



Healthy Holiday Snacks

Created by Fit Mama Training



Chewy Gingerbread Cookies

10 ingredients · 20 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
3. Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to six months.

Serving Size

One serving is equal to one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tps Baking Powder
- 2 tps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Coconut Oil (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

Nutrition

Amount per serving

Calories	140	Cholesterol	16mg
Fat	9g	Sodium	75mg
Carbs	14g	Vitamin A	23IU
Fiber	2g	Vitamin C	0mg
Sugar	10g	Calcium	80mg
Protein	3g	Iron	1mg

Chocolate Dipped Pear with Pistachios

3 ingredients · 30 minutes · 2 servings



Directions

1. Line a baking sheet with parchment paper and pat dry the pear slices with a paper towel.
2. Place the chocolate in a bowl and melt in the microwave in 30-second intervals or over a double boiler.
3. Dip each pear slice into the chocolate and place on the baking sheet. Sprinkle with pistachios, if using.
4. Transfer the chocolate dipped pears to the fridge for 20 minutes or until the chocolate is completely set. Remove from parchment paper and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one whole chocolate-dipped pear (approximately eight pieces).

No Pistachios

Omit or use flaky salt or coconut flakes instead.

Save on Time

Serve the sliced pear, chocolate, and pistachios together cold.

Ingredients

2 Pear (sliced)

1 **3/4 ozs** Dark Chocolate (at least 70% cacao)

2 **tsps** Pistachios (chopped, optional)

Nutrition

Amount per serving

Calories	264	Cholesterol	1mg
Fat	12g	Sodium	7mg
Carbs	39g	Vitamin A	67IU
Fiber	8g	Vitamin C	8mg
Sugar	24g	Calcium	37mg
Protein	3g	Iron	3mg

Gingerbread Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seeds instead.

No Blackstrap Molasses

Use maple syrup instead.

Nut-Free

Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies

Add frozen cauliflower.

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

1/2 Banana (frozen)

1 tbsp Chia Seeds

1 tbsp Almond Butter

1 1/2 tsp Blackstrap Molasses

1/2 tsp Ginger (fresh, minced)

1/4 tsp Cinnamon (ground)

1/8 tsp Ground Cloves

Nutrition

Amount per serving

Calories	352	Cholesterol	4mg
Fat	15g	Sodium	210mg
Carbs	32g	Vitamin A	539IU
Fiber	9g	Vitamin C	5mg
Sugar	13g	Calcium	757mg
Protein	26g	Iron	4mg

Protein Packed Deviled Eggs

7 ingredients · 20 minutes · 2 servings



Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving

Calories	309	Cholesterol	402mg
Fat	18g	Sodium	352mg
Carbs	8g	Vitamin A	1263IU
Fiber	4g	Vitamin C	8mg
Sugar	2g	Calcium	93mg
Protein	30g	Iron	4mg

Salami & Cheddar Charcuterie Board

5 ingredients · 5 minutes · 3 servings



Directions

1. Assemble all ingredients onto a plater. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Use a gluten-free cracker.

Nut-Free

Omit the almonds or use pumpkin seeds instead.

More Options

Add honey or jam to the board.

Ingredients

- 2 ozs Cheddar Cheese
- 3 1/2 ozs Salami, Mild
- 1/4 cup Almonds
- 1/3 cup Strawberries
- 2 ozs Whole Grain Crackers

Nutrition

Amount per serving

Calories	353	Cholesterol	48mg
Fat	25g	Sodium	866mg
Carbs	18g	Vitamin A	238IU
Fiber	2g	Vitamin C	9mg
Sugar	4g	Calcium	176mg
Protein	16g	Iron	2mg

Clementines & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide the clementines and almonds onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days, or longer if the clementines are left unpeeled.

Serving Size

One serving is equal to two clementines and 1/4 cup almonds.

Ingredients

2 Clementines

1/4 cup Almonds

Nutrition

Amount per serving

Calories	277	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	25g	Vitamin A	1IU
Fiber	7g	Vitamin C	72mg
Sugar	15g	Calcium	141mg
Protein	9g	Iron	2mg

Gingerbread Coconut Clusters

8 ingredients · 40 minutes · 10 servings



Directions

1. Preheat the oven to 325°F (175°C) and line a baking sheet with parchment paper.
2. Add all of the ingredients to a large bowl and mix to combine. Pour onto the baking sheet and flatten with a spatula to make an even tight layer.
3. Bake for 15 to 20 minutes or until the coconut flakes have browned.
4. Let it cool for 10 to 15 minutes. Break it apart to make clusters. Enjoy!

Notes

Leftovers

Store in the pantry in an airtight container for up to two weeks. Use some of the crumbs as a topper for yogurt or oatmeal.

Serving Size

One serving is approximately 1/2 cup.

Ingredients

3 cups Unsweetened Coconut Flakes

1/2 cup Pumpkin Seeds

3 tbsps Coconut Oil (melted)

2 tbsps Blackstrap Molasses

1/4 cup Maple Syrup

1 tsp Cinnamon

1/4 tsp Ground Ginger

1/4 tsp Ground Allspice

Nutrition

Amount per serving

Calories	266	Cholesterol	0mg
Fat	23g	Sodium	12mg
Carbs	16g	Vitamin A	2IU
Fiber	4g	Vitamin C	0mg
Sugar	9g	Calcium	34mg
Protein	4g	Iron	2mg

Creamy Pesto Dip Snack Plate

5 ingredients · 5 minutes · 2 servings



Directions

1. In a small bowl combine the yogurt and pesto. Serve with the remaining ingredients and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store crackers separately.

Pesto

Use store-bought or homemade pesto.

No Seed Crackers

Use another cracker instead.

No Bell Pepper

Use cucumber, tomatoes, carrots, or celery instead.

No Kalamata Olives

Use another kind of olive instead.

Ingredients

- 3 tbsps Unsweetened Coconut Yogurt
- 3 tbsps Pesto
- 1 3/4 ozs Seed Crackers
- 1 Red Bell Pepper (medium, cut into strips)
- 1/4 cup Pitted Kalamata Olives

Nutrition

Amount per serving

Calories	256	Cholesterol	0mg
Fat	15g	Sodium	420mg
Carbs	24g	Vitamin A	2283IU
Fiber	6g	Vitamin C	76mg
Sugar	4g	Calcium	194mg
Protein	6g	Iron	2mg

Cranberry Pecan Oatmeal

6 ingredients · 5 minutes · 1 serving



Directions

1. Bring the water to a boil in a small saucepan. Add the oats. Reduce to a simmer and cook for three to five minutes, until the oats are soft.
2. Stir in the maple syrup, cinnamon, and cranberry sauce until warmed through.
3. Top with the chopped pecans. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. To reheat, add the oatmeal to a pan with some water and heat on medium heat to warm through.

Serving Size

One serving is equal to approximately one cup of oatmeal.

Ingredients

- 1 cup Water
- 1/2 cup Oats
- 2 tbsps Maple Syrup
- 1/2 tsp Cinnamon
- 1/4 cup Cranberry Sauce
- 2 tbsps Pecans (chopped)

Nutrition

Amount per serving

Calories	456	Cholesterol	0mg
Fat	12g	Sodium	16mg
Carbs	85g	Vitamin A	34IU
Fiber	7g	Vitamin C	1mg
Sugar	47g	Calcium	109mg
Protein	7g	Iron	2mg

Chocolate Orange Ginger Truffles

8 ingredients · 2 hours 20 minutes · 10 servings



Directions

1. Add the dates, ginger, coconut oil, shredded coconut, orange extract, salt, and 1/4 of the cacao powder to the bowl of a food processor. Process until a smooth consistency is achieved.
2. Fold in the chocolate chips and roll the batter into 1 1/2-inch balls. Add the remaining cacao powder to a small bowl. Roll each ball in it until well coated.
3. Transfer the balls to a plate or container and refrigerate for two hours, or until firm. Enjoy now or freeze for later!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size

One serving is equal to approximately one truffle.

More Flavor

Mix cinnamon and ginger powder into the rolling cacao.

Ingredients

- 1 cup Pitted Dates
- 1/2 cup Candied Ginger
- 2 tbsps Coconut Oil
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Orange Extract
- 1/2 tsp Sea Salt
- 1/2 cup Cacao Powder (divided)
- 1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	204	Cholesterol	0mg
Fat	10g	Sodium	132mg
Carbs	26g	Vitamin A	1IU
Fiber	3g	Vitamin C	0mg
Sugar	21g	Calcium	14mg
Protein	2g	Iron	1mg

Pomegranate Thyme Mocktail

6 ingredients · 5 minutes · 2 servings



Directions

1. Divide the pomegranate juice and maple syrup into glasses. Stir to combine. Add the ice then top each with sparkling water and pomegranate seeds. Garnish with thyme. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the pomegranate seeds and ice.

More Flavor

Add lime or orange juice.

No Thyme

Use fresh rosemary.

Ingredients

1/2 cup Pomegranate Juice

2 tsps Maple Syrup

4 Ice Cubes (large)

2 cups Sparkling Water

1/4 cup Pomegranate Seeds

1/2 oz Thyme Sprigs

Nutrition

Amount per serving

Calories	73	Cholesterol	0mg
Fat	0g	Sodium	12mg
Carbs	18g	Vitamin A	337IU
Fiber	2g	Vitamin C	13mg
Sugar	14g	Calcium	69mg
Protein	1g	Iron	1mg

Smoked Salmon & Goat Cheese Crostini

4 ingredients · 5 minutes · 6 servings



Directions

1. Spread the goat cheese evenly onto the toasted baguette slices. Top with smoked salmon and dill. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately two crostini.

Additional Toppings

Top with capers.

Gluten-Free

Use a gluten-free baguette or gluten-free crackers instead.

Ingredients

1/4 cup Goat Cheese

4 1/3 ozs Sourdough Baguette (sliced, toasted)

1 3/4 ozs Smoked Salmon

2 tbsps Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	80	Cholesterol	4mg
Fat	2g	Sodium	194mg
Carbs	12g	Vitamin A	22IU
Fiber	0g	Vitamin C	0mg
Sugar	1g	Calcium	8mg
Protein	4g	Iron	1mg

Cranberry Orange Mocktail

7 ingredients · 5 minutes · 2 servings



Directions

1. Divide the ice cubes, cranberry juice, orange juice, and maple syrup into glasses. Stir to combine. Top each with sparkling water and cranberries. Garnish with orange slices. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the cranberries and ice.

More Flavor

Add cinnamon sticks when ready to serve.

No Frozen Cranberries

Use fresh cranberries.

Ingredients

- 4 Ice Cubes (large)
- 4 fl ozs Cranberry Juice
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tsps Maple Syrup
- 1 cup Sparkling Water
- 1/2 cup Frozen Cranberries
- 1/4 Navel Orange (cut into wedges)

Nutrition

Amount per serving

Calories	80	Cholesterol	0mg
Fat	0g	Sodium	5mg
Carbs	21g	Vitamin A	149IU
Fiber	1g	Vitamin C	35mg
Sugar	17g	Calcium	37mg
Protein	1g	Iron	0mg