



Merry & Mindful: Team Luke's  
**HOLISTIC CHRISTMAS  
COOKBOOK**

*Clean Recipes. Classic Flavors. Pure Holiday Joy.*



The season of joy, warmth, and togetherness is finally here! Christmas is all about creating memories, sharing love, and savoring delicious food that warms both the heart and soul. But what if you could indulge in all your favorite holiday treats without compromising on your health goals?

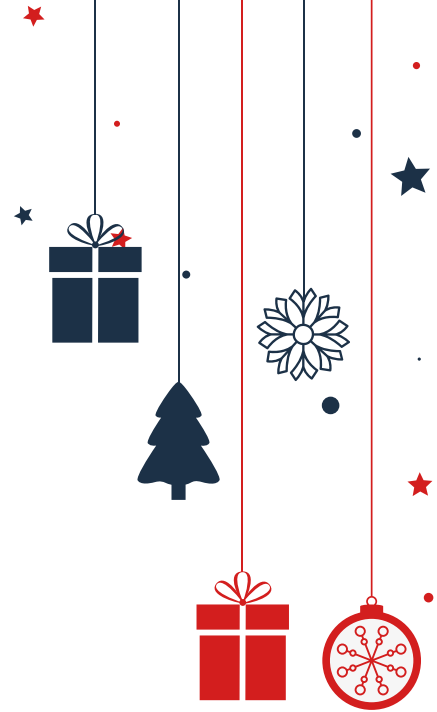
This year, Team Luke brings you our **Holistic Christmas Cookbook**—a treasure trove of carefully curated, clean-eating holiday recipes that celebrate traditional Christmas flavors in the healthiest ways possible.

Imagine decadent desserts, festive savories, and soul-soothing sweets—all free from unhealthy additives but bursting with the spirit of the season.

Crafted by our expert meal planning analysts, these recipes are not just about clean eating—they're about loving your body, nourishing your soul, and making health a joyful part of your celebrations. Whether you're hosting a feast or cozying up with loved ones, this cookbook will help you create a holiday table that is **wholesome, flavorful, and full of Christmas cheer.**

So, put on your favorite apron, turn up the carols, and let's cook up a Christmas that's **merry, mindful, and absolutely magical!**

**Let the festivities begin—one wholesome recipe at a time!**





# Spiced Almond Tea Cake

**Serves:** 2

**Preparation Time:** 10 minutes

**Total Time:** 30 minutes

## Ingredients

- 1/2 cup almond flour or amaranth flour
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- Pinch of salt
- 1/4 tsp ground Ceylon cinnamon powder
- 1/4 tsp ground ginger
- 1/4 cup unsalted butter
- 1/4 cup date syrup
- 1/4 cup A2 milk (or almond/oat milk)
- 1 egg
- 1/4 tsp pure vanilla extract
- 1/4 cup chopped nuts (almonds and pistachios)

## Instructions

1. **Preheat Oven:** Preheat the oven to 180°C (350°F) and grease a small loaf pan or mini loaf pans.
2. **Mix Dry Ingredients:** In a bowl, whisk together almond flour, baking powder, baking soda, salt, cinnamon, and ginger.
3. **Combine Wet Ingredients:** In another bowl, cream butter and date syrup until smooth. Add the egg and vanilla extract. Mix well.
4. **Blend:** Gradually add the dry ingredients to the wet mixture, alternating with the milk, until fully combined.
5. **Prepare Batter:** Pour the batter into the prepared pan and top with chopped nuts if desired.
6. **Bake:** Bake for 20 to 25 minutes, or until a toothpick inserted in the center comes out clean.
7. **Cool and Serve:** Let the cake cool before slicing and serving.



**Power Tip:** For extra sweetness, drizzle a little date syrup on top of the cake after baking!

## Related Links For Products:

- **Dawn Lee Ceylon Cinnamon Powder | Real Dalchini Powder (50 gms)**  
<https://www.youcarelifestyle.com/en/product/dawn-lee-ceylon-cinnamon-powder-or-real-dalchini-powder-or-srilankan-true-cinnamon-or-optimal-heart-health-and-aids-in-weight-loss-or-no-cheaper-substitutes>
- **Nuttercup California Almonds 200 gms**  
<https://www.youcarelifestyle.com/en/product/nuttercup-raw-california-almonds>



# Christmas Plum Cake

**Serves:** 8 to 10

**Preparation Time:** 20 minutes

**Total Time:** 1 hour 10 minutes

## Ingredients

- 1 cup mixed dried fruit (raisins, currants, prunes, apricots, and more)
- 1/2 cup unsweetened apple juice or orange juice
- 1/2 cup almond flour
- 1/4 cup gluten-free oat flour
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- Pinch of salt
- 1/4 cup unsalted butter, softened
- 1/4 cup date syrup
- 2 large eggs
- 1/4 tsp pure vanilla extract
- 1/4 cup chopped nuts (almonds, walnuts, or pistachios)
- Zest of 1 orange (optional)

## Instructions

1. **Preheat Oven:** Preheat the oven to 170°C (340°F) and grease a loaf pan or line it with parchment paper.
2. **Simmer Dried Fruits:** In a small saucepan, heat the mixed dried fruits with apple juice or orange juice. Simmer for five minutes, then set aside to cool.
3. **Mix Dry Ingredients:** In a bowl, combine almond flour, oat flour, baking soda, cinnamon, ginger, cloves, and salt.
4. **Prepare Wet Ingredients:** In a separate bowl, cream the butter and date syrup until smooth. Add eggs and vanilla extract while mixing well.
5. **Combine Mixtures:** Gradually fold the dry ingredients into the wet ingredients. Add the cooled fruit mixture, nuts, and orange zest (if using).
6. **Prepare Batter:** Pour the batter into the prepared pan and level the surface.
7. **Bake:** Bake for 45 to 50 minutes, or until a toothpick inserted into the center comes out clean.
8. **Cool and Serve:** Let the cake cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.



**Power Tip:** For added flavor, soak the dried fruit overnight in apple juice or orange juice to enhance the natural sweetness.

## Related Links For Products:

- **Granomaxx Rolled Oats and Oats Flour and Sattu 900g**  
<https://www.youcarelifestyle.com/en/product/granomaxx-rolled-oats-and-oats-flour-and-sattu-900g>
- **Nutty Gritties Pista Kernels, No Shells, Roasted Unsalted -100g**  
<https://www.youcarelifestyle.com/en/product/nutty-gritties-pista-kernels-no-shells-roasted-unsalted-100g>



# Decadent Gluten-Free Chocolate Truffles

**Serves:** 2

**Preparation Time:** 10 minutes

**Total Time:** 40 minutes (including chilling time)

## Ingredients

- 1/4 cup unsweetened dark chocolate (or dairy-free chocolate)
- 2 tbsp coconut cream (or A2 milk cream)
- 2 tbsp cacao powder
- 1 tbsp raw honey
- 1/4 tsp vanilla extract
- 2 tbsp shredded coconut (for rolling)
- 2 tbsp chopped nuts (almonds and cashews)

## Instructions

1. **Melt Chocolate:** In a small saucepan, melt the unsweetened dark chocolate and coconut cream over low heat. Stir until smooth.
2. **Combine Ingredients:** Remove from heat and stir in cacao powder, raw honey, and vanilla extract.
3. **Chill Mixture:** Let the mixture cool slightly, then refrigerate for 15 to 20 minutes to firm up.
4. **Shape Truffles:** Once firm, scoop out small portions of the mixture and roll them into balls.
5. **Add Texture:** Roll the truffles in shredded coconut or chopped nuts for extra texture.
6. **Set and Serve:** Refrigerate the truffles for another 10 minutes to set before enjoying.



**Power Tip:** Experiment with coatings like cacao powder or crushed pumpkin seeds for added flavor and texture!

## Related Links For Products:

- **Coffeeza Dark Chocolate Flavoured Aluminium Coffee Capsules (55gm)**  
<https://www.youcarelifestyle.com/en/product/coffeeza-dark-chocolate-flavoured-aluminium-coffee-capsules-55gm>
- **Ambrosia Natural and Whole Cashew W320 (200 gms)**  
<https://www.youcarelifestyle.com/en/product/ambrosia-natural-and-whole-cashew-w320-200-gms->



# Ginger Spice Cookies

**Serves:** 2

**Preparation Time:** 10 minutes

**Total Time:** 18 to 20 minutes

## Ingredients

- 1 cup almond flour
- 1/4 cup coconut sugar
- 2 tbsp cold-pressed coconut oil (melted)
- 1 tsp ground ginger
- 1/2 tsp Ceylon cinnamon powder
- 1/4 tsp baking soda
- 1/2 tsp vanilla extract
- Pinch of sea salt

## Instructions

- 1. Preheat Oven:** Preheat the oven to 350°F (180°C) and line a baking tray with parchment paper.
- 2. Mix Dry Ingredients:** In a bowl, combine almond flour, coconut sugar, ground ginger, cinnamon, baking soda, and sea salt.
- 3. Combine Wet Ingredients:** In a separate bowl, whisk together melted coconut oil and vanilla extract.
- 4. Form Dough:** Gradually add the wet ingredients to the dry ingredients and mix until a dough forms.
- 5. Shape Cookies:** Scoop small portions of dough (about 1 tablespoon each), roll into balls, and flatten slightly with your fingers.
- 6. Bake:** Place the cookies on the prepared baking tray, leaving space between them. Bake for eight to 10 minutes or until the edges are golden.
- 7. Cool:** Allow the cookies to cool on the tray for five minutes before transferring them to a wire rack to cool completely.



**Power Tip:** For extra crunch, sprinkle a little coconut sugar on top before baking.

**Notes:** Store cookies in an airtight container for up to a week.

## Related Links For Products:

- **Ecotyl Coconut Sugar | Blossom Sugar | Natural Sweetener (300 gms)**  
<https://www.youcarelifestyle.com/en/product/ecotyl-coconut-sugar-or-blossom-sugar-or-natural-sweetener-300-gms->
- **IndicWisdom Wood Pressed Coconut oil 1 Litre Extracted On Wooden Churner**  
<https://www.youcarelifestyle.com/en/product/indicwisdom-wood-pressed-virgin-coconut-oil-1-liter-cold-pressed-coconut-oil-extracted-on-wooden-churner->



# Festive Chocolate-Dipped Fruit Treats (No Microwave!)

**Serves:** 2 to 3

**Preparation Time:** 10 minutes

**Total Time:** 20 minutes

## Ingredients

- 1 small banana, sliced into thick rounds
- 1/2 apple, sliced into wedges (or any fruit your kids like)
- 1/4 cup unsweetened dark chocolate (or dairy-free chocolate)
- 1 tbsp cold-pressed coconut oil (or unsalted butter)
- Crushed nuts and coconut flakes for decoration

## Instructions

- 1. Prepare the Fruit:** Slice the banana into rounds and cut the apple into wedges. You can also use other fruits like strawberries or pear slices.
- 2. Melt the Chocolate:** In a small saucepan, add the chocolate and coconut oil (or unsalted butter). Place the saucepan over low heat. Stir continuously until the chocolate is fully melted and smooth. Be careful not to burn it by keeping the heat low and stirring often.
- 3. Dip the Fruit:** Once the chocolate is melted, dip each slice of fruit into the chocolate, coating it halfway or fully, depending on your preference.
- 4. Decorate:** Place the dipped fruit on a plate lined with parchment paper. While the chocolate is still soft, top with crushed nuts and coconut flakes for extra texture.
- 5. Chill:** Refrigerate the chocolate-dipped fruit for 10 to 15 minutes to allow the chocolate to harden.



**Quick Tip:** For added fun, let your kids help dip the fruit and decorate it with their favorite toppings!

## Related Links For Products:

- **Let's GoNuts Shahi Nuts Mix Almonds Cashews Walnut and Pistachios (200 gms)**  
<https://www.youcarelifestyle.com/en/product/let-s-gonuts-shahi-nuts-mix-almonds-cashews-walnut-and-pistachios-200-gms->
- **Mulgao Verde Desiccated Coconut Angel Flakes 250 gm**  
<https://www.youcarelifestyle.com/en/product/mulgao-verde-desiccated-coconut-angel-flakes-250-gm>



# Savoury Christmas Tart

**Serves:** 4 to 6

**Preparation Time:** 25 minutes

**Total Time:** 50 to 60 minutes

## Ingredients

### For the Crust:

- 1 ½ cups gluten-free flour (almond flour or buckwheat flour )
- ¼ cup melted unsalted butter
- 1 egg
- 1 tsp salt
- 1 to 2 tbsp cold water

### For the Filling:

- 1 cup cooked diced vegetables (spinach, mushrooms, and more)
- ½ cup cheese (dairy-free if needed)
- 3 eggs
- ½ cup A2 milk (or plant-based),
- Salt to taste
- Pepper to taste
- Herbs (thyme, rosemary) to taste

## Instructions

- 1. Make the crust:** Preheat the oven to 180°C (350°F). Combine gluten-free flour and salt. Add butter and egg. Mix. Add water to form a dough. Press into the tart pan and chill. Blind-bake for 10 to 12 minutes.
- 2. Prepare the filling:** Whisk eggs, milk, salt, pepper, and herbs. Stir in vegetables and cheese. Pour into the baked crust.
- 3. Bake:** Bake for 20 to 25 minutes until set and golden.



**Power Tip:** Add a sprinkle of fresh herbs or roasted nuts on top before serving for extra flavor and crunch.

## Related Links For Products:

- **Boombay Oregano + Thyme (220 gms)**  
<https://www.youcarelifestyle.com/en/product/boombay-oregano-thyme20-gms>
- **NIHKAN Sprouted Buckwheat Flour 454g**  
<https://www.youcarelifestyle.com/en/product/nihkan-sprouted-buckwheat-flour-454g>



# Bruschetta with Tomato and Basil

**Serves:** 4 to 6

**Preparation Time:** 10 minutes

**Total Time:** 20 minutes

## Ingredients

- 1 loaf sourdough bread, sliced into 1-inch pieces
- 3 medium tomatoes, finely diced
- ¼ cup fresh basil, chopped
- 2 cloves garlic, minced
- ¼ tbsp extra virgin olive oil (optional, for toasting)
- 1 tbsp balsamic vinegar
- Salt and pepper to taste
- ¼ cup grated parmesan cheese

## Instructions

### 1. Toast the Bread:

- Preheat the oven to 375°F (190°C).
- Arrange the sliced sourdough bread on a baking sheet and brush each side lightly with the extra virgin olive oil.
- Toast in the oven for eight to 10 minutes, or until golden and crispy.

### 2. Prepare the Topping:

- In a mixing bowl, combine the diced tomatoes, chopped basil, minced garlic, balsamic vinegar, salt, and pepper.
- Stir well and set aside to let the flavors blend.

### 3. Assemble the Bruschetta:

- Remove the toasted bread from the oven.
- Spoon the tomato and basil mixture generously onto each slice of bread.

### 4. Add the Cheese:

- Sprinkle the grated Parmesan cheese over the top of each bruschetta slice.

### 5. Serve:

- Serve immediately as an appetizer or side dish.



**Power Tip:** For a stronger garlic flavor, rub a clove of garlic on the toasted bread slices before adding the tomato mixture.

## Related Links For Products:

- **The Olive Story Extra Virgin Olive Oil (250ml)**  
<https://www.youcarelifestyle.com/en/product/the-olive-story-extra-virgin-olive-oil-250ml>
- **Amaryllis Kerala Black Pepper (70 gms)**  
<https://www.youcarelifestyle.com/en/product/amaryllis-kerala-black-pepper-70-gms->



# Christmas Chicken Soup

**Serves:** 2

**Preparation Time:** 10 minutes

**Cooking Time:** 25 to 30 minutes

**Total Time:** 35 to 40 minutes

## Ingredients

- 1 small chicken breast (or 1/2 chicken thigh), boneless and skinless, diced
- 1/2 small carrot, chopped
- 1/2 potato, chopped
- 1/4 cup sweet corn kernels (non-GMO)
- 1/2 cup green beans, chopped
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 2 cups chicken broth (or water with chicken bouillon)
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- Salt and pepper to taste
- 1/2 tbsp A2 ghee
- Fresh parsley or coriander, chopped (for garnish)
- A squeeze of lemon (optional)

## Instructions

1. **Prepare Ingredients:** Dice the chicken into small pieces. Chop the carrot, potato, green beans, and onion. Mince the garlic.
2. **Cook Chicken:** Heat ghee in a medium saucepan over medium heat. Add the diced chicken and cook until lightly browned for about three to four minutes.
3. **Sauté Aromatics:** Add the chopped onion and minced garlic. Sauté for another two to three minutes until softened.
4. **Add Vegetables:** Stir in the chopped carrot, potato, green beans, and sweet corn. Mix well.
5. **Simmer:** Pour in the chicken broth (or water with bouillon) and bring to a boil. Reduce the heat to a simmer. Add thyme, rosemary, salt, and pepper. Let it simmer for 15 to 20 minutes, or until the chicken is cooked through and the vegetables are tender.
6. **Adjust Flavor:** Taste and adjust seasoning if necessary. Add a squeeze of lemon juice for a fresh, zesty flavor (optional).
7. **Serve:** Serve hot, garnished with freshly chopped parsley or coriander.



**Power Tip:** For an extra creamy soup, blend half the soup, once the vegetables are cooked and cooled, then return it to the pot. This will create a thicker, richer texture without the need for cream.

## Related Links For Products:

- **IndicWisdom Hand Churned Desi Gir Cow Ghee (450 ml)**  
<https://www.youcarelifestyle.com/en/product/indicwisdom-hand-churned-a2-desi-gir-cow-ghee-450-ml->
- **Kerala Black Pepper Powder (70 gms)**  
<https://www.youcarelifestyle.com/en/product/kerala-black-pepper-powder-70-gms->



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We hope you like these recipes and try them too!

For more such innovative and healthy recipes, click [here](#).

### Get In Touch With Us

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# HAPPY HOLIDAYS!

-Team Luke