

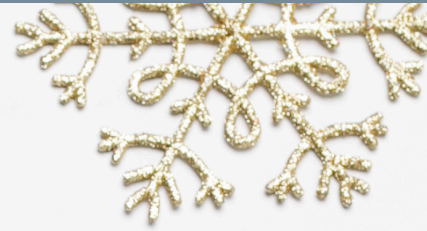


Christmas Treats Recipe Pack

6 Ways to Enjoy Christmas Treats Without Blowing Your Progress



Contents & Key



1. Cherry Chocolate Truffle
2. Pistachio Crunch Truffle
3. Orange Zest Truffle
4. Chestnut Cream Truffle
5. Hazelnut Praline Truffle
6. Raspberry Snowflake Truffle

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (<20g per serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (>20g per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts





Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.







Cherry Chocolate Truffle

Makes 12

20 Minutes

5 oz. (140g) pitted dried cherries

6 oz. (170g) dark chocolate (70% cocoa), melted

1 tbsp. cocoa powder

1 tsp. coconut oil

Blend the cherries into a sticky paste.

Mix the cherry paste with the cocoa powder.

Roll into small balls.

Combine the melted dark chocolate with the coconut oil and dip each ball.

Sprinkle it with sea salt and chill until set, about 20 minutes.

Key Ingredient: Cherries

Cherries contain natural antioxidants that help the body handle everyday oxidative stress. Paired with dark chocolate, this truffle delivers a richer flavour while providing polyphenols that support overall well-being.



GF	DF	LC	MP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	128kcal	13g	1g	8g





Pistachio Crunch Truffle

Makes 12

20 Minutes

5 oz. (140g) shelled pistachios, peeled

5 oz. (140g) pitted dates

2 tbsp. cacao powder

1 tsp. vanilla extract

Blend the pistachios into a fine crumb. Set aside a small amount for coating.

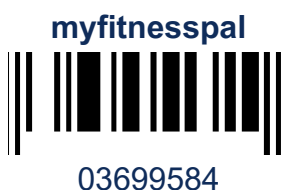
Add the dates, cacao powder, vanilla, and salt. Blend to form a dough.

Roll into small balls.

Roll each ball in the reserved pistachio crumbs. Chill for 10 minutes to set.

Key Ingredient: Pistachios

Pistachios offer a mix of healthy fats, fiber, and plant protein. This blend helps support steady energy and natural fullness, making this truffle a balanced choice compared to typical holiday sweets.



GF	DF	LC	MP	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	120kcal	9g	3g	8g



Orange Zest Truffle

Makes 12

20 Minutes

6 oz. (170g) dark chocolate
(70% cocoa), melted

1 tsp. orange zest or
natural orange extract

2 tbsp. shredded coconut

2.5 oz. (70g) pitted dates

1 tsp. coconut oil

Blend the dates with 1-2 tbsp warm water to form a smooth paste.

Mix the melted chocolate with coconut oil and the date paste.

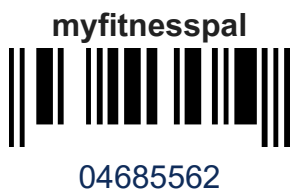
Stir in the orange zest and shredded coconut.

Chill for 10 minutes until firm.

Roll into small balls and chill again to set, about 10 minutes.

Key Ingredient: Orange Zest

Orange zest brings a light citrus flavour along with small amounts of vitamin C and natural aromatic compounds. Vitamin C supports immune health, giving this treat a bright, refreshing lift.



GF	DF	LC	MP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	99kcal	8g	1g	7g



Chestnut Cream Truffle

Makes 12

20 Minutes

5 oz. (140g) chestnut purée

3 tbsp. cacao powder

2.5 oz. (70g) pitted dates

1 tsp. vanilla extract

pinch of cinnamon

Blend the dates with 1-2 tbsp warm water to form a paste.

Mix the chestnut purée, cacao powder, and date paste.

Add the vanilla and cinnamon. Stir until smooth.

Roll into small balls and chill for 20 minutes until firm.

Key Ingredient: Chestnuts

Chestnuts are higher in fiber and lower in fat than most nuts. The fiber helps support healthy digestion and steadier energy, giving this truffle its soft, creamy texture without feeling heavy.



GF	DF	LC	MP	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	70kcal	12g	1g	2g



Hazelnut Praline Truffle

Makes 12

20 Minutes

5 oz. (140g) hazelnut butter
or blended roasted
hazelnuts

5 oz. (140g) pitted dates

2 tbsp. cacao powder

1 tsp. vanilla extract

Blend the dates with 1-2 tbsp warm water to form a paste.

Add the hazelnut butter, cacao powder, vanilla, and salt. Mix until smooth.

Roll into small balls and chill for 20 minutes until firm.

Key Ingredient: Hazelnuts

Hazelnuts provide healthy fats and vitamin E, a nutrient that supports normal cell protection. Their smooth, nutty taste adds richness while contributing beneficial nutrients often missing in holiday treats.



GF	DF	LC	MP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	120kcal	10g	2g	8g





Raspberry Snowflake Truffle

Makes 12

20 Minutes

5 oz. (140g) cashews

2.5 oz. (70g) pitted dates

1 tsp. vanilla extract

2 tbsp. crushed freeze-dried raspberries (or strawberries)

1 tsp. coconut oil

Soak the dates in warm water for 5 minutes if dry, then drain.

Power boil the cashews in water for 5 minutes to soften, then drain.

Blend the cashews into a smooth paste.

Add the dates and 1-2 tbsp warm water. Blend until smooth. Mix in the coconut oil and vanilla.

Stir through most of the crushed raspberries.

Roll into balls and dip in the remaining crushed raspberries. Chill for 20 minutes to set.

Key Ingredient: Raspberries

Raspberries bring natural color, flavor, and fiber. Fiber supports gut health, and the berry's antioxidants help the body manage everyday oxidative stress. It's a light, fresh option for the festive season.



GF	DF	LC	MP	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	103kcal	8g	2g	7g