



## Healthy Christmas Treats

Created by Jane Street Wellness



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Enjoy making these healthy-ish holiday treats!

# Double Chocolate Mint Energy Balls

7 ingredients · 15 minutes · 6 servings



## Directions

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1. Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
2. Form the mixture into small balls with your hands and enjoy!

## Notes

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### No Almonds

Use raw cashews instead.

### Serving Size

One serving is equal to two balls.

### Storage

Store in the fridge up to five days, or in the freezer for up to three months.

## Ingredients

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**1/2 cup** Pitted Dates

**1/2 cup** Almonds (raw)

**2 tbsps** Cacao Powder

**1 tbsp** Cacao Nibs

**1/8 tsp** Sea Salt

**1/2 tsp** Peppermint Extract

**1 tbsp** Water

# Pistachio Pomegranate Bark

4 ingredients · 30 minutes · 4 servings



## Directions

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1. Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
2. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
3. Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
4. Once the chocolate is firm, break or cut it into pieces. Enjoy!

## Notes

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### Storage

Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.

## Ingredients

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- 7 1/16 ozs Dark Chocolate (at least 70% cacao)
- 1 cup Pomegranate Seeds
- 1/2 cup Pistachios (shelled and chopped)
- 1/4 cup Unsweetened Coconut Flakes

# Gingerbread Protein Cookies

10 ingredients · 20 minutes · 12 servings



## Directions

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1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

## Notes

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### No Cookie Cutter

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

### Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

## Ingredients

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- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsp Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)

# Chocolate Chip Cookie Pie

10 ingredients · 45 minutes · 12 servings



## Directions

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1. Preheat oven at 350°F (177°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
2. Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
3. Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
4. Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

## Notes

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### No White Beans

Use chickpeas instead.

### Storage

Refrigerate up to 5 days or freeze in individual servings.

## Ingredients

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- 1 **tblsp** Coconut Oil
- 2 **cups** White Navy Beans (cooked, from the can)
- 1 **cup** Oats (quick or rolled)
- 1/2 **cup** Unsweetened Applesauce
- 2 **tsps** Vanilla Extract
- 1/2 **tsp** Baking Soda
- 1 1/2 **tsps** Baking Powder
- 1/2 **cup** Pitted Dates
- 1 **cup** Dark Chocolate Chips (divided)
- 1/2 **tsp** Sea Salt (coarse, optional)

# Chocolate Crunch Bars

7 ingredients · 2 hours · 8 servings



## Directions

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1. Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
2. Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
3. Slice into bars and enjoy!

## Notes

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### Serving Size

One serving is equal to one bar.

### No Almond Butter

Use peanut butter, hazelnut butter or cashew butter instead.

### Storage

After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.

## Ingredients

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- 1/3 cup Almond Butter
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Cocoa Powder
- 2 tbsps Hemp Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Maple Syrup
- 2 1/2 cups Rice Puffs Cereal

# Peanut Butter Buckeyes

7 ingredients · 1 hour · 16 servings



## Directions

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1. Line a baking sheet with parchment paper.
2. In a medium-sized mixing bowl, add the peanut butter, protein powder, coconut flour, maple syrup and salt. Mix to combine. Using a tablespoon, roll into balls and place them on the baking sheet. Repeat until the batter is used up and then place in the freezer to harden for 30 minutes.
3. In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
4. Remove the bukeyes from the freezer. Using a toothpick or a fork, dunk into the melted chocolate about 2/3 of the way up. Place back on the baking sheet. Repeat until all are dipped in chocolate. Place in the fridge to harden, about 20 minutes. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two weeks. Freeze for up to 6 months. These are best enjoyed from the fridge or freezer.

### Serving Size

One serving is equal to one ball.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### Protein Powder

This recipe was tested with a plant-based protein powder.

### No Protein Powder

Remove and replace with coconut flour, using half the amount called for.

## Ingredients

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- 1 cup All Natural Peanut Butter
- 1/4 cup Vanilla Protein Powder
- 3 tbsps Coconut Flour
- 3 tbsps Maple Syrup
- 1/4 tsp Sea Salt
- 3/4 cup Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil