

# HEALTHY HOLIDAYS RECIPES

I get it! You are rocking out a fabulous and busy life and don't have time to spend hours slaving away in the kitchen. So, I've created simple and easy recipes to help you get through the holidays with a healthy style.

Pumpkin Pie Smoothie	1
Christmas Morning Warm Apple and Oatmeal Crumbles	2
Pumpkin Bread and Muffins	3
Creamy Butternut Squash Soup	4
Apple Turkey Wrap	5
Cherry Pecan Couscous	6
Harvest Salad	7
Stuff the Bird, Not Your Face Stuffing	8
Green Bean Casserole with Crispy Shallots	9
Mashed Potatoes	10
Pumpkin Spice Cookies	11
Holiday Chocolate Cinnamon Popcorn Balls	12
Hot Cocoa	13
Chocolate Cookies	14
Apple Crisp	15
Pumpkin Pie	16
Create Your Own Yogurt Parfaits	17
Dr Kristen's Recommended Brands	18

