



CELEBRATE THE
SEASON

HEALTHY & DELICIOUS

HOLIDAY DRINKS

FOR EVERY OCCASION



TURNFIT
personal training



HAPPY HOLIDAYS!

Celebrating the season while living a healthy and fit lifestyle is not only possible, it's easy and fun! All it takes is a little planning and some creativity.

This ebook contains delicious recipes that will keep you feeling great while enjoying the best of everything the holidays have to offer. We've included drinks that work for nearly every occasion.

Here are some tips to stay on-track this season:

1. Have a plan. If you're going out to a party – or inviting people in – come up with a strategy to both enjoy yourself AND stick with your healthy habits. Either eat a light meal before you leave, or be sure there will be healthy options for you!
2. Don't deprive yourself. If you decide to indulge, make sure it is truly worth it.
3. Make sure you drink plenty of water!
4. Think about the head start you'll have on New Year's Day – you'll be ahead of the game when it comes to your health and fitness resolutions!
5. Take time to enjoy what's truly important this season: your friends, family and loved ones.

Seasons Greetings!





Coconut Milk Eggnog

This dairy-free recipe requires a little cooking to heat the raw eggs, but it comes together easily.

You can enjoy it warm or cool – eggnog will keep for a couple days in the refrigerator.

The Ingredients

- 4 egg yolks
- 14 oz. can full-fat coconut milk
- 2 cups light coconut milk
- 1/2 cup maple syrup
- 1/8 tsp allspice, ground
- 1 tsp cinnamon, ground
- 1 tsp nutmeg, ground
- 1 tsp vanilla extract
- 1/4 cup spiced rum or brandy (optional)

The Instructions

- Heat coconut milk and vanilla in a medium saucepan over low heat until warm (do NOT let it boil).
- Using a blender, mix together egg yolks, maple syrup and spices (you also can use a whisk).
- While blending, slowly add half of the coconut mixture to the egg yolk mixture to warm it.
- Pour it all back into the saucepan and continue to warm it over low heat, whisking it until it starts to thicken.
- Remove it from the stove, and stir in optional rum/brandy.
- Enjoy!

MAKES 6 TO 8 SERVINGS

Cran-Bucha Mocktail

No one has to know this zesty drink contains gut-friendly kombucha! If you need a little more sweetness in your drink, try adding honey or maple syrup.

The Ingredients

- 1-inch slice of fresh ginger, thinly sliced
- 1 sprig fresh rosemary
- 1/4 cup 100% cranberry juice (no sugar added)
- 1 12-oz. bottle ginger kombucha
- Fresh cranberries and ginger slices

The Instructions

- In a large mason jar, muddle together the ginger and rosemary.
- Slowly stir in the cranberry juice and kombucha.
- Pour into ice-filled glasses, straining if necessary.
- Enjoy!

MAKES 2 SERVINGS

Make time
for your workouts!
Just a few minutes
a day can keep
you on-track.



Ginger Happiness Tea

This soothing tea is packed with ingredients to help you feel better, mind-body-spirit. It's a great choice if you have overindulged or just need a little boost.

The Ingredients

- 1 ginger tea bag
- 1 cup hot water
- 1 tsp fresh minced ginger
- 1/4 tsp turmeric
- 1/4 tsp ground cinnamon
- splash pure vanilla
- 1/2 tbsp coconut oil
- 1/2 tsp honey
- 1 tbsp collagen peptides

The Instructions

- Steep the tea bag in the hot water for about 10 minutes. Place the rest of the ingredients in a blender. Once the tea is ready, remove the tea bag and add the liquid to the blender.
- **VERY CAREFULLY** blend the tea in the blender until creamy, about 30-45 seconds.
- Pour into a mug and enjoy!

MAKES 1 SERVING



Decadent Hot Chocolate

What better drink to enjoy on a wintry afternoon than hot chocolate?

If you're in a pinch you can substitute cocoa powder, but definitely give cacao powder a try, as it contains more good-for-you nutrients than processed cocoa.

The Ingredients

- 1 cup light coconut milk
- 1 tbsp cacao powder
- 1 tbsp maple syrup
- 1/4 tsp vanilla extract
- Pinch of Himalayan salt

The Instructions

- Place all the ingredients in a saucepan over medium heat.
- Heat until hot and ready to drink, while stirring constantly to break up any clumps.
- Pour into a mug and enjoy, topped with your favorite non-dairy whipped topping.

MAKES 1 SERVING

Schedule
enough sleep time!
This will keep your
hormones in balance
and help you
make better
food choices.



Peppermint Mocha Creamer

If you love lattes, you'll enjoy this creamer – it's a delicious addition to your favorite hot or cold drinks! You'll love it in your afternoon coffee and it's so much better for you than coffee shop or store-bought creamers.

The Ingredients

- 1 can full-fat coconut milk
- 1/3 cup cocoa powder
- 2 tbsp maple syrup
- 1/2 tsp organic peppermint extract
- 1/2 tsp vanilla (optional)

The Instructions

- Place all ingredients in a blender and blend until fully mixed and creamy, about 45 seconds. Taste and add more syrup or extract to suit your taste.
- Add to your favorite beverage (tea, coffee, or smoothie) for a holiday twist!
- This keeps in the fridge for about 3 weeks.

MAKES 1 PINT



Gingerbread Cookie Smoothie

This gingerbread cookie smoothie can be enjoyed any time of the day: make it with your choice of dairy-free milk (almond, cashew, coconut) and adjust the level of sweetener to your taste.

The optional oats give it a thicker texture and lend a hint of cookie flavor.

The Ingredients

- 1 cup unsweetened nut milk
- 1 frozen sliced banana
- 2 tsp maple syrup or molasses
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg
- 1/8 tsp ground cloves
- (optional: 1/3 cup gluten-free rolled oats for the "cookie" taste)

The Instructions

- Place all ingredients in a high-speed blender.
- Blend for 45 to 60 seconds, until creamy. You might need to scrape sides or pulse the blender to keep it mixing.
- Pour into glasses, sprinkle with cinnamon and enjoy!

MAKES 1 LARGE OR 2 SMALL SERVINGS



Kombucha Cosmopolitan

You might find you enjoy the kombucha version of this cocktail more than the classic Cosmo recipe!

The Ingredients

- 1.5 oz. gluten-free vodka
- 1 oz. triple sec or Cointreau
- 3 oz. cranberry kombucha
- 1/2 large lime, juiced
- ice

The Instructions

- Place all ingredients in an ice-filled mason jar or shaker cup.
- Mix thoroughly.
- Pour into a chilled martini glass and enjoy!

MAKES 1 SERVING

Feeling stressed?
Go for a walk!
Bring along family
and friends and
make it fun!

Slow-Cooker Winter Sangria

Slow-cooker sangria is a festive option if you're hosting a holiday party or gathering. It will make your home smell great! For best results, be sure to put the orange slices in the sangria shortly before serving as the white pith can leave a bitter taste if it's cooked too long.

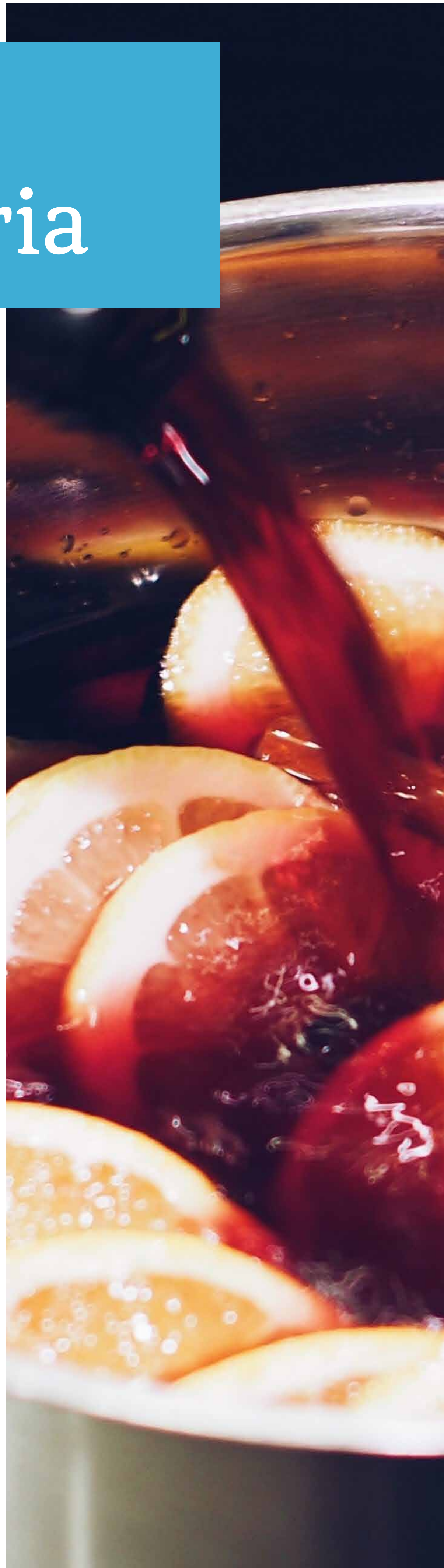
The Ingredients

- 2 bottles red wine
- 1 cup apple brandy
- 1 cup pomegranate juice
- 1/2 cup maple syrup
- 1 pear, diced
- 1 cup fresh cranberries
- 4-5 cinnamon sticks
- 1 orange, sliced

The Instructions

- Place all ingredients except orange slices in a large slow cooker set on low.
- Let simmer for at least 2 hours before serving.
- Add orange slices shortly before serving.
- This sangria is best served warm.

MAKES 10 SERVINGS



Pomegranate Prosecco

This recipe is simple and delicious – feel free to experiment by adding different berries and your favorite fruit juices. You really can't go wrong!

The Ingredients

- 4 oz. prosecco
- 2 oz. pomegranate juice
- 1/2 oz. Cointreau or other orange liquor
- Pomegranate seeds for garnish (or your choice of berry)

The Instructions

- Pour the liquid ingredients into a champagne or white wine glass and mix together.
- Mix together and add pomegranate seeds.
- Enjoy!

MAKES 2 SERVINGS

Find 5 to 10
minutes every day
for meditation or
quiet reflection.

Cran-Orange Margarita

Who doesn't love a margarita? This fun version is simple to make, and tastes so much better than if you used a mixer. You can add ice if you want, or serve in a chilled margarita glass.

The Ingredients

- 1.5 oz. tequila
- 1 oz. triple sec
- 1 oz. orange juice
- 2 oz. cranberry juice
- (optional) cranberries and orange for garnish

The Instructions

- Place all of the ingredients in a cocktail shaker and shake until well mixed.
- Pour into glass, add optional garnish, and enjoy!

MAKES 1 SERVING





WISHING YOU THE
BEST OF THE SEASON



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