

Holiday Menu

Every year we get together as a family and have the usual Christmas dinner with each of my siblings bringing a favorite dish to share. For 20 years since I changed to the Hallelujah Diet I have brought a big raw salad, an appetizer and my Pecan Loaf to replace the turkey everyone else eats.

Grocery list for this menu: planning ahead and making a list will help you to stay on track without buying things you do not need and making sure you have everything you do need.

- apple juice
- apples
- bananas
- bell peppers
- bok choy
- cabbage
- carrots
- celery
- coconut oil
- coconut unsweetened flakes
- cranberries (fresh or frozen)
- dates
- dried fruit: apricots, figs
- flaxseed
- garlic
- ginger root
- herbs: basil, rosemary, sage
- lemons &/or limes
- mango
- mung bean sprouts
- nuts (assorted): almonds, pecans, walnuts
- oatmeal
- olive oil
- onion
- oranges
- pineapple
- potatoes
- pumpkin seeds
- raisins
- raspberries



- spices: cinnamon, cloves, nutmeg, allspice
- sunflower seeds
- sweet potatoes (yams)
- whole grain bread
- zucchini

Holiday Pecan Loaf: makes 1 loaf pan

Soak your pecans for 2-3 hours (other combinations of nuts can be substituted; walnuts, almonds, hazelnuts or brazil-nuts). Harder nuts need to be soaked overnight.

Nut Loaf: makes (2-3) 6" stars or loafs

- 1 cup of each: walnuts & pecans
- 1 cup sunflower seeds

Meanwhile cut your vegetables into cubes:

- ½ cup of each: celery, onion & zucchini
- ½ cup cranberries
- 1 cup carrots
- 2 cups shredded cabbage

Put this into your food processor and pulse until it looks like a coarse meal.

Drain nuts and transfer this to the food processor and add the following spices

- 1 tsp. of each: garlic, basil, rosemary & sage
- ½ tsp. of each: cayenne, cloves and ginger

Process well, then put into a large bowl and add:

- 1 ½ cups steel cut oatmeal
- ½ to ¾ cups fresh ground flax seed

Mix well until all ingredients are wet.

Mold mixture into 1 ½" thick loaf in the shape of a star on Paraflex sheets then dehydrate for 3-4 hours and turn onto the fine mesh screen, continue dehydrating for another 1-2 hours. The smaller the star or loaf the shorter it might take. Serve with the raw Cranberry Sauce.



Sweet Potato Casserole: serves 2-4 people

Cut the potatoes into ½” slices or 1” cubes

- 1 medium sweet potato or yam
- 2 small red potatoes

Heat a 2 quart baking dish and add:

- 2 tbsp. coconut oil
- the sliced potatoes

Sprinkle with cinnamon and nutmeg – stir well

Bake in a 375F oven for 45 minutes until tender - serve hot.



Sweet Pepper & Bok Choy Layered Salad: serves 4-6 people

This is a beautiful salad to make anytime but it is especially nice as a Christmas recipe because of the bright red, white and green colours.

You will need the following ingredients:

- 1 large bunch Bok Choy (thinly chopped)
- 3 red pepper (thinly sliced)
- 2 cups mung bean sprouts (the kind you find in Chinese food)
- ¼ cup thinly sliced sweet white onion

Using ½ of each of the above ingredients start with a layer of the greens in a large glass bowl, and then add the red peppers, and then the mung beans and onion – repeat the same and cover with plastic wrap until ready to serve.

Just before serving pour the dressing over – it will blend as you serve.

Cranberry Salad Dressing:

Put the following ingredients into you blender and blend on high until creamy:

- 3 tbsp. olive oil
- juice from 1 lime
- 1 clove garlic peeled
- ¼ cup cranberries

Toss with the salad as you are serving it so the dressing mixes.



Raw Cranberry Sauce: makes 2-3 cups

If you are using frozen cranberries thaw first.

Put the following in your food processor and pulse to make a course sauce:

- 2 cups fresh or frozen cranberries
- 1 apple (cubed)
- ½ cup raisins
- ½ cup celery (thinly sliced)
- 1 orange (peeled and separated)
- 1 tsp. cinnamon
- ½ tsp. of each: ginger, nutmeg, allspice

This will keep in the fridge for 3-5 days.

Cranberry/Apple Stuffing: makes 3-4 cups

To make this recipe you will need 1 loaf of good multi grained bread.

Cut the bread into 1” cubes and leave it out overnight so it dries out.

Put the following into a large baking dish that you greased with coconut oil:

- 3 cups of dried bread cubes



- 1 cup fresh cranberries
- 1 apple (finely chopped)
- ¼ cup sweet onion (finely chopped)
- ½ cup celery (finely chopped)
- ¼ cup sunflower seeds
- 1 tsp. of each: sage, garlic, and cardamom
- ¼ cup apple juice

Stir well then cover and bake in a 375F oven for 30-45 minutes then serve warm.

Holiday Minced Meat Tarts

Pecan Coconut Crust: Soak 1 cup pecan for 2 hours then drain

Put the following ingredients into your food processor:

- 1 ½ cups drained pecans
- 1 cup coconut
- 1/3 cup soft dates
- ½ tsp. ginger powder

Process until they are like a crumble then pat this crumble into your 8" pie plate muffin tin (makes 6-8)

Dehydrate for 2-4 hours and put aside (these will keep in a sealed contain in the fridge for 1-2 weeks).

Mince Meat filling: this makes 2-3 cups of mincemeat

Put the following ingredients into your food processor:

- 1 cup raisins (that have been soaked for ½ hour then drained)
- ½ cup figs cut into quarters (that have been soaked for ½ hour then drained)
- ½ cup dried apricots quartered (that have been soaked for ½ hour then drained)
- 1 apple & 1 pear diced
- 1 orange (sectioned)
- ½ tsp. of each: cinnamon, ginger, nutmeg, allspice and cloves

Process until everything is broken down into raisin sized pieces - fill the pie crust or tart tins from the Pecan Coconut Crust recipe – decorated with thin apple slices – dehydrated for 1-2 hours or served right away.



Almond Nog: A great replacement for the traditional Christmas Eggnog.

Put the following ingredients in your blender:

- 2 frozen bananas that have been peeled and thinly sliced
- 3-4 cups almond milk (see recipes below)
- 1 tsp. of each: cinnamon & nutmeg

Blend until smooth, serve cold with an extra dash of nutmeg in each glass

Almond Milk: makes about 1 litre

Putting the following into a blender or Nut Milk maker:

- 1 cup almonds that have been soaked 24 hours then drained & rinsed
- 5-6 cups water
- 2-3 dates

Blend on high for a few minutes then strain with cheese cloth or a fine strainer (save the pulp and add it to our flax cracker recipes later in the book).