

HOLIDAY RECIPE ROUNDUP GUIDE

Kickin' It Clean Holiday Style

*Using real ingredients
with whole foods
always taste better,
and we all know
anti-inflammatory
foods keep you
glowing inside
and out.*

*Here are some
clean holiday
recipes for you
and your guests.*

**all gluten-free and plant-based recipes*



Starters and Salads

- Oh So Good Spinach Salad
- Spicy Winter Soup
- Stuffed Mushrooms
- Festive Avocado Bruchetta
- Italian Stuffed Portabello

Side Dishes

- Roasted Brussels Sprouts and Carrots
(I can eat these all the live long day!)
- Roasted Squash with Fennel and Asparagus
- Multigrain Pilaf with Toasted Sunflower Seeds
- Tangy Cranberry Sauce
- Gravy with Herbs
- Stuffing!

Desserts

- Apple Crisp
- Cherry Bomb Parfait
- Chocolate Rolos
- Yuletide Chocolate Peanut Butter Cups
- Holiday Bubbly
- Snicker doodles
- Raw Chocolate Brownie Squares
- "Egg" Nog Recipe
- Chocolate Truffles

Bonus

*If you have the *Go Clean, Sexy, You* cookbook ...
check out these as well!*

- Spicy Sweet Potato Soup (p. 154)
- Fancy Spinach Salad (p. 150)
- Sweater Season Soup (p. 129)
- Autumn Soup (p. 176)
- Spinach, Carrot, Apple Salad (p. 176)
- Sweet Potato Salad (p. 180)