



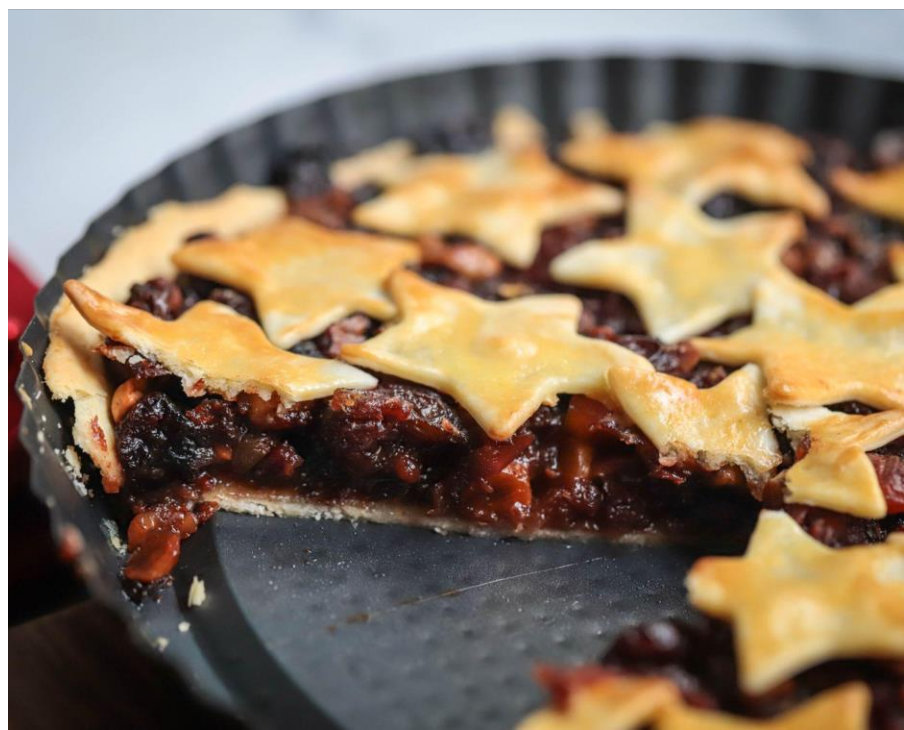
KINETIC ENERGY



Christmas Treats Recipe Pack

Discover 10 easy, healthy and tasty Christmas treat recipes.

kineticwellbeing.co.uk





Contents & Key

4	Festive Chai Hot Chocolate	GF	Gluten Free
6	Orange Spiced Hot Chocolate	DF	Dairy Free
8	Eggnog Protein Smoothie	LC	Low Carb (20g- serve)
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12	Christmas Pudding Protein Balls	HP	High Protein (20g+ per serve)
14	PB Christmas Cookies	V	Vegetarian
16	Christmas Biscotti	Q	Quick (under 30 mins)
18	Beetroot Chocolate Bread	N	Contains Nuts
20	Jumbo Party Mince Pie		
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Festive Chai Hot Chocolate

Serves 4

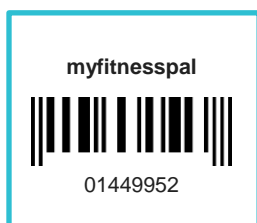
4 cups (960ml) almond milk, unsweetened
4 tbsp. cocoa powder
1 tsp. vanilla extract
3 tbsp. maple syrup
1/8 tsp. ground cardamom
1/8 tsp. ground allspice
1/8 tsp. ground nutmeg
1/4 tsp. ground cloves
1/2 tsp. ground cinnamon
1/2 tsp. ground ginger

What you need to do

Place all the ingredients into a medium sized pot over a medium/high heat. Bring to a rolling boil and whisk until everything has dissolved. Reduce the heat and gently simmer for 3 minutes.

Pour into cups and serve immediately.

Serving suggestion: whipped coconut cream, cocoa powder (not included in nutritional breakdown).



GF	DF	LC	V	Q	N							
						Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
						5 mins	5 mins	91	3	13	2	3

*Nutrition per serve





Orange Spiced Hot Chocolate

Serves 4

3 cups (720ml) almond milk, unsweetened
1 cup (240ml) orange juice, freshly squeezed
4 tbsp. cocoa powder, unsweetened
4 tbsp. maple syrup
1 tsp. ground cinnamon
½ tsp. ground ginger
pinch of salt

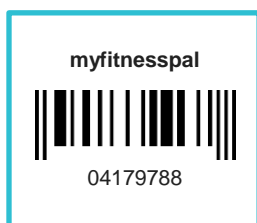
To garnish:

8 tbsp. whipped coconut cream
½ tsp. cocoa powder
1 tsp. orange zest

What you need to do

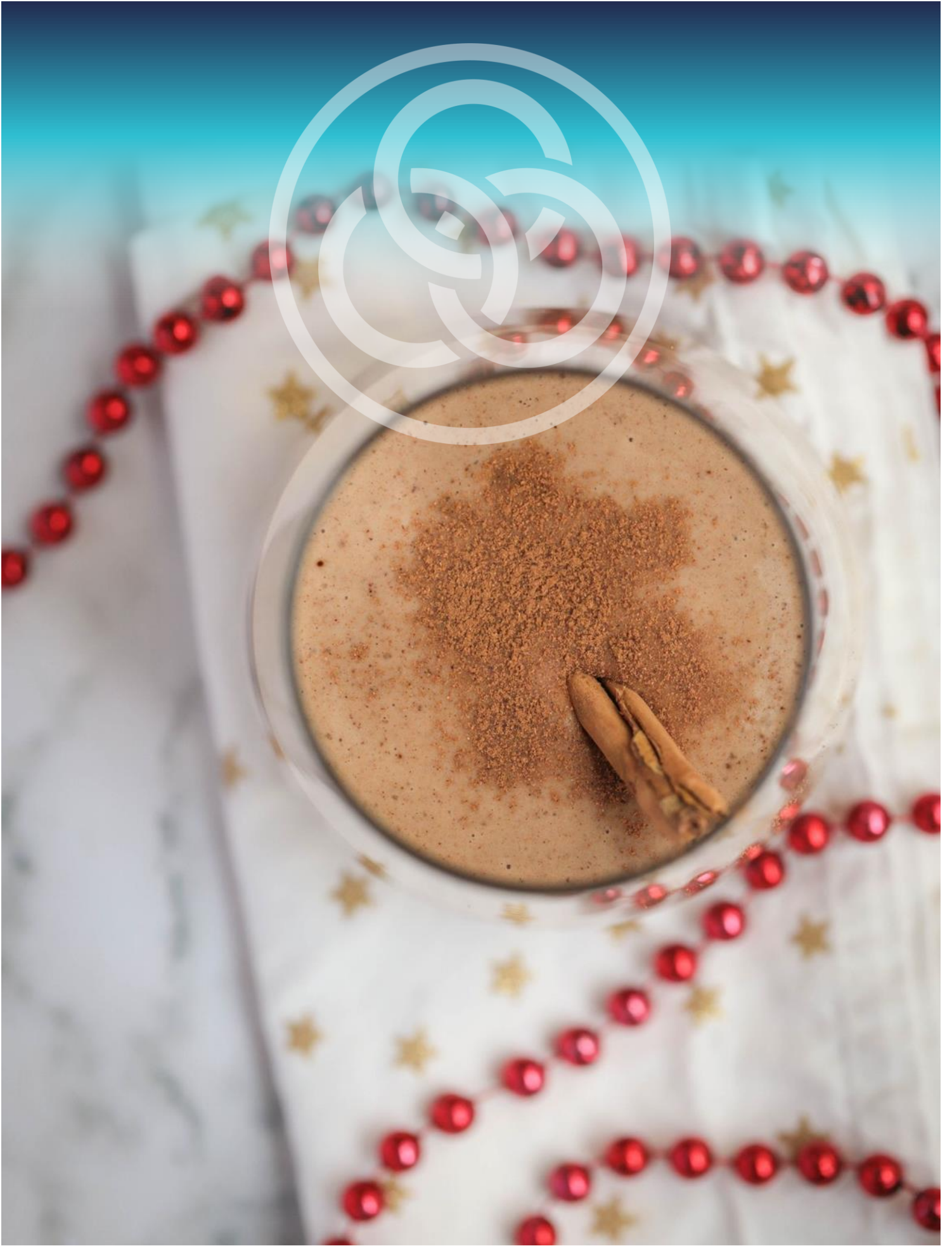
Place the almond milk and orange juice into a small pot, over a medium/low heat. Add the cocoa powder, maple syrup, cinnamon, ginger and salt, and stir until the cocoa has completely dissolved.

Serve in cups topped with coconut cream, cocoa powder and orange zest.



GF	DF	MP	V	Q	N						
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)					
5 mins	5 min	137	4	25	2	3					

*Nutrition per serve





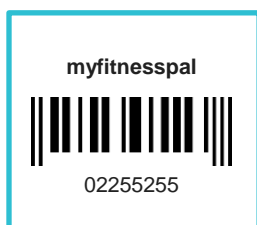
Eggnog Protein Smoothie

Serves 1

- 1 scoop (25g) vanilla protein powder
- 1 cup (240ml) almond milk, unsweetened
- 1 banana, frozen
- 1 tbsp. almond butter
- 1 medjool date
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. almond extract
- ¼ tsp. vanilla extract

What you need to do

Place all the ingredients into a high-speed blender and blitz until smooth. Pour into a serving glass and serve immediately.



GF	DF	HP	V	Q	N							
						Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
						5 mins	0 min	396	12	50	29	6

*Nutrition per serve





Holiday Chocolate Truffles

Serves 20

7 oz. (200g) dark chocolate (traditional, dairy-free, or vegan), finely chopped
1/3 cup + 1 tbsp. (100ml) oat milk
1 tbsp. coconut sugar
1 tsp. vanilla extract
2 tbsp. cocoa powder

What you need to do

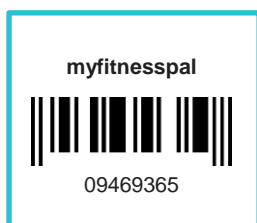
Place the chocolate into a medium sized heatproof bowl.

Add the oat milk, coconut sugar and vanilla extract into a small pot, then bring to the boil over a medium heat.

Pour the hot milk over the chocolate, then stir until the chocolate has melted. Cover and refrigerate for 4 hours until the mixture has set.

Roll the set mixture into 20 balls and then roll in the cocoa powder.

Store in an airtight container in the refrigerator for up to 4 days.



GF	DF	LC	MP	V	Q				
Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)		
15 mins	10 mins	4 hrs	66	4	6	1	1		

*Nutrition per serve



Merry Christmas
Merry Christmas
Merry Christmas



Christmas Pudding Protein Balls

Serves 12

1 cup (175g) pitted medjool dates
 ½ cup (80g) raisins
 4 tbsp. vanilla protein powder
 ½ cup (60g) pecans
 1 tbsp. orange juice, fresh-squeezed + 1 tsp. orange zest
 ½ tsp. ground cinnamon
 ¼ tsp. ground allspice
 1 tbsp. cocoa powder

Decoration:

½ tbsp. dried cranberries
 ¼ cup (40g) white chocolate chips (traditional, dairy-free or vegan)
 1 tbsp. pumpkin seeds

What you need to do

Place the dates, raisins, protein powder, pecans, orange juice, orange zest, cinnamon, allspice and cocoa powder in a food processor and blitz until smooth.

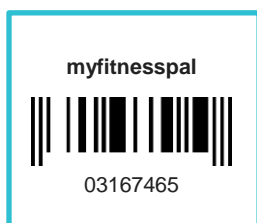
Roll the dough into 12 balls, place on a tray and chill for 30 minutes in the refrigerator.

Cut the dried cranberries into thirds, then roll in your fingers to form balls for berry decorations.

Melt the white chocolate and pour a little over each of the balls, pushing the chocolate outwards so that it drips down the side of the ball.

Place 2 cranberry balls and 2 pumpkin seeds on top of the chocolate to decorate. Place the balls on a tray and refrigerate for 20 minutes allowing the chocolate to harden.

Store the balls in an airtight container in the refrigerator for up to 4 days.



GF	LC	MP	V	Q	Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
					20 mins	0 mins	4 hrs	125	5	19	3	2

*Nutrition per serve





Peanut Butter Christmas Cookies

Serves 14

1/3 cup (85g) peanut butter
 4 tbsp. coconut oil, melted
 1/3 cup (80ml) maple syrup
 1 tsp. vanilla extract
 2 cups (240g) almond meal
 1/2 tsp. baking soda
 1/4 tsp. salt
 1/4 cup (45g) dark chocolate buttons (traditional, dairy-free or vegan)

What you need to do

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

In a small bowl, mix together the peanut butter, coconut oil, maple syrup, and vanilla extract until well combined.

In a large bowl, mix the almond meal, baking soda and salt. Fold the wet ingredients into the dry and stir until fully mixed and a dough has formed.

Scoop out the dough and roll into 14 balls, placing them on the baking sheet.

Place the baking sheet into the hot oven and bake for 10-12 minutes or until the cookies are lightly golden.

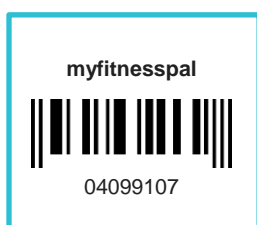
Remove the sheet from the oven and use the back of a spoon to gently press down a well in the center of the cookies, placing a few chocolate buttons in the well.

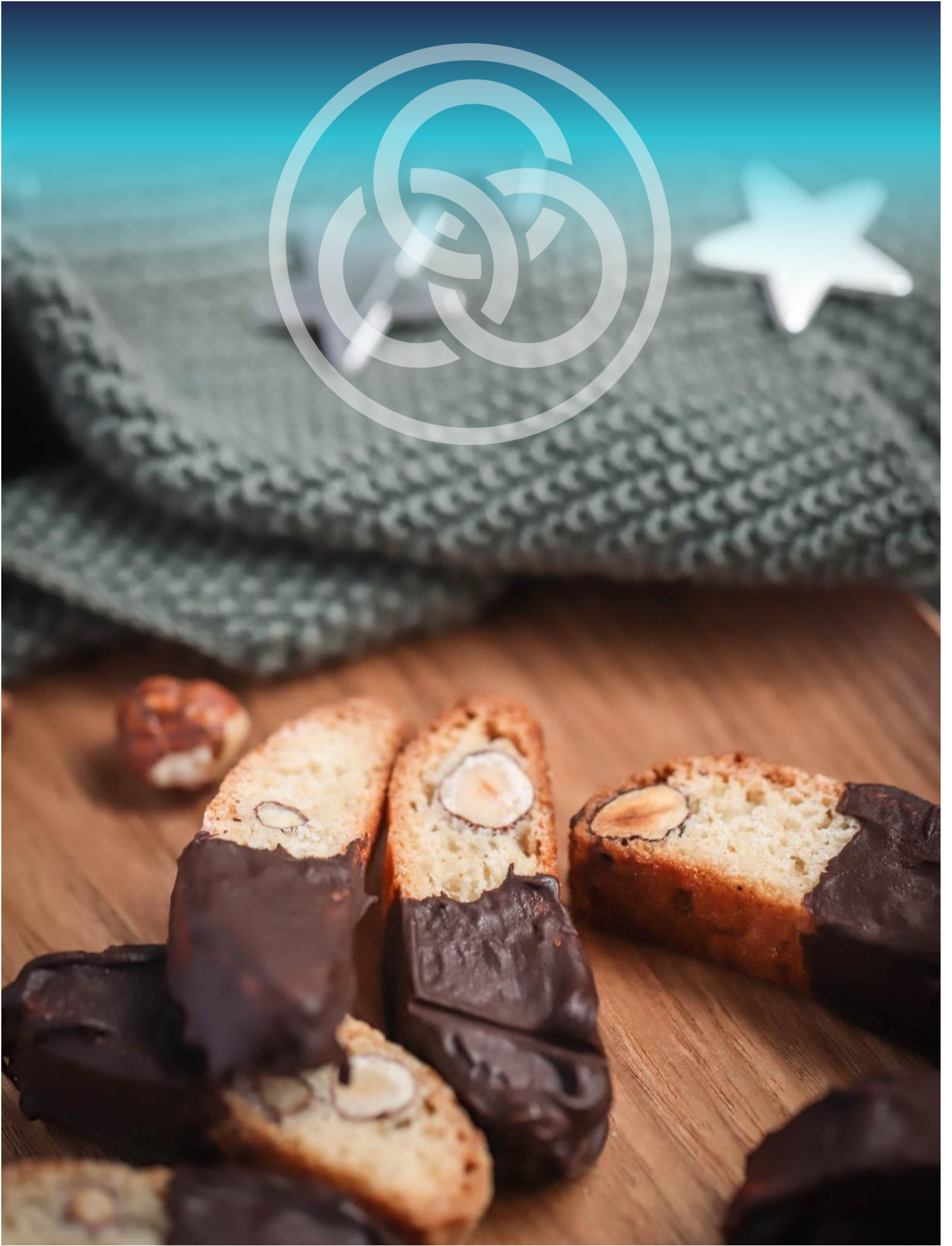
Place the cookies onto a wire rack to cool completely.

Store in an airtight container for up to 5 days.

GF	LC	MP	V	N			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)	
30 mins	10 mins	209	16	12	5	2	

*Nutrition per serve







Christmas Biscotti

Serves 16

What you need to do

Dry ingredients:

1 cup (120g) all purpose flour
 1/3 cup (70g) superfine sugar
 (demerara sugar works too)
 1/2 tsp. baking powder
 1/2 tsp. ground cinnamon
 1/2 tsp. ground ginger
 pinch of salt
 zest of one unwaxed orange
 1/4 cup (35g) hazelnuts,
 chopped roughly

Wet ingredients:

1 tbsp. coconut oil
 3 tsp. almond milk
 1/2 tsp. almond extract

Garnish:

2 oz. (60g) dark chocolate
 (traditional, dairy-free, or
 vegan), melted

Preheat the oven to 340°F (170°C). Line a baking sheet with baking paper.

Mix all the dry ingredients together (except the hazelnuts) in a mixing bowl and set aside.

Place the coconut oil in a small bowl and melt in the microwave or over a pot of simmering water. Once melted, whisk in the almond milk and almond extract.

Add the wet ingredients to the dry ingredients and mix gently until roughly combined. The dough should be not too dry or too sticky. If it's too dry, add a touch more milk and if it's too wet, add a touch more flour.

Now, add the chopped hazelnuts and mix them gently into the dough, making sure they are distributed evenly.

Roll the dough into a long, thick log and then transfer it to the baking sheet and flatten it into a 1 1/2 x 10 inch (3-4 cm x 25 cm) log.

Place the baking sheet into the hot oven and bake for 30-35 minutes, until the surface of the log is firm and lightly browned.

Remove the log from the oven and set onto a wire rack to cool for 15-20 minutes. Cut the log into 1/2 inch (1-1.5cm) slices with a knife. Place the slices on a baking sheet cut side down and return them to the oven. Bake for 15-20 minutes (the longer you bake them the harder they get).

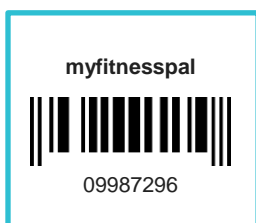
Remove the baking sheet from the oven and place the biscotti on a wire rack to cool completely.

Once cool, melt the dark chocolate, dip the biscotti into the melted chocolate and arrange to dry on a wire rack.

Store the biscotti in an airtight container for 3-4 weeks.

DF	LC	MP	V	N	Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
					15 mins	45 mins	85	4	13	1	2

*Nutrition per serve







Beetroot Chocolate Bread

Serves 12

What you need to do

Cake:

4 tbsp. hot coffee
 4 tbsp. coconut oil
 6.3 oz. (180g) raw beetroot, peeled, sliced
 ¾ cup (180ml) almond milk, lukewarm
 1 cup (225g) coconut sugar
 ¾ cup (75g) cocoa powder
 ½ tsp. salt
 1 tsp. baking powder
 ¾ tsp. baking soda
 1¼ cups (160g) all-purpose flour

Heat the oven to 355°F(180°C). Line a loaf tin with baking paper.

Pour the hot coffee over the coconut oil to melt it.

Place the coffee mixture, sliced beetroot and lukewarm almond milk into a high-speed blender and blitz until smooth. Transfer the beetroot mixture to a large mixing bowl and stir in coconut sugar.

In a separate bowl, sift together the cocoa powder, salt, baking powder, baking soda and flour.

Fold the dry ingredients into the wet ingredients, mixing gently with a spoon. Once the mixture is smooth, transfer it into the prepared loaf tin.

Place the tin into the hot oven and bake for 55-60 minutes, until a toothpick inserted into the center comes out clean. Remove the tin from the hot oven and set aside on a wire rack to cool completely before icing.

Make the frosting by breaking up the chocolate into small pieces and placing it in a large bowl.

Warm the coconut milk in a small pot until almost boiling. Pour it over the chopped chocolate and let it sit for 5 minutes. Stir the chocolate gently until it's well combined, smooth and glossy. Set it aside to thicken before covering the top of the cake.

Store in an airtight container in the refrigerator for up to 4 days.

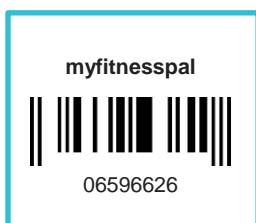
For the frosting:

3½ oz (100g) 70% dark chocolate (traditional, dairy-free, or vegan)
 ⅓ cup + 1 tbsp. (100ml) full fat coconut milk, canned

DF	LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	55 mins	167	10	20	3	6

*Nutrition per serve







Jumbo Party Mince Pie

Serves 20

What you need to do

For the mincemeat:

- 1 large apple, peeled & grated
- 1¼ cups (200g) mixed dried fruit (eg raisins, cranberries, apricots)
- 14 oz. (390g) jar black cherries in kirsch
- ¾ cup (100g) skinless hazelnuts, roasted & roughly chopped
- 1 orange, zested & juiced
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 tsp. ground allspice
- ¾ cup (150g) dark brown sugar

For the pastry:

- 3½ cups (400g) all purpose flour
- 1 cup (200g) coconut oil, straight from the fridge
- 1½ tbsp. icing sugar
- ⅓ cup (80ml) ice-cold water
- ¼ cup (50ml) almond milk, for brushing

Preheat the oven to 360°F (180°C).

Place all the mincemeat ingredients into a casserole dish and add half of the kirsch from the jar of cherries. Mix everything together, then cover with tin foil. Place the dish into the hot oven to cook for 35-40 minutes until all the sugar has melted, and the liquid has reduced. Set aside to cool completely.

To make the pastry, place the flour and coconut oil in a food processor and pulse until to form breadcrumbs. Add the sugar and pulse to combine, then pour in the water and pulse until the pastry starts coming together. Add another 2 tablespoons of water if the pastry looks a little dry, then tip the dough onto a clean surface and pat into a disc with your hands. Wrap in cling film and chill in the refrigerator for at least 30 minutes.

Preheat the oven to 360°F (180°C). Grease a tart tin with a little oil.

Take the pastry out of the refrigerator. Cut off one-third of the pastry and keep covered under a tea towel. Roll out the bigger portion of the pastry in a circle on a well-floured surface to a thickness of ¼ inch (5mm) and place it over a greased tart tin.

Adjust the pastry to fit into the tart tin, fitting into the corners, taking care not to stretch it. Trim off any excess dough. Lightly prick the base of the pastry with a fork (not all the way through). Cover the pastry with baking paper and bake in the oven for 30 minutes.

Remove the tart tin from the oven, discard the baking paper and bake for a further 5 minutes.

Now, transfer all the mincemeat into the tart base. Take the remaining pastry from under the tea towel and roll out to ¼ inch (5mm) thickness. Cut out stars and place them on top of the mincemeat. Brush the top with almond milk.

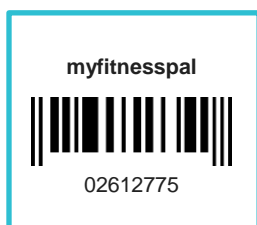
Place the tart back into the hot oven for a further 15-20 minutes until the pastry on top is crisp and golden. Remove the tart from the oven and set aside on a wire rack to cool a little before slicing and serving.

Store leftovers in an airtight container for up to 30 days.

DF	MP	V	N
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Prep	Chill	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	30 mins	1 hrs & 10 mins	259	12	36	2	5

*Nutrition per serve







Silky Hazelnut Mousse

Serves 6

What you need to do

Hazelnut Mousse:

3½ oz. (100g) 70% dark chocolate (traditional, dairy-free, or vegan), chopped
 4 tbsp. canned coconut milk, full fat
 ½ cup (120g) smooth hazelnut butter
 3 tbsp. maple syrup
 ⅔ cup (160ml) aquafaba (chickpea brine)
 ½ tsp. lemon juice
 pinch of salt

Place the chopped chocolate into a metal or glass bowl suspended over a pot of water. Make sure the bottom of the bowl does not touch the water. Warm up the water on a very low heat. When the water starts to simmer, switch the heat off but keep the bowl on the pot.

Once the chocolate has melted, gently stir in the coconut milk. Next add in the hazelnut butter and maple syrup, and stir again. Keep the bowl over the warm pot until ready to use.

Place the aquafaba, lemon juice and salt in a large bowl. Using an electric mixer, whip the aquafaba until it reaches stiff peaks. To check, turn the bowl upside down and the mixture should not slide out of the bowl. It takes about 5 minutes with a handheld mixer to reach this consistency.

Add a third of the chocolate mixture to the bowl of aquafaba. Using a slow folding motion, gently incorporate it into the aquafaba. Incorporate the other two thirds in the same way. The mixture will deflate a little, but that's normal.

Transfer the mixture into glasses and place in the refrigerator to set overnight.

When ready to serve, top with chopped hazelnuts.

Topping:

2 tbsp. chopped hazelnuts

GF	DF	MP	V	N
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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	5 mins	overnight	269	17	27	3	3

*Nutrition per serve

