portions, knowing you can always have more.
- ▶ Listening to your body and honoring your satiety signals over finishing your plate.
- ▶ Upgrading your food choices so you are still eating your favorite holiday foods, but a healthier or better quality version of them.

And from this space of true enjoyment of food, something magical happens. FOMO is still there, yelling, *Keep eating or you'll miss out on the True Holiday Experience!* -- yet you realize you can express your love for food in a different way. **A more vitalizing way where Christmas is no longer defined by more food but by more pleasure.**



I'm Hiba - a Food Coach + Psychologist

I use a mindfulness-based behavioural approach to help you get unstuck in both food and non-food related aspects of life - from creating healthy eating habits to emotional eating / binges / cravings to relationship difficulties.

My secret ingredients to helping people get unstuck are:

MINDFULNESS, CURIOSITY + KINDNESS

I believe there is always a good reason we do what we do on some level. Becoming aware of why we are reacting in a certain way and approaching ourselves with curiosity and kindness are the secret ingredients to making change - not beating ourselves up, using deprivation or excessive willpower.

I have a Masters Degree in Psychology from the University of Lausanne and use a form of psychotherapy called **Acceptance and Commitment Therapy (ACT)**. I am also a Certified Food Coach from the Institute for Integrative Nutrition (IIN).

Find out more about **individual sessions**

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Or **just say hi** and let me know how you liked this eBook and if you tried any of the recipes!



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