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MONICA SPOELSTRA METZ
Nutrition + Lifestyle



Healthier Holidays

*Tips + Recipes to Kickstart
a Healthier Season*

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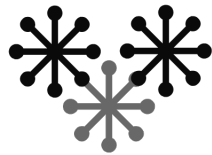
THREE TIPS FOR HEALTHIER HOLIDAYS

Creating a healthier holiday season is all about incorporating as many healthy mini-habits when you can, and making better decisions when you decide to indulge. It's unrealistic for most people to pull off a holiday season that's completely sugar-, booze- and wine-free. Instead, get strategic, and make smarter decisions about your holiday indulgences. Here are my top 3 tips to get you started:

- 1. Embrace the part-time detox** — Just because it's the holidays, you don't need to indulge every possible second of every possible day. Look at your calendar, and determine which days you can prepare healthy meals and snacks at home. On these days, try your best to avoid alcohol, refined sugar, dairy, and refined carbs (crackers, bread, etc.). That way, your body can recover and balance itself when you're not in party mode.
- 2. Eat your veggies at every meal** — Increasing your vegetable intake during the holidays is a simple yet powerful tactic to help your body detoxify and recalibrate. Vegetables are naturally lower in sugar and calories, and high in fiber and antioxidants. The fiber will fill you up, keep your digestion happy, and shuttle toxins out of the body. The antioxidants and other nutrients boost the immune system, help relieve stress, and promote healing in the body.
- 3. Start your day with a green smoothie** — Incorporating green smoothies into your day is a fast and simple way to boost your veggie intake, and literally flood the body with nutrients. In addition, it supports a healthy mindset, and sets the tone to help you make healthier decisions throughout the day.



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The Recipes

*Here are 5 recipes to kickstart
a healthier holiday season!*

If you have questions, feel free to email me at
monica@monicametz.com.



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GINGER PEAR SMOOTHIE

Serves 2. This is a light, refreshing, and sweet-tart smoothie that I love to make after I've been through a relatively indulgent phase. Plus, who doesn't love pears this time of year? This is great smoothie to make if you overdo it at the farmers market and come home with a case of pears.

INGREDIENTS

- 1 cup unsweetened coconut milk (or filtered water)
- 1 cup filtered water
- 1 romaine heart, or 1/3 of a large head of romaine
- ½ zucchini, chopped
- a large handful of baby kale
- 2 tablespoons raw pumpkin seeds
- 1-2 ripe pears, cored and chopped (if extra large, you'll probably only need one)
- 1 teaspoon freshly grated ginger (add more if you like)
- the juice from ½ lime (lemon is good too)
- 1 ½ cups frozen peaches (or a banana, frozen and in chunks)
- ½ cup of ice (optional)

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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KALE SALAD WITH MAPLE TAHINI DRESSING

Serves 4. Kale salad — it's everywhere! And for good reason. Kale is high in fiber and nutrients, including glucosinolates that have been reported to fight five kinds of cancer. Kale is also high in nutrients that help the body detoxify and reduce inflammation. From a practical standpoint, I love kale because it's the perfect foundation for a make-ahead salad — the sturdy greens stand up to a creamy dressing, and often the salad tastes even better the next day. I like to add a little sweetness to my kale salads — this recipe features a Maple Tahini Dressing, as well as chopped dates for garnish.

INGREDIENTS

- 1/3 cup of tahini
- 2 tablespoons extra virgin olive oil
- Juice from 1 lemon
- 1 tablespoon pure maple syrup (avoid brands that include high fructose corn syrup or other additives)
- 1/3 cup of water; you can add more for a thinner consistency
- 1/4 cup chopped pistachios
- 1 large bunch of Lacinato kale — remove the stems and thinly slice leaves. If in a rush, you can also use bagged kale.
- 1 apple, cored and chopped — or, 1/4 cup chopped medjool dates (or any dried fruit you have on hand)
- optional — a pinch of cayenne pepper, for heat
- sea salt and ground pepper to taste

INSTRUCTIONS

For the dressing: add the tahini, olive oil, lemon, and maple syrup into a small bowl. Whisk in the water a little bit at a time, whisking until the water is incorporated. Keep adding water and whisking until you reach the desired consistency for your dressing. Taste and season with sea salt and pepper.

Add the kale and half of the fruit (apples or dates) to a salad bowl. Drizzle some dressing onto the greens and use clean hands to mix and massage the kale so the leaves are coated evenly with dressing.



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Keep going through the process until the leaves are coated and the kale is slightly wilted.

Transfer the salad to a serving platter and scatter with the pistachios and remaining fruit. Drizzle on a bit of extra dressing if desired. Season with salt and pepper, and serve.



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SPICY COCONUT GINGER SOUP WITH GREENS

Serves 4. This soup comes together pretty quickly when you have prepped protein sitting in your fridge. The longer the broth simmers the more flavor it'll have — but when I'm in a rush I only simmer for 10 minutes. It's still delicious, especially when you're battling a cold or feeling low energy.

INGREDIENTS

- 1-2 tablespoons coconut oil
- ¼ cup sliced shallots
- 1 stalk lemongrass; discard tough outer leaves, then pound the stalk with a meat tenderizer or rolling pin. This helps release the essential oils and flavor from the woody stalk (*don't worry if you can't find this — the soup is fine without it*)
- 2-3 cloves minced garlic
- 1 tablespoon freshly grated ginger root (or 1 teaspoon ground)
- 1 tablespoon freshly grated turmeric (or 1 teaspoon ground)
- 1-2 tablespoons red curry paste (check the label for MSG, etc.) — brands vary in intensity, so use less paste according to your preferences. You can always add more.
- 1 quart low-sodium broth of choice
- 2 cups organic, coconut milk (light or regular)
- Protein: 1 container of tofu (chop), or a heaping cup of shredded chicken
- 4-6 massive handfuls of baby kale (or sliced kale). You really can't have too many greens in my opinion.
- *Optional* — 1-2 tablespoons of fish sauce — [Red Boat fish sauce](#) is high quality, and pretty easy to find
- Fresh cilantro, stems removed



INSTRUCTIONS

In a large soup pot, heat coconut oil over medium heat. Add the shallots and lemongrass (the whole stalk — you'll fish it out later), and cook 10-15 minutes, until the shallots start to soften and caramelize.

Add the garlic and stir for a minute so it doesn't burn. Add the curry paste, ginger and turmeric. Stir so the shallots and lemongrass are coated with the spices.

Pour in the broth and stir; simmer for about 15-30 minutes (whatever you have time for).

Strain the broth and discard the solids. Return the broth to the pot and add the coconut milk and fish sauce. Stir and bring to a gentle simmer for a few minutes.

Add the kale and stir until the greens are wilted — I only do this for a minute or so because I like my greens to be bright and still a little tender. The pot will be quite full with the greens, but they'll wilt quickly.

Add the tofu or chicken, and stir gently to warm.

Remove from heat. Add the cilantro, stir, and serve.

Serve with additional fish sauce and cilantro on the side.



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SPICED SEED MIX

This is excellent as a snack, or sprinkled onto any dish to give it more oomph. I like to scatter a couple of tablespoons on top of salads and soups. It also makes an excellent potluck/party snack — big crowd pleaser! Be careful not to overdo it, though — it can be a little addictive. This recipe is adapted from BonAppetit.com.

INGREDIENTS

- 1 cup raw sunflower seeds
- 1 cups raw pumpkin seeds (pepitas)
- 1/2 cup raw pistachios or cashews
- 2 tablespoons coconut oil (place jar in hot water for a few minutes to liquefy)
- ¼ to ½ teaspoon cayenne
- 1 tablespoon sea salt
- optional — ½ teaspoon ground cumin

INSTRUCTIONS

Preheat oven to 400° F.

Toss sunflower and pumpkin seeds with oil, cayenne, and salt (and cumin, if using) to coat. Transfer onto a baking sheet and toast in the oven, stirring and tossing often, until golden brown, 5–7 minutes. Let cool.

Store in an airtight container at room temperature.



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GOLDEN MILK LATTE

Serves 2. This is a rich, creamy treat you can sip either in the morning (when you're craving a latte) or in the evening when you're craving a snack. It might taste like an indulgence, but it's actually very healing for the body.

Turmeric's anti-inflammatory and immune-boosting power is enhanced by applying heat, and also by adding black pepper. Pepper helps the body absorb turmeric's beneficial compounds.

INGREDIENTS

- 16 ounces of full fat coconut milk or your favorite unsweetened nut milk
- ½ cup filtered water
- 1 heaping teaspoon grated fresh turmeric (or ¼ teaspoon ground)
- 1 teaspoon grated fresh ginger — add more if you want an extra kick
- a few grinds of black pepper
- ½ teaspoon vanilla extract
- raw honey to taste — start with 1 teaspoon
- a pinch of cayenne (optional)

INSTRUCTIONS

Add all of the ingredients to the blender and blend until smooth.

Transfer the ingredients into a small saucepan and heat gently until warmed through (don't boil).

After the liquid is hot, pour it through a strainer and discard the solids. Pour into mugs and serve.