

Dora Feher

CHRISTMAS RECIPES



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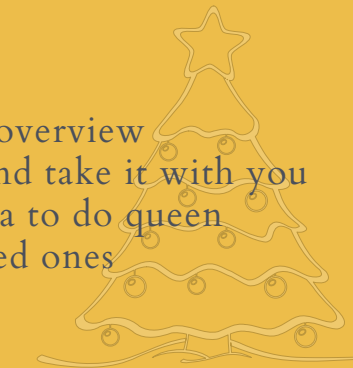
Gift ideas for foodies

My meals - list your menu for an easier overview

Shopping list - add all the ingredients and take it with you

To do list - organize, time, delegate, be a to do queen

Gift list - gather your ideas for your loved ones



Welcome to a plant-based Christmas



Amidst the glittering lights and merry tunes, there's something magical about celebrating the holiday season with a twist. Embracing a plant-based Christmas isn't just about what's on your plate; it's a celebration of vibrant flavors, nourishment, and sustainability. It's an invitation to savor the richness of nature's bounty while crafting dishes that are as indulgent as they are wholesome.

So, welcome to a celebration where every dish tells a story, where tradition meets innovation, and where the joy of food brings hearts closer together. Let this plant-based Christmas be a time of abundance, kindness, and unforgettable flavors that nourish both body and soul.

In this e-book you will find all kind of dishes from appetizers to desserts, and also some gift ideas for the foodie friends. I incorporated some fill-in lists to make planning much easier, you can write out your menu, a shopping list for all the meals, a to-do list so you can see what must be done and also a gift list to make a note of your ideas to each person around you. Let's be the organization queen (or king) without the effort.

There are extra tips to make the preparation easier and faster with some "cheating" or to turn the recipe into glutenfree to suit all special needs.

May your holiday season be filled with cherished moments shared with loved ones. Now grab a mug of hot chocolate and immerse yourself in the stress-free planning. Have a good time.

Love,

Dora



Benefits of plant-based eating during the holidays

During the holiday season, embracing a plant-based approach to eating offers a lot of benefits that extend beyond the dinner table. Here's a glimpse into the advantages of choosing plant-powered meals for your holiday celebrations.

Health and vitality:

Plant-based eating presents a way to nourishing your body with nutrient-dense foods. Packed with vitamins, minerals, and antioxidants, these ingredients not only support overall health, but also boost your immune system. They offer a balance, helping you feel energized throughout the season.

Delicious and diverse flavors:

Contrary to common misconceptions, plant-based eating doesn't equate to bland or limited choices. Quite the opposite! The holiday season offers an array of seasonal fruits, vegetables, grains, and legumes that serve as a canvas for delightful culinary creations. From hearty stews and flavorful roasted vegetables to decadent desserts, plant-based dishes present a diverse and mouthwatering assortment.

Digestive well-being:

During a season often characterized by rich and heavy meals, incorporating plant-based options can offer digestive relief. The abundance of fiber supports healthy digestion, aiding in the management of digestive discomfort and promoting overall gut health. These lighter options amidst traditional holiday fare help maintain balance.

Cultivating creativity:

Vegan meals during the holidays open doors to culinary creativity. It challenges you to reimagine traditional recipes, experiment with new flavors, and discover new cooking techniques.



Creating a festive menu



Crafting a festive plant-based menu and organizing meal preparation for the holiday season involves creativity, planning, and attention to detail. Here are some useful tips to help you create a delightful vegan feast.

Festive menu creation:

- Create a theme: consider a central theme for your menu, such as "Winter Wonderland" or "A Rustic Plant-Powered Feast." This helps guide your dish selections. You can choose a main ingredient too, which can be present in multiple courses making cooking more simple.
- Incorporate seasonal ingredients: highlight seasonal fruits and vegetables, like roasted brussels sprouts, winter squash soups,

cranberry-based dishes, and hearty salads with pomegranate seeds.

- Balance your dishes: no no don't start to count calories or macros. Ensure there's a mixture of flavors, textures, and colors. Offer a variety of comforting mains, vibrant sides, and indulgent desserts.
- Create showstopping mains: experiment with hearty dishes like stuffed squash, lentil loaves, or mushroom Wellington. These dishes can be the star of your festive table.
- Offer diverse side dishes: include a variety of sides such as roasted root vegetables, herbed quinoa, wild rice pilaf, or festive grain-based salads. This way even the pickiest person can find something appetizing.
- Decadent desserts: crown the evening with delightful desserts like baked apples, pumpkin pie, Santa's muffins or vegan gingerbread cookies. These sweet treats add a memorable finale.

Tips for meal preparation and organization

1. **Plan your menu ahead:** create a detailed menu plan, listing each dish you intend to prepare, including ingredients and recipes, and the time needed for preparation.

2. **Write a shopping list:** after finalizing your menu, make a shopping list based on the ingredients required for each dish.

3. **Prep ingredients ahead:** chop vegetables, measure out spices, and prepare sauces or dressings a day or two before the event, or if you have time you can prep and freeze them. This saves time on the day of cooking.

4. **Consider make-ahead dishes:** choose recipes that can be partially or fully made in advance and simply reheated or assembled on the day.

5. **Optimize oven and stovetop space:** plan your cooking timeline to utilize oven and stovetop space efficiently. Cook multiple dishes simultaneously if possible.

6. **Delegate tasks:** if you're hosting a gathering, consider asking your family for help or guests to bring specific dishes.

7. **Use a timeline:** create a cooking schedule or timeline for the day of the event, specifying when each dish needs to be started or finished cooking. Don't just rely on the given time in the recipes, leave more, especially if you are not a kitchen fairy (or sometimes forget to turn on the oven like me).

8. **Set up a festive serving area:** prepare a beautifully arranged dining area with plates, cutlery, serving utensils, and decorative elements. Bring in nature with pine cones, branches, berries and light some candles to elevate the mood.

By following these guidelines, you can craft a memorable and delicious plant-based feast while staying organized and stress-free during the holiday season. Enjoy the joy of cooking and sharing a wonderful celebration with your loved ones!



Let's get started



Before you start anything else, just prepare your mind, soul, body for the festive ultra marathon, because I can assure you it is a workout which can last multiple days. So it is important to be ready.

Morning prep

First of all try to go to bed early to be well rested, then wake up before others to have a quiet moment just for yourself.

Look for a cozy corner, make a tea or coffee and just sit there in quiet for a few moments. You can put up some festive music and light some candles, or put winter scents in your aroma diffuser (I love orange and cinnamon mixed together).

Get your comfy clothes on, warm socks, and anything you don't mind to get dirty during the cooking process.

When you set the mood put some food in your belly. You will need all the energy, and though tasting the foods might fill you up on the go, it is better to start with a nutritious meal. So here is a simple yet delicious hearty breakfast pudding, which you can make the night before, and just get out of the fridge in the morning.

Persimmon pudding

1/2 cup oats

1/2 persimmon

1 tbsp chia seeds

1/2 cup plant based milk

gingerbread spice mix

Blend it all together, pour in a glass and put in the fridge to set overnight.



Appetizers and starters

“Meatballs” & pasta

Ingredients:

Bow tie pasta

Basil leaves

1 can of white beans (drained)

1/2 cup oat flour

1/2 cup grated zucchini

1 cup mushrooms

1/2 cup grated carrots

1 onion

2-3 cloves of garlic

salt, pepper, ground cumin

favourite sauce (I added bbq)

To save time put the beans, mushroom, onion and garlic in the food processor and pulse them until fine. If you don't have a food processor, then mash the beans with a fork and

finely chop the rest. Grate the zucchini and the carrots, and add the rest of the ingredients to the mixture. Combine everything well. If it feels too dry just wait a couple of minutes until the veggies release some water. Form into balls and put them in the oven (or air fryer) on 180°C/320°F for 20 minutes. Check on them halfway and turn them to brown evenly.

Cook the pasta, let everything cool, then use toothpicks to assemble. Add some sauce on top of the balls, one basil leaf and a pasta.

Lazy tip: you can buy frozen veggie balls and bake them, or ready made dry mixture where you just add water, then form balls and put them in the oven.



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Broccoli cream soup and cheese crackers

Ingredients:

1/4 cup leeks

2 cloves garlic

250 g broccoli

1/2 cup veggie broth

1 tbsp plant-based sour cream

salt, pepper, basil, oregano

vegan cheese

Peel the leek and cut it in half lengthwise, then wash it well from bottom to top direction. Finely chop it (you can use normal onion if you don't have leeks), add some olive oil in a pot and sautee the leeks for a few minutes until soft. Add the chopped garlic, and stir for

another minute. Pour in the veggie broth and add the broccoli cut into florets (peel and chop up the stem too). Cook for 5 minutes, then put everything in a blender. Add the sour cream and herbs and blend it all up until creamy. For the crackers grate the cheese and in small dollops fry them in a pan on low heat until they melt and then get crispy.

Lazy tip: you can use tortilla chips instead of the cheese.

Roasted red pepper hummus:

1 can chickpeas (drained)

4-5 red peppers or red bell peppers

juice of half lemon

1/4 cup olive oil

3 cloves garlic

salt, pepper, turmeric, chilli

Roast the peppers in the oven, put them in a food processor with the rest of the ingredients and blend. Serve with veggie sticks, crackers or tortilla chips.



Main courses and centerpieces

Vegan Wellington or veggie loaf

Ingredients:

Vegan puff pastry - only for the Wellington

1 cup sweet potato mashed

1/2 onion

2 handful of spinach leaves

1/2 cup lentils (I used canned)

1/4 cup sunflower seeds (or walnuts)

2 cups of chopped mushrooms

1 tbsp mustard

2 tbsp nutritional yeast

salt, thyme, rosemary

First I prepped the sweet potato, steaming, seasoning and mashing them with a fork. Roll out the puff pastry. Sautee the onions, mushrooms, and in a food processor mix with the lentils, seeds and rest of the ingredients.

Layer the sweet potato mash on the middle of the pastry, then add a handful of baby spinach on top, and cover with the lentil-mushroom mix. Shape it with your hands and fold over the sides of the pastry. Fold in the edges. Cut some holes on the top, you can decorate it too.

Put it in the oven on 180°C/360°F for around 25 minutes but keep an eye on it.

I served mine with dutchess potato, green peas and a simple vegan gravy. (Recipe for the potato on page 10, for the gravy on page 11)

Extra tip: if you want it gluten free, then just leave the puff pastry and bake it in a loaf tin. Layer it upside down, so the mushroom mix goes in the form first.



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Shepherd's pie

Ingredients:

3 large potatoes

2 tbsp vegan butter

2 cloves garlic, 1 onion

celery stalks, carrots, mushrooms, lentils or chickpeas, any veggies you have salt, pepper, thyme and rosemary

Add some olive oil in a pan and sautee the onions and garlic, than add the veggies chopped into small pieces with water and spices. Meanwhile boil the potatoes until fork tender then drain them and let it dry off a bit. Mash and mix with the butter. When the veggies in the pan turn softer mix 1 tsp starch with a little cold water and add to the pan. Let it thicken up

a bit. Pour the mix in a baking dish, and layer the mashed potatoes on top. Add the rosemary and thyme and bake until it gets a bit golden.

Lazy tip: use frozen pre-chopped veggie mix, use veggie broth instead of spices

Veggie lasagne:

Lasagne sheets

any veggies you want to use up, in this I used cauliflower, onions, red bell peppers and mushrooms

chruised tomatoes

garlic, rosemary, basil, salt, pepper

vegan cheese

Make the tomato sauce with the tomatoes and spices in a blender. Layer with the lasagne sheets and the veggies. Top it with the grated cheese. Bake in the oven at 180°C/360°F for 25 minutes or until golden brown.

Extra tip: Make it gluten free - use eggplant and zucchini slices instead of the pasta



Sides and accompaniments

Duchess potatoes

Ingredients:

4 large potatoes

1 tbsp vegan butter

1/2 onion

1 clove garlic

salt, pepper, nutmeg

Boil the potatoes for about 15-20 minute until soft, then drain them and let them dry off a bit. Meanwhile sautee the onions and the garlic in a pan. Add all ingredients to a food processor or blender and mix until creamy. Load it in a piping bag and make bite size dollops on a baking sheet. Bake them in the oven at 200°C/400°F until it starts to get some golden colour. They will be perfect little bites with a crust on the outside, soft on the inside.



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Oven baked veggies: you can use any veggies you like, I added sweet potatoes, red onions, garlic cloves, and brussel sprouts for this mix. Love how the sweet and salty will melt together in the flavours.

Chop up the veggies into bigger pieces (they will shrink in the oven). Mix 3 tbsp olive oil with salt, pepper, and some cayenne pepper if you like the heat. Pour it on the veggies and toss them to cover.

Bake in the oven for 25 minutes on 200°C/400°F. Stir it halfway through, so it will cook evenly. When it's ready to it with a handful of pomegranate seeds, these little gems will burst in your mouth with a sweet and sour kick.



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Grilled salad

Ingredients:

salad hearts (or use normal salad heads and use the outer leaves in the festive greens salad down below)

dressing (ingredients below)

sesame seeds

Just cut the salads in half and put it on a very hot grill or pan cut side down. It takes just seconds to get it ready so keep an eye on it. Make a dressing of olive oil, lemon juice, lemon zest, mustard, agave, salt, pepper, fresh basil and grated garlic. Shake it together and pour on top of salad. Garnish with sesame seeds.

Festive greens and citrus salad: Use a mix of greens, your choice of nuts - I prefer toasted walnuts - sliced oranges, and a big handful of pomegranate seeds. Make a simple dressing with olive oil, orange juice, agave syrup, salt, pepper, and place it on the table next to the salad in a jar. Don't pour it on the salad only before eating or the greens will get soggy.

Extra tip: Add any kind of grains to make it a whole meal instead of a side dish (e.g. quinoa)

Vegan gravy:

1 cup vegetable stock

1,5 tbsp flour

1 tbsp mustard

2 tbsp nutritional yeast

garlic and chopped onion sauteed

1 tsp soy sauce

Add all ingredients in a pan and stir above low heat until thickens.

Extra tip: use 0,5 tbsp corn starch or rice flour for glutenfree option.



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Desserts and sweet treats

Gingerbread cookies

Ingredients:

- 1/2 cup vegan butter
- 1/2 cup brown sugar
- 2 cups all-purpose flour
- 3 tsp gingerbread spice mix
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup molasses or agave
- 1/4 cup plant-based milk

Icing

- 1 cup powdered sugar
- 1 tbsp non-dairy milk or water

Preheat the oven to 180°C/350°F. Mix the dry ingredients in a bowl. With a hand mixer combine the wet ingredients, then add to the dry. Chill the dough in the fridge for 15 minutes, then roll it out. Cut out the cookies and bake for 10 minutes. Decorate when it's completely cooled.



Baked apples:

- your favourite kind of apples
- 1/2 cup rolled oats
- 1/4 cup plant-based milk
- raisins
- chopped walnuts
- dark chocolate
- agave syrup
- gingerbread spice mix

Mix the oats, agave, milk, spices and raisins. Let them sit for 5-10 minutes. Then chop off the top of the apples, and with a spoon carve out some flesh. Load the holes with the oat mixture, add walnuts and chocolate pieces and bake in an oven at 180°C/ 360°F for 20 minutes.





Santa Clause muffins

Ingredients:

- 1 + 1/2 cup flour
 - 2 tsp baking powder
 - 1/3 cup coconut oil
 - 1 banana
 - 1/2 cup plant-based milk
 - 2 tsp sugar or sweetener
 - juice and zest of one orange
 - a pinch of salt
 - 2 tsp gingerbread spice mix
- ### Filling:

- 4 tbsp nut butter
- 1 tbsp cocoa powder
- sweetener according to taste

Decoration: marzipan, sugar pearls

Mix the flour with the baking powder, sugar, salt and spices. Finely grate the peel of the orange, then squeeze out the juice. Mash the banana with a fork. Add the wet ingredients to the dry mixture and process, but do not over mix. Bake in an oven preheated to 180°C/ 360°F degrees for 15-20 minutes. If the top browns too quickly, lower the temperature. When they have cooled down, cut off the top and use a small spoon to make room for the filling. Mix the filling ingredients and spoon them into the muffins, then put the top back on.

Cut circles out of the marzipan with a cookie cutter or a glass and cover the muffins with it. You can use activated carbon powder or food coloring for black marzipan. Cut strips out of it, then draw the belt buckle on top of each muffin with the frosting.

You can also decorate with sugar sprinkles if you like.



Festive drinks

Spicy hot chocolate

Ingredients:

1 cup plant-based milk

50 g dark chocolate

vegan whipped cream

toasted coconut flakes

gingerbread spice mix

leftover gingerbread cookies

Warm up the milk in a pot, add the chocolate and spices in the mug and pour over the milk.

In a dry pan add the coconut flakes and toast them on low heat stirring continuously. Keep an eye on it, they burn very quickly.

Add the whipped cream to the hot chocolate, top it with the coconut flakes and eat some leftover gingerbread cookies to it.



Moctails: here are my two favorites:

- elderflower syrup, rosehip or cranberry juice, sparkling water, a piece of candied ginger

- butterfly pea powder, candied ginger, orange juice, lime and sparkling water. This magical baby changes colours when you add the lime juice

Both of them are alcoholfree, but if you want to add a little vodka to the mixture no one will judge you. Just be careful with the quantities and stay safe.

Gift ideas



Cookie in a jar

Look for a great recipe. Layer the ingredients like flour, sugar, cacao powder in a jar. Add spice mix or toppings in a small bag and put it on top of the dry mixture. You can complete it with a cookie form or muffin tray. Write the recipe on a paper, and tie it on the jar with a nice ribbon.

Spicy oil

Choose a decorative glass. Add olive oil and your herbs of choice. Garlic, rosemary, sage looks and tastes good in it.

Festive chocolate bar: melt dark chocolate and pour it on a silicone baking sheet or in a flat lunch box. Add any toppings you like, festive sugar decorations, vegan marshmallows

candied orange. If you'd like to prepare the orange at home, then mix 1/2 cup water with 1 cup granulated sugar and melt it together. Add the orange slices and let them simmer for 40 minutes.

Spicy pumpkin jam:

2 oranges

150 g of pumpkin

2 tsp brown coconut sugar

gingerbread spice mix

Cut the pumpkin into cubes, then steam it in a little water for 10 minutes. In the meantime, peel the orange and take out the inside of the segments. Mash the pumpkin with a fork and add the other ingredients. Cook for approx. 10 minutes to thicken, taste and season if necessary. Put it in the previously well-washed jars, close the top and turn it upside down.

Wrap it in a tea towel and let it cool until the next day. If you intend it as a gift, decorate the bottle with a ribbon and a nice message.



My meals



apetizers

main course

side dishes

desserts

drinks

Shopping list

apetizers

main course

side dishes

desserts

drinks



To do list

2 week prior

invite guests
meal planning
shopping list
festive decor
gifts

1 week prior

shopping ingredients
cleaning your home
plan programs
make ahead meals
to freeze

2 days prior

chop ingredients
wrap gifts

1 days prior

prep breakfast
make ahead meals
final cleaning and decorating

House

cleaning
bathroom
cozy blankets and pillows
fairy lights

For the dining area

prep tableware
set up table
decorate
candles

Meal prepping

shopping
chopping
mixing
freezing

Me-time: incorporate it to relax before the madness begins :)

Gift list

For.....

For.....

For.....

For.....

For.....






HELLO, I'M DORA

My name is Dora Feher. I'm a nutritional consultant and life&health coach. My passion is to help people find their best self with the abilities they already have, reforming their habits, reaching the healthiest version.

Hope you will find some great content in this ebook and try the recipes included. They are simple, and easy to make, most of them doesn't require any special ingredients.

Whishing you a really joyful Christmas.

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