



# **HOLIDAY RECIPE BOOK**

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&  
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**HIIT** BURN

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# INTRODUCTION

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Hey there, it's Rachel and Kelsey here!

We are so excited for you to try out our Holiday Recipes! We put a variety of recipes so that everyone can find one or a few they can enjoy this holiday season.

You'll find delicious protein shakes, desserts (of course), and some other delish dishes that are easy to make and share with your family and friends.

If you do want more recipes like this, don't forget to get ALL our recipes at the link below:

<https://hiitburn.com/carb-cycling-recipes/>

We are wishing you a happy and healthy holiday season,

-Kelsey Heenan and Rachel Morgan

**P.S.** Don't forget about our other cool stuff!

Like our BRAND NEW HIITBURN APP:

<https://new.hiitburn.com/get-the-app/>



# MAPLE PEANUT BUTTER PROTEIN SHAKE

**PREP TIME**

5 mins

**COOK TIME**

0 mins

**TOTAL TIME**

5 mins

## INGREDIENTS

- 1/2 cup (125 grams) plain kefir
- 1 tablespoon peanut butter
- 1/2 teaspoon cinnamon
- 1 tablespoon pure maple syrup
- 1 scoop protein
- A handful of ice



## INSTRUCTIONS

Blend together and enjoy!

## DID YOU KNOW:

Kefir is a fermented milk product which contains high levels of vitamin B12, calcium, magnesium, vitamin K2, biotin, folate, enzymes and probiotics! This makes is great for digestions, energy, gut health and immune health.

SEE RECIPE HERE: <https://youtu.be/JJ6WTxBcwKM>

# PUMPKIN ALMOND BUTTER SHAKE

## PREP TIME

5 mins

## COOK TIME

0 mins

## TOTAL TIME

5 mins

## INGREDIENTS

- 1 scoop vanilla protein
- 4-8 ounces unsweetened almond milk
- A handful of Ice
- 2 tablespoons almond butter
- 2 tablespoons pumpkin pie spice
- Cinnamon (to garnish on top)



## INSTRUCTIONS

- Add all ingredients to blender.
- Blend until well combined.
- Sprinkle cinnamon on top.

## DID YOU KNOW:

There are lots of protein powders that are good options, but our favorites are Organifi and Vital Proteins. These company use very minimal ingredients, which is really great. You can see more about those product here:

- <http://hiitburn.com/organifipro>
- <http://tracking.vitalproteins.com/SH1BX>

SEE RECIPE HERE: <https://youtu.be/HClafHlrhns>

# ALMOND BUTTER CUP PROTEIN SHAKE

**PREP TIME**

5 mins

**COOK TIME**

0 mins

**TOTAL TIME**

5 mins

## INGREDIENTS

- 4-8 ounces unsweetened coconut milk
- 2 scoops Naked Whey protein powder
- 1 tablespoons almond butter
- 1 tablespoons raw cacao powder
- 1 tablespoons honey
- 3-4 ice cubes



## INSTRUCTIONS

Blend together and enjoy!

## DID YOU KNOW:

Almond butter is packed with antioxidants! It is also full of magnesium which boosts heart health and potassium which is important for good blood pressure!

SEE RECIPE HERE: <https://youtu.be/oB3eMD9U8-A>

# PUMPKIN PIE PROTEIN SHAKE

**PREP TIME**

5 mins

**COOK TIME**

0 mins

**TOTAL TIME**

5 mins

## INGREDIENTS

- 1 scoop Vanilla protein powder
- 8 ounces pumpkin
- 1/2 tablespoon of cinnamon
- 1 tablespoon vanilla extract
- 8 ounces unsweetened almond milk
- A handful of ice



## INSTRUCTIONS

Add all ingredients to blender and blend on high until desired consistency is reached. Top with cinnamon,

## DID YOU KNOW:

Pumpkin is a very nutrient dense food. It is rich in vitamins, minerals and antioxidants! Pumpkin is packed with potassium which can have a positive effect on blood pressure. It is also high in beta carotene which is great for eyes and skin health and can even help reduce the risk of certain types of cancers!

SEE RECIPE HERE: <https://youtu.be/R4scnxYu5ag>

# APPLE CINNAMON PROTEIN SHAKE

## PREP TIME

5 mins

## COOK TIME

0 mins

## TOTAL TIME

5 mins

## INGREDIENTS

4 ounces unsweetened  
almond milk  
1 scoop vanilla protein  
4 ounces Siggis Greek  
yogurt  
1/4 cup (25 grams) oats  
1 apple, cut into chunks  
1/4 teaspoon cinnamon  
1 tablespoon honey  
6-8 ice cubes



## INSTRUCTIONS

Add all ingredients to blender and blend on high until desired consistency is reached. Top with a small handful of oats if desired.

## DID YOU KNOW:

Oats are packed with fiber which is great for digestive health. They have also been shown to help lower cholesterol, aid in weight loss and stabilize blood sugar!

**SEE RECIPE HERE:** <https://youtu.be/bwpjauAGrn4>



# CHOCOLATE ALMOND TRUFFLES

## PREP TIME

40 mins

## COOK TIME

0 mins

## TOTAL TIME

40 mins

## INGREDIENTS

About 1/2 an avocado,  
mashed  
2 tablespoons almond  
butter  
1/2 cup (90 grams) dark  
chocolate chips  
Cacao powder  
Sea salt to taste



## INSTRUCTIONS

Add avocado, almond butter and sea salt to a food processor, pulse a few times to combine well.

Microwave chocolate chips for about 30 seconds. Stir and microwave again for 20 seconds or until all the chocolate chips have fully melted. Pour melted chocolate into food processor with avocado and pulse until mixture is completely mixed and the avocado is no longer visible (you can also do this in a high speed blender).

Place mixture in the fridge to set for 30 minutes. Once the mixture has firmed up, remove it from fridge and begin rolling 1 tablespoon of the mixture into balls. Repeat until all of the mixture has been rolled into balls.

Fill a bowl with cocoa powder and roll each “truffle” in cocoa powder until well coated. Store in the fridge until ready to serve.

## DID YOU KNOW:

Cacao powder is considered a Superfood! It is packed with lots of antioxidants which are known to be great for your overall health, your heart, joints and even your eyesight!

# CHOCOLATE ALMOND TRUFFLES

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Cacao is also a great source minerals such as iron, calcium and magnesium. It is also full of anandamide, aka: the bliss molecule, making raw cacao a great mood enhancer as well!

SEE RECIPE HERE: <https://youtu.be/yFSFm0JHwTc>

# CHOCOLATE PEANUT BUTTER ENERGY BITES

**PREP TIME**

20 mins

**COOK TIME**

0 mins

**TOTAL TIME**

20 mins

## INGREDIENTS

- ¾ cup (75 grams) chocolate protein powder
- ½ cup (125 grams) peanut butter
- ¼ cup (25 grams) cocoa powder
- ½ teaspoon vanilla extract
- About 1 tablespoon of honey
- Almond milk
- 3 squares dark chocolate, chopped



## INSTRUCTIONS

Add protein powder, peanut butter, cocoa powder, vanilla extract, and honey into a bowl. Mix together until well combined.

Begin adding 1 tablespoon of almond milk at a time to the mixture. Mix with each tablespoon. Continue adding 1 tablespoon until mixture resembles and cookie dough like consistency (the amount will vary depending on your protein powder).

Once cookie dough consistency is reached, stir in chocolate.

Begin rolling about ½ - 1 tablespoon of mixture into balls. Place on a baking sheet lined with parchment paper and freeze until cold. Store in an airtight container in the refrigerator.

# CHOCOLATE PEANUT BUTTER ENERGY BITES

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## DID YOU KNOW:

Cacao is considered a Superfood? It is packed with lots of antioxidants which are known to be great for your overall health, your heart, joints and even your eyesight! Cacao is also a great source minerals such as iron, calcium and magnesium. To top it off, it's full of anandamide, aka: the bliss molecule, making raw cacao a great mood enhancer as well!

**SEE RECIPE HERE:** <https://youtu.be/2KHtCq8OGKg>



# CINNAMON COOKIES

## PREP TIME

15 mins

## COOK TIME

25 mins

## TOTAL TIME

40 mins

## INGREDIENTS

2 cups (200 grams)  
almond meal/flour  
1/2 cup (175 grams) ghee  
(melted)  
1 egg  
1 teaspoons vanilla extract  
1 teaspoons ground  
cinnamon  
2 teaspoons honey



## INSTRUCTIONS

Preheat oven to 300 degrees. Add all ingredients to a mixing bowl and mix well until combined.  
Roll about 1 tablespoon of mixture into balls and place on a greased cookie sheet, press dough down with a fork.  
Return to oven and cook for 25 minutes.

## DID YOU KNOW:

We love cooking with ghee! Ghee is made from grass-fed cows and is suitable for those with casein and lactose sensitivities. It has a high smoke point and it is rich in vitamins A, D and E!

SEE RECIPE HERE: <https://youtu.be/4Yu6vD6Q5Z0>

# CHOCOLATE PEANUT BUTTER FUDGE

## PREP TIME

20 mins

## COOK TIME

0 mins

## TOTAL TIME

20 mins

## INGREDIENTS

5 tablespoon coconut oil  
1/4 cup (65 grams) natural  
creamy peanut butter  
2 tablespoons cocoa  
powder  
1/4 cup (25 grams)  
powder  
2 teaspoons maple syrup  
(optional)



## INSTRUCTIONS

Combine coconut oil and peanut butter in a microwave-safe bowl and microwave about 15- 20 seconds, until coconut oil and peanut butter melt.

Stir cocoa powder into coconut oil mixture. Add protein powder and stir to combine. Add maple syrup for additional.

Quickly pour mixture into a mini muffin tin, filling cups about a third of the way to the top.

Freeze until fudge hardens.

Remove from muffin tin and enjoy! Store remaining fudge in the freezer or refrigerator.

## NOTES

These are great for snacks, a quick energy boost, or curbing dessert cravings. For best results, store the bars in an airtight container in the refrigerator for up to 1 week.

# CHOCOLATE PEANUT BUTTER FUDGE

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## DID YOU KNOW:

Protein powder is a great way to get additional protein to your diet! Protein can help to develop lean muscle, encourage fat loss, increase satiety, deliver essential nutrients and even improve metabolic activity!

When choosing a protein powder, we recommend avoiding ones that have added preservatives and sugars as these will be hard for your bodies to digest.

SEE RECIPE HERE: [https://youtu.be/8mRL-P2P\\_eE](https://youtu.be/8mRL-P2P_eE)

# COCONUT CHOCOLATE CHIP COOKIES

## PREP TIME

15 mins

## COOK TIME

15 mins

## TOTAL TIME

30 mins

## INGREDIENTS

3 tablespoons  
unsweetened coconut milk  
3/4 teaspoon vanilla  
extract  
1 teaspoon honey  
1/8 teaspoon sea salt  
8 ounces almond flour  
1/2 cup (50  
grams) unsweetened  
shredded coconut  
1/4 cup (25 grams)  
organic chocolate chips



## INSTRUCTIONS

Preheat the oven to 350F; line a large baking sheet with parchment paper. Whisk together the coconut milk, vanilla, honey, and salt in a medium bowl until smooth. Stir in the almond flour and dried coconut. Add chocolate chip and mix. Cover the dough and chill in the freezer for 5 minutes. Roll dough into 1 tablespoon-sized balls. Arrange the balls on the prepared baking sheet. Use the palm of your hand to slightly flatten each ball. Bake until the cookies are a very light golden color on the bottom, about 14 to 16 minutes. Cool before removing and serving. Enjoy on a higher carb day!



# COCONUT CHOCOLATE CHIP COOKIES

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## DID YOU KNOW:

Coconut supports immune system health as it has anti-viral, anti-bacterial, anti-fungal, and anti-parasite properties. Provides a natural source of quick energy and enhances physical and athletic performance. Improves digestion and absorption of nutrients, vitamins, and minerals. And of course, it is great for your hair, skin and nails!

**SEE RECIPE HERE:** <https://youtu.be/6PDgMbkRiDI>

# PUMPKIN PIE OVERNIGHT OATS

## PREP TIME

10 mins

## COOK TIME

0 mins

## TOTAL TIME

10 mins

## INGREDIENTS

1/4 cup (225 grams)  
pumpkin puree  
A pinch of sea salt  
1/4 tablespoon nutmeg  
1/4 tablespoon allspice  
1 tablespoon cinnamon  
1 tablespoon honey  
1/2 cup (45 grams) steel  
cut oats



## INSTRUCTIONS

Bring 1 & 1/2 cups of water to a boil.

Add oats, salt nutmeg, cinnamon and allspice. Stir well. Cover and cook for 20-30 minutes (depending on how you prefer the consistency) .

Stir occasionally.

Add cooked oats, honey, pumpkin puree into a mason jar. Stir well and let sit overnight.

If you like your oats more wet, feel free to add a splash of almond milk

## DID YOU KNOW:

Oats are an incredibly nutritious carb source! They are packed with important vitamins, minerals and antioxidants. They are also high in fiber! Oats have been shown to help with weight loss, lowering blood sugar levels and even reducing risk of heart disease.

SEE RECIPE HERE: <https://youtu.be/h1FAIn7ChnY>

# ADULT APPLESAUCE

## PREP TIME

10 mins

## COOK TIME

5 hrs

## TOTAL TIME

5 hrs 10 mins

## INGREDIENTS

5 medium apples  
5 fuyu persimmons  
Juice of 1 lemon  
2 teaspoons vanilla  
extract  
1 teaspoon cinnamon  
1 tablespoon honey  
8 ounces water



## INSTRUCTIONS

- Peel, core and thinly slice apples and persimmons. Place them in a crockpot.
- Add in lemon juice, vanilla extract, cinnamon and water.
- Cover your crockpot and set the temp to high. Let everything cook for 5 hours.
- Remove from crockpot. Add in honey and mix. Mash the fruit with a potato masher or fork until your desired consistency is reached.

## DID YOU KNOW:

Honey is a great natural sweetener! It is packed with antioxidants which help prevent or stop cell damage. It is also great for allergies and the immune system.

**SEE RECIPE HERE:** <https://youtu.be/aFiplKO2-x0v>

# CAULIFLOWER STUFFING

**PREP TIME**

10 mins

**COOK TIME**

30 mins

**TOTAL TIME**

40 mins

## INGREDIENTS

- 1 large head cauliflower (cut into small florets)
- 1 red onion (diced)
- 2 celery sticks (diced)
- 2 cloves garlic (minced)
- 1/4 cup ghee
- 2 tablespoon parsley (chopped)
- 3 tablespoons pecans (chopped)
- Salt and Pepper to taste



## INSTRUCTIONS

Preheat the oven to 450 degrees.  
In a large bowl, stir cauliflower, onions, celery, and garlic together. Toss with ghee, sage, thyme, sea salt and pepper.  
Transfer onto baking sheet lined with parchment paper. Roast in the oven for about 15 minutes, until the onions are soft and cauliflower is starting to brown.  
Add parsley and pecans to the pan, stir everything together.  
Roast for another 10-15 more minutes, until the pecans are lightly toasted.

## NOTES

This recipe will serve about 10 people and is great for any Holiday party! You will be getting a lot of great vegetables in with this side dish and in turn, you will keep your carbs down! It is a great alternative to traditional stuffings!



# CAULIFLOWER STUFFING

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## DID YOU KNOW:

Cauliflower is an anti-inflammatory food! It is also rich in micro nutrients such as vitamin C, vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese!

SEE RECIPE HERE: <https://youtu.be/jb4BR0C6lh4>

# SLOW COOKER BEEF STEW

## PREP TIME

10 mins

## COOK TIME

6-10 hrs

## TOTAL TIME

10 hrs

## INGREDIENTS

1 pound beef stew cubes  
5 large carrots, chopped  
5 celery stalks, chopped  
1 yellow onion, diced  
4 red potatoes, cubed  
1 ½ cups (240 grams) of  
beef broth  
2 tablespoons onion  
powder



2 tablespoons garlic powder  
1 tablespoons paprika  
2 bay leaves  
Sea salt and pepper to taste

## INSTRUCTIONS

Chop carrots, celery, and red potatoes.  
Add all ingredients to slow cooker, top with bay leaves.  
Cook on low for 6-10 hours.

## NOTES

This makes a big batch and is great for meal prep!

## DID YOU KNOW:

Beef is great to include in your diet from time to time because it is high in nutrients such as zinc, iron, protein and B vitamins!

SEE RECIPE HERE: <https://youtu.be/nnbSwFHnflw>

# NUTTY SQUASH PARFAIT

**PREP TIME**

5 mins

**COOK TIME**

60 mins

**TOTAL TIME**

1 hr & 5mins

## INGREDIENTS

- 1 kabocha squash
- 4 tablespoon ghee
- 2 tablespoon cinnamon
- 4 tablespoon almond butter
- 4 tablespoon Siggis Greek Yogurt
- Drizzle of honey
- Organic granola



## INSTRUCTIONS

Preheat oven to 400 degrees. Cut squash into quarters and scoop out the seeds. Drizzle ghee over each squash. Put the squash on a baking pan. Roast for 60 minutes (or until tender). Mix honey and greek yogurt to add sweetness to yogurt. Add about 1 tablespoon of honey greek yogurt, 1 tablespoon of almond butter, a sprinkle the cinnamon and a handful of granola to each quarter.

## DID YOU KNOW:

Protein powder is a great way to get additional protein to your diet! Protein can help to develop lean muscle, encourage fat loss, increase satiety, deliver essential nutrients and even improve metabolic activity!

When choosing a protein powder, we recommend avoiding ones that have added preservatives and sugars as these will be hard for your bodies to digest.

SEE RECIPE HERE: <https://youtu.be/SakMoVna4jo>