

The image features three glasses of festive holiday drinks. The top glass is a white pitcher filled with a light-colored beverage, topped with fresh cranberries and a sprig of rosemary. The middle glass is a tall, clear glass containing a vibrant orange-red drink, garnished with cranberries and a sprig of rosemary. The bottom glass is a shorter, clear glass filled with a similar orange-red drink, topped with cranberries, a sprig of rosemary, and a slice of citrus fruit. The drinks are set on a rustic wooden surface, with a red cardinal perched on the left and a red flower on the right. The background is softly blurred, showing more of the festive scene.

Healthy & Delicious
Holiday
Drinks
FOR EVERY OCCASION



HAPPY HOLIDAYS!

Celebrating the season while living a healthy and fit lifestyle is not only possible, it's easy and fun! All it takes is a little planning and creativity.

This eBook contains simple and delicious recipes that will keep you on track with your goals, while still enjoying everything the holidays have to offer. We've included drinks that work for nearly every occasion.

Here are some tips to stay on-track this holiday season:

1. Have a plan. If you're going out to a party – or inviting people in – come up with a strategy to both enjoy yourself AND stick with your healthy habits. Either eat a light meal before you leave, or be sure there will be healthy options for you!
2. Don't deprive yourself. If you decide to indulge, make sure it's worth it.
3. Make sure you drink plenty of water!
4. Think about the head start you'll have on New Year's Day – you'll be ahead of the game when it comes to your health and fitness resolutions!
5. Take time to enjoy what's truly important this season: your friends, family and loved ones.

Seasons Greetings!





Coconut Milk Eggnog

This dairy-free recipe requires a little cooking to heat the raw eggs, but it comes together easily. You can enjoy it warm or cool – eggnog will keep for a couple days in the refrigerator.

The Ingredients

- 4 egg yolks
- 14 oz (400 ml) can full-fat coconut milk
- 2 cups (475 ml) light coconut milk
- 1/2 cup (120 ml) maple syrup
- 1/8 tsp allspice, ground
- 1 tsp cinnamon, ground
- 1 tsp nutmeg, ground
- 1 tsp vanilla extract
- 1/4 cup (60 ml) spiced rum or brandy (optional)

The Instructions

- Heat coconut milk and vanilla in a medium saucepan over low heat until warm (do NOT let it boil).
- Using a blender, mix together egg yolks, maple syrup and spices (you also can use a whisk).
- While blending, slowly add half of the coconut mixture to the egg yolk mixture to warm it.
- Pour it all back into the saucepan and continue to warm it over low heat, whisking it until it starts to thicken.
- Remove it from the stove, and stir in optional rum/brandy.
- Enjoy!

MAKES 6 TO 8 SERVINGS

Cran-Bucha Mocktail

No one has to know this zesty drink contains gut-friendly kombucha! If you need a little more sweetness in your drink, try adding honey or maple syrup.

The Ingredients

- 1-inch slice of fresh ginger, thinly sliced
- 1 sprig fresh rosemary
- 1/4 cup (60 ml) 100% cranberry juice (no sugar added)
- 1 12-oz bottle (350 ml) ginger kombucha
- Fresh cranberries and ginger slices

The Instructions

- In a large mason jar, muddle together the ginger and rosemary.
- Slowly stir in the cranberry juice and kombucha.
- Pour into ice-filled glasses, straining if necessary.
- Enjoy!

MAKES 2 SERVINGS

Make time
for your workouts!
Just a few minutes
a day can keep
you on-track.



Ginger Happiness Tea

This soothing tea is packed with ingredients to help you feel great, mind-body-spirit. It's a perfect choice if you have overindulged or just need a little boost.

The Ingredients

- 1 ginger tea bag
- 1 cup (240 ml) hot water
- 1 tsp fresh minced ginger
- 1/4 tsp turmeric
- 1/4 tsp ground cinnamon
- splash pure vanilla
- 1/2 tbsp coconut oil
- 1/2 tsp honey
- 1 tbsp collagen peptides

The Instructions

- Steep the tea bag in the hot water for about 10 minutes. Place the rest of the ingredients in a blender. Once the tea is ready, remove the tea bag and add the liquid to the blender.
- **VERY CAREFULLY** blend the tea in the blender until creamy, about 30-45 seconds.
- Pour into a mug and enjoy!

MAKES 1 SERVING



Decadent Hot Chocolate

What better drink to enjoy on a wintry afternoon than hot chocolate?

If you're in a pinch you can substitute cocoa powder, but definitely give cacao powder a try, as it contains more good-for-you nutrients than processed cocoa.

The Ingredients

- 1 cup (240 ml) light coconut milk
- 1 tbsp cacao powder
- 1 tbsp maple syrup
- 1/4 tsp vanilla extract
- Pinch of Himalayan salt

The Instructions

- Place all the ingredients in a saucepan over medium heat.
- Heat until hot and ready to drink, while stirring constantly to break up any clumps.
- Pour into a mug and enjoy, topped with your favorite non-dairy whipped topping.

MAKES 1 SERVING

Schedule
enough sleep time!
This will keep your
hormones in balance
and help you
make better
food choices.



Peppermint Mocha Creamer

If you love lattes, you'll enjoy this creamer – it's a delicious addition to your favorite hot or cold drinks! You'll love it in your afternoon coffee and it's so much better for you than coffee shop or store-bought creamers.

The Ingredients

- 1 can (400 ml) full-fat coconut milk
- 1/3 cup (40 g) cocoa powder
- 2 tbsp maple syrup
- 1/2 tsp organic peppermint extract
- 1/2 tsp vanilla (optional)

The Instructions

- Place all ingredients in a blender and blend until fully mixed and creamy, about 45 seconds. Taste and add more syrup or extract to suit your taste.
- Add to your favorite beverage (tea, coffee, or smoothie) for a holiday twist!
- This keeps in the fridge for about 3 weeks.

MAKES 1 PINT



Gingerbread Cookie Smoothie

This gingerbread cookie smoothie can be enjoyed any time of the day: make it with your choice of dairy-free milk (almond, cashew, coconut) and adjust the level of sweetness to your taste.

The optional oats give it a thicker texture and lend a hint of cookie flavor.

The Ingredients

- 1 cup (240 ml) unsweetened nut milk
- 1 frozen sliced banana
- 2 tsp maple syrup or molasses
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg
- 1/8 tsp ground cloves
- (optional: 1/3 cup (30 g) gluten-free rolled oats for the "cookie" taste)

The Instructions

- Place all ingredients in a high-speed blender.
- Blend for 45 to 60 seconds, until creamy. You might need to scrape sides or pulse the blender to keep it mixing.
- Pour into glasses, sprinkle with cinnamon and enjoy!

MAKES 1 LARGE OR 2 SMALL SERVINGS





Kombucha Cosmopolitan

You might find you enjoy the kombucha version of this cocktail more than the classic Cosmo recipe!

The Ingredients

- 1.5 oz (45 ml) gluten-free vodka
- 1 oz (30 ml) triple sec or Cointreau
- 3 oz (90 ml) cranberry kombucha
- 1/2 large lime, juiced
- ice

The Instructions

- Place all ingredients in an ice-filled mason jar or shaker cup.
- Mix thoroughly.
- Pour into a chilled martini glass and enjoy!

MAKES 1 SERVING

Feeling stressed?

Go for a walk!

Bring along family
and friends and
make it fun.

Slow-Cooker Winter Sangria

Slow-cooker sangria is a festive option if you're hosting a holiday party or gathering. It will make your home smell great! For best results, be sure to put the orange slices in the sangria shortly before serving as the white pith can leave a bitter taste if it's cooked too long.

The Ingredients

- 2 bottles red wine
- 1 cup (240 ml) apple brandy
- 1 cup (240 ml) pomegranate juice
- 1/2 cup (120 ml) maple syrup
- 1 pear, diced
- 1 cup (110 g) fresh cranberries
- 4-5 cinnamon sticks
- 1 orange, sliced

The Instructions

- Place all ingredients except orange slices in a large slow cooker set on low.
- Let simmer for at least 2 hours before serving.
- Add orange slices shortly before serving.
- This sangria is best served warm.

MAKES 10 SERVINGS



A close-up photograph of a glass filled with a dark amber liquid, likely whiskey. The glass is decorated with several white snowflake cutouts of various sizes. The glass sits on a red surface, and a cinnamon stick is visible in the foreground. The background is a solid red color.

Gingered Hot Toddy

Make this not-too-sweet wintry classic with your choice of whiskey. .


The Ingredients

- 1 oz (30 ml) bourbon, brandy or Scotch
- 1 tbsp lemon juice
- 1/2 tsp lemon zest
- 1 tsp grated ginger
- 1 cup (240 ml) boiled water, divided
- 1 tsp honey
- 1 stick of cinnamon

The Instructions

- Place lemon juice and lemon zest in a mug.
- Add the grated ginger to a tea strainer.
- Pour half of the boiling water over the tea strainer into the mug so that the ginger is fully submerged. Let steep for 10 minutes.
- Remove the ginger.
- Add the liquor fill the mug with the remaining boiled water.
- Stir in honey to taste & add the cinnamon stick.

MAKES 1 SERVING

Several yellow star-shaped cutouts of various sizes are scattered around the text.

Find 5 to 10
minutes every day
for meditation or
quiet reflection.

Cran-Orange Margarita

Who doesn't love a margarita? This fun version is simple to make, and tastes so much better than if you used a mixer. You can add ice if you want, or serve in a chilled margarita glass.

The Ingredients

- 1.5 oz (45 ml) tequila
- 1 oz (30 ml) triple sec
- 1 oz (30 ml) orange juice
- 2 oz (60 ml) cranberry juice
- (optional) cranberries and orange for garnish

The Instructions

- Place all of the ingredients in a cocktail shaker and shake until well mixed.
- Pour into glass, add optional garnish, and enjoy!

MAKES 1 SERVING





Cucumber Bloody Mary

The cucumber vodka in this recipe is optional, but it makes this healthy-ish cocktail even more refreshing.

The Ingredients

- 1 oz (30 ml) cucumber vodka
- 6 oz (180 ml) low-sodium tomato juice
- 1 tsp fresh-squeezed lemon juice
- 2-3 drops of Worcestershire sauce
- 2-3 drops of hot sauce
- ⅛ tsp celery salt
- Pinch of pepper

The Instructions

- In a tall glass, such as a highball, mix vodka, tomato juice, and lemon juice.
- Mix in the seasonings, adjusting to taste.
- Add ice cubes, and garnish with a lemon wedge, celery stalk, tomatoes, olives, or cocktail shrimp, if desired.

MAKES 1 SERVING

Choose your sweet treats carefully.

Too much sugar can make you more vulnerable to colds & flu.

Fresh Cider Sangria

Pick up some fresh apple cider from your local farmer's market or orchard if you have one nearby.

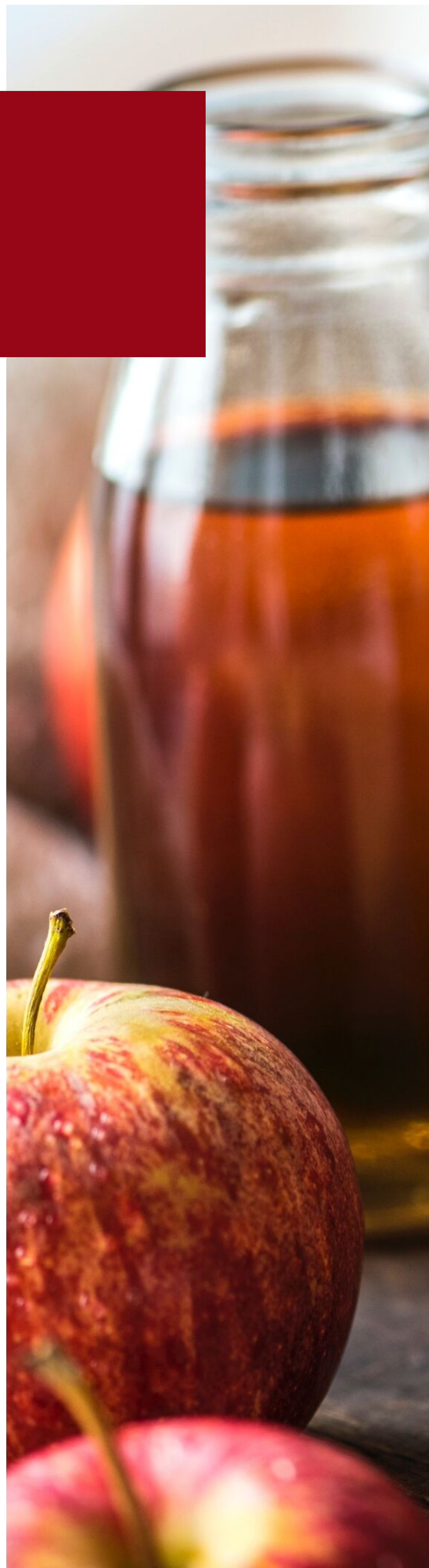
The Ingredients

- 2 chopped apples
- 1 orange, sliced and chopped
- ¼ cup (45 g) pomegranate seeds
- 2 cinnamon sticks
- 3 cups (700 ml) fresh apple cider
- 1 cup (240 ml) carbonated water
- 1 bottle white wine
- 1/2 tsp cinnamon
- 1 tbsp honey
- ½ cup (120 ml) (or more!) gluten-free vodka
- Optional: 1 tbsp fresh grated ginger

The Instructions

- Place the apples, oranges, and pomegranate seeds in the bottom of a large pitcher.
- Add the cinnamon sticks, cider, carbonated water, wine, cinnamon, honey and grated ginger if using.
- Add vodka, mix well and taste.
- Adjust level of alcohol and sweetener as desired.
- Let steep for at least 1-2 hours (longer if possible) before serving.
- Serve over ice

MAKES 8 SERVINGS



Pomegranate Prosecco

This recipe is simple and delicious – feel free to experiment by adding different berries and your favorite fruit juices. You really can't go wrong!

The Ingredients

- 4 oz (120 ml) Prosecco
- 2 oz (60 ml) pomegranate juice
- 1/2 oz (15 ml) Cointreau or other orange liquor
- Pomegranate seeds for garnish (or your choice of berry)

The Instructions

- Pour the liquid ingredients into a champagne or white wine glass and mix together.
- Mix together and add pomegranate seeds.
- Enjoy!

MAKES 2 SERVINGS

Stay hydrated by drinking at least 1 glass of water for each "adult" beverage you consume.



WISHING YOU THE
BEST OF THE SEASON

