

Healthy Holiday Brunch



Hosting for the Holidays? These healthy holiday brunch recipes will prepare you for a great day and help you stay on track with your health goals!

We will be making:

- Protein & Produce Packed Breakfast Casserole
- Chocolate Peppermint Bliss Balls

Thank you for being part of the cooking class. I am so excited to cook with you! Please ensure that you have all of the ingredients and equipment listed for the recipes!

Shopping List for Recipes

Produce

- 1 red, orange, or yellow bell pepper
- 1 medium zucchini
- 1 small yellow squash
- $\frac{3}{4}$ cup green, white, or red onion
- 2 cloves garlic
- 5 ounces fresh baby spinach

- 10 Medjool dates (pitted)
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Dairy / Refrigerated

- 4 ounces crumbled feta, crumbled goat cheese, or shredded cheddar cheese
 - 4 large eggs
 - 32 ounces liquid egg whites (or a total of 16 whole eggs)
 - 3 tablespoons Greek yogurt or cottage cheese
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Pantry / Baking

- 1 cup raw cashews
 - ¼ cup cacao powder
 - 2 tablespoons ground flaxseeds
 - 1 teaspoon peppermint extract
 - Extra-virgin olive oil or avocado oil
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Spices / Seasoning

- Salt
 - Black pepper
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Optional Ingredients

- Hot sauce (your favorite brand)
 - Ham or turkey bacon
 - 2-4 tablespoons crushed candy canes, sugar-free peppermints, or cacao nibs
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Protein & Produce Packed Breakfast Casserole



A healthy breakfast casserole can be a great option for the holidays or busy weekday mornings! They are wholesome, hearty, and full of fresh flavor, yet easy to prep and a great prep-ahead option. Strong your day strong with this protein and fiber-packed recipe!

- **Servings:** 6-8
 - **Cooking Time:** Approximately 45 minutes
 - **Equipment needed:** 9 x 13-inch baking pan, large skillet, medium mixing bowl, whisk, spatula, knife and cutting board
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Ingredients

- 1 tsp Extra-virgin olive oil or avocado oil
 - 1 red, orange, or yellow bell pepper (~1 cup) - membrane removed, seeded, and diced
 - 1 medium zucchini (~ 1 cup), end removed and diced
 - 1 small yellow squash (~1 cup), ends removed and diced
 - ¾ cup green, white, or red onion, thinly sliced
 - 2 cloves garlic, minced
 - 5 ounces (~ 5 cups) fresh baby spinach
 - 4 ounces crumbled feta, crumbed goat cheese or shredded cheddar cheese
 - 4 large eggs
 - 32 ounces liquid egg whites (alternatively you can use 16 whole eggs in total)
 - 3 Tbsp greek yogurt or cottage cheese
 - ½ teaspoon fine salt
 - ¼ tsp pepper
 - *Optional:* Several dashes of your favorite hot sauce
 - *Optional:* Ham or turkey bacon, diced
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Instructions

1. **Preheat and Prepare the Pan**

Preheat the oven to 375 degrees F. and spray a 9×13 baking dish with cooking spray.

2. **Sauté the Vegetables**

In a large skillet over medium heat, warm the olive/ avocado oil until it shimmers. Add the chopped bell pepper, onion, zucchini, and yellow squash and saute for 8-10 minutes, stirring occasionally, until veggies have started to soften.

3. **Add Spinach & Garlic**

Add the chopped spinach and minced garlic to the skillet and cook, stirring, until spinach is wilted, about 2 minutes. Remove the skillet from heat and set it aside to cool slightly.

4. **Prepare the Egg Mixture**

In a medium mixing bowl, crack the eggs. Add the liquid egg whites, greek yogurt/ cottage cheese, salt, pepper, and (optional) several dashes of hot sauce. Whisk gently until the yolks and whites are blended.

Tip: Avoid over-whisking, as it can make the casserole dense rather than fluffy.

5. **Combine Ingredients**

Stir in half of the crumbled/shredded cheese. Gently fold in the cooled vegetables and meat (if using), mixing until evenly combined.

6. **Assemble and Bake**

Pour the mixture into the prepared pan, spreading evenly. Distribute the remaining cheese on top. Bake for 25-35 minutes, until eggs are completely set and cheese is lightly golden

Tip: To check doneness, insert a fork about ¼ inch into the center—if it comes out clean, it's ready.

7. **Cool and Serve**

Slice with a sharp knife into 6-8 servings and enjoy.

Tips and Tricks

- **Flavor Variations:** Swap in seasonal/ preferred veggies like mushrooms, cherry tomatoes, or asparagus. For cheese, feta and cheddar add a tangy flavor; goat cheese is creamier
 - **Dairy- Free Alternatives:** Use almond milk or a dairy free yogurt in place of greek yogurt/ cottage cheese. Use a dairy free cheese such as [Boursin® Dairy-Free Cheese](#) or skip the cheese altogether
 - **Storage:** Store leftovers in an airtight container in the refrigerator for up to four days.
 - **Reheating:** Gently reheat in the microwave or oven or enjoy at room temperature
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Nutrition

Calories: 320 kcal | Carbohydrates: 12g | Protein: 32g | Fat: 12g | Fiber: 3g | Sugar: 3g

Chocolate Peppermint Bliss Balls



Awaken your senses and impress your guests with these Chocolate Peppermint Bliss Balls. These festive, no-bake holiday treats are made with wholesome, quality ingredients, yet loaded with flavor! Combining healthy fats, fiber, protein, and carbs makes this a balanced treat to enjoy year-round as a snack or dessert option!

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- **Servings:** Makes about 12-15 energy balls
 - **Preparation Time:** 10 minutes
 - **Difficulty Level:** Easy
 - **Equipment Needed:** Food processor, medium cookie scoop, plate
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Ingredients

- 1 cup raw cashews
 - 10 pitted Medjool Dates
 - ¼ cup cacao powder
 - 2 tablespoons ground flaxseeds
 - 1 teaspoon peppermint extract
 - pinch of sea salt
 - *Optional:* 2-4 tablespoons crushed candy canes, [sugar free peppermints](#), or cacao nibs for an added crunch plus for presentation!
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Instructions

- 1. Add Ingredients to Food Processor:**
 - Place all ingredients into the food processor: cashews, Medjool dates, cacao powder, ground flaxseeds, peppermint extract, and a pinch of sea salt.
 - 2. Process Until Sticky:**
 - Turn the food processor to high and blend until the mixture starts to stick together and reaches a dough-like consistency.
 - 3. Form the Balls:**
 - Using a medium cookie scoop, scoop out a portion of the mixture and roll it between your hands to form a ball.
 - Place each ball on a plate and continue until you have used up all the dough.
 - 4. Optional: Add Toppings!**
 - Place crushed candy canes, peppermints, or cocoa nibs into a shallow bowl or plate. Roll protein balls into crushed peppermint candy canes/ cocoa nibs
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Tips & Tricks

- **Use Fresh Dates:** Fresh, moist dates work best for this recipe. If your dates are dry, soak them in warm water for about 10 minutes, or add 1-2 teaspoons of water directly to the food processor.
 - **Adjust for Stickiness:** If the mixture doesn't stick together well, add a small amount of water and blend again to achieve the right texture.
 - When it comes to [peppermint extract](#), this is my favorite! I think it has the most "real" peppermint flavor.
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Serving & Storage Tips

- **Serving Suggestion:** Enjoy these as a quick snack, dessert or post-workout treat.
 - **Storage:** Store the energy balls in an airtight container in the refrigerator for up to one week. They can also be frozen for up to a month.
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Nutrition

**Per single ball, without the optional crushed candy cane/ peppermints/ cocoa nibs*

Calories: 61 kcal | Carbohydrates: 4g | Protein: 2g | Fat: 5g | Fiber: 1g | Sugar: 1g