



HOLIDAY



Recipes

BY
DIMENSIONAL WELLBEING
+
DANAE FENTIE HHP



Meet Your Practitioner

Danae Fentie



Danae offers whole person wellness, she refers to as Full Spectrum Wellbeing, through a variety of ancient and innovative modalities. She offers education, tools and experiences to support her clients in stepping into this enlightened way of understanding and relating to their own wellbeing.

Her mission is to educate and empower her clients to regain their natural vibrancy and optimize their wellbeing in all aspects of their lifestyle.

Danae believes we are wired to feel good and heal ourselves. Her approach is to focus on the rhythms and relationships of wellness, approaching wellbeing from both a micro and macrocosm perspective; providing new awareness and connection to her clients goals and lifestyle needs.

Through her private wellness consulting, skincare line, group programs and online presence, she guides clients to create an individualized approach to their Holistic Lifestyle, which helps them reach their goals, while making real and lasting lifestyle changes.



Favorite Food Brands

Please click on the underlined to find the products mentioned.



Thrive Market

For all of your healthy favorites delivered right to your doorstep. We have a special offer for you with this link!

Gluten-Free, AIP Bread - AWG Bakery

One of the only breads I have used that is delicious and safe to eat for those with food sensitivities. **Save 10% off with code DLW10.**

Dr. Cowan's Garden

Add flavor and nutrition to your meals with these wonderful vegetables powders.

Fond Bone Broth

So many wonderful, healing flavors to choose from. **Save 20% off your first order with code DLW.**

Crucial Four

We love their Icelandic Sea Salt and Collagen Peptides for most of our recipes. **Save 10% off your first order with code DANAЕ.**





What Matters Most?

LOCAL

As much as you can aim to purchase local produce, dairy and meat. This helps with allergies, anxiety and helps to reduce costs.

GRASS-FED + PASTURE RAISED

This will ensure the animal products you purchase are from animals treated with respect and care. The happiness and health of what you eat directly affects your own.

QUALITY

The quality of food you eat directly affects the quality of your health. If the body does not have to work hard to eliminate toxins, it has more energy to utilize.





Pumpkin Spiced Tea

a twist on a classic beverage

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

1 tbsp Vanilla extract
1/2 - 1 tsp Pumpkin pie
spices (extra for
sprinkling)
1-2 tbsp maple syrup
2 tbsp Pumpkin puree
2 cups Milk of your
choice
1 scoop collagen
peptides
1/2 cup Strong coffee
Whipped cream

DIRECTIONS

1. On medium heat, add maple syrup, pumpkin puree and milk to a saucepan. Mix the ingredients well.
2. Heat the blend well, but do not boil it. Before it comes close to the boiling point, remove it and mix other ingredients: coffee, pumpkin spice, collagen peptides and vanilla extract.
3. Pour the blend into 2 cups. Add whipped cream topping and sprinkle a little pumpkin spice on top of the whipped cream.

NOTES

This recipe can be made with black tea as well.



Hummus Deviled Eggs

a classic with a twist, so many options here

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

INGREDIENTS

6 hard boiled eggs
1/4 cup hummus
1/4 tsp salt
1/4 tsp black pepper
2 tsp grain mustard
1/2 tsp apple cider vinegar
cayenne pepper for
garnishing (optional)
fresh parsley for garnishing
(optional)

DIRECTIONS

1. Slice eggs in half lengthwise. Remove yolks and place them in a bowl.
2. Add the hummus, mustard, salt, pepper, and vinegar. Mix to combine. Fill a piping bag with the mixture.
3. Place the egg white shells on a flat surface. Fill with hummus mixture. Sprinkle with cayenne and chopped parsley.

NOTES

The possibilities are endless! Try this recipe with your favorite hummus flavors.



Fall Slaw

a wonderful way to get your veggies in

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup broccoli (finely chopped)
- 1 medium beet (cut in matchsticks)
- 1 1/2 cup carrots (cut into matchsticks)
- 1/2 cup radish (cut into matchsticks)
- 1 large sweet apple (cut into matchsticks)
- 1/3 red onion (thinly sliced)
- 1/3 cup roasted unsalted sunflower seeds (raw and/or salted also works)

Dressing:

- 2 1/2 Tbsp tahini
- 1 tbsp apple cider vinegar
- 1 large lemon (juiced)
- 1 - 2 tbsp maple syrup
- 1 pinch each sea salt + black pepper
- 1 tbsp EOO or avocado oil
- Water (to thin)

DIRECTIONS

1. Prepare all veggies and add to a bowl. I used this mandolin and it went so fast! Otherwise, a sharp knife and some patience, or a food processor with a grating attachment would work brilliantly.
2. Whisk dressing ingredients in a small mixing bowl and taste and adjust seasonings as needed.
3. Add dressing to veggies, along with sunflower seeds, and toss to coat. Chill for at least 1 hour before serving, preferably 2-3 hours or up to overnight.
4. Store in the fridge covered for a few days, though best within the first 24-48 hours.

NOTES

Remember to eat your veggies this holiday season! This recipe is a wonderful way to get a variety of vegetables in. The healthiest gut eats 30 different plants a day.



Cranberry Sauce

simple and classic

SERVINGS: 6-8

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 1 pound fresh cranberries
- 1 cup freshly squeezed orange juice
- 1/2 cup pure maple syrup (or honey)
- 1 tsp vanilla extract
- 1 tbsp whiskey, bourbon, or brandy (optional), zest from 1 orange

DIRECTIONS

1. Add cranberries, orange juice, maple syrup, 1-2 tsp of orange zest, vanilla extract and bourbon in a small pot and place over medium high heat.
2. Once mixture begins to boil, cover, reduce heat to low, and cook for 10 minutes or until the sauce becomes nice and thick, coating the back of a spoon. You may notice a popping sound; this is the cranberries bursting.
3. After 10 minutes remove the lid and allow cranberries to simmer a few minutes to thicken the sauce up.
4. Once the sauce is thick, remove from heat and set aside to cool. Garnish with orange zest.

NOTES

Bringing in the bitterness of cranberry sauce helps with digesting your food and a wonderful source of vitamin c!



GF Mac n' Cheese

holiday classic with a gluten-free twist

SERVINGS: 6-8

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

16 Ounces uncooked elbow
macaroni (GF - Jovial Pasta)
4 Cups chicken bone broth
2 tbsp butter
1 tsp garlic powder
½ tsp turmeric
½ tsp pepper
½ tsp salt
2 cups shredded cheddar cheese
1 cup shredded mozzarella
cheese
½ cup shredded parmesan
cheese
½ -1 cup milk

DIRECTIONS

1. Add the uncooked macaroni, chicken broth, butter, garlic powder, pepper, and salt to the Instant Pot.
2. Place the lid on the pot and set to sealing. Cook on manual function, high pressure for 5 minutes. Then, do a quick release.
3. Add the milk, turmeric, then the cheese to the pot in 3-4 handfuls, stirring in between each addition until smooth and creamy. Season as necessary to taste.

NOTES

This can be made ahead of time and frozen. You might also like to add vegetables, like broccoli or butternut squash.



GF Stuffing

holiday classic with a gluten-free twist

SERVINGS: 6-8

PREPPING TIME: 30 MIN

COOKING TIME: 40 MIN

INGREDIENTS

- 1 loaf gluten-free sandwich bread, cut into medium-sized cubes
- 2 large eggs, whisked
- 1 tbsp olive oil
- 1 cup diced celery
- ½ tsp minced garlic
- 2 cups gluten-free chicken bone broth
- 1 tsp salt
- 1 tbsp onion powder
- 1 tbsp thyme
- 1 tbsp sage
- 1 tsp rosemary

DIRECTIONS

1. Preheat oven to 350°F and spray a 2.5-quart casserole dish with gluten-free cooking spray.
2. Cut the gluten-free sandwich bread into medium-sized cubes.
3. Add olive oil, celery, and minced garlic to a medium skillet and saute over medium/high heat until soft, about 6-8 minutes.
4. Add spices to a small bowl and stir to combine.
5. Add bread pieces to a large bowl.
6. Pour seasoning blend and whisked eggs over the bread and stir.
7. Add sauteed celery and garlic to the bread mixture and stir.
8. Pour the gluten-free chicken broth over the bread and gently mix until the bread is evenly moistened.
9. Pour the stuffing mixture into the greased casserole dish.
10. Bake on the middle rack for 40-50 minutes until the top of the stuffing is golden brown and lightly crisp. Please watch your ovens because all ovens are different.

NOTES

This is a wonderful item to make ahead of time. It can easily be frozen.



Pumpkin Pie

simple and delicious

SERVINGS: 6-8 PREPPING TIME: 15 MIN COOKING TIME: 50 MIN

INGREDIENTS

Crust

- 2 1/2 cups walnuts
- 1 tsp baking soda
- 1/4 tsp kosher salt
- 2 tbsps butter, melted

Pie Filling

- One 15-ounce can of pumpkin
- 1 cup canned coconut milk
- 1 tsp vanilla extract
- 1/4 tsp ground cloves
- 1/2 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp ground cardamom
- pinch of sea salt
- 3 tbsps maple syrup
- 1 tbsp arrowroot powder
- 3 eggs, whisked

DIRECTIONS

Crust

1. Blend walnuts, baking soda and salt in a food processor until finely ground. Add butter and pulse until butter is mixed in.
2. Scrape the batter into a 9-inch tart pan. Take your time smoothing and patting the batter out evenly.
3. Place the pie on a cookie sheet (helps to keep the bottom from burning) and bake for 15 minutes at 350 degrees Fahrenheit.
4. Remove the crust from the oven and pour your filling of choice inside. Bake again until filling is done.

Pie Filling

1. Mix together all ingredients. Pour into the pre-baked crust. Don't overfill the crust – you might have a little batter leftover.
2. Bake for 50 min or until middle is firm.

FUN FACT

Pumpkin is a wonderful antiparasitic and rich in vitamins, minerals and antioxidants.



Coconut Cream Pie

Dairy free and keto friendly

SERVINGS: 6-8 PREPPING TIME: 30 MIN COOKING TIME: 30 MIN

INGREDIENTS

Crust:

- 1 cup walnuts or almonds
- 2 cup almond flour
- 2 tbsp maple syrup
- 1/2 cup + 3 tbsp melted coconut oil

Chocolate Layer:

- 1 cup chocolate chips
- 3 tbsp coconut cream

Coconut Cream Layer:

- 3 can full fat coconut milk
- 5 large egg
- 1 tsp gelatin
- 1/2 cup tapioca flour
- 1/2 cup maple syrup
- 1 1/2 tsp vanilla
- 1 1/2 cup shredded coconut
- 1/4 tsp salt

Coconut Whipping Cream:

- 1 1/2 cup full fat coconut milk
- 1/4 cup powdered sugar
- toasted coconut to garnish

DIRECTIONS

1. Preheat oven at 350°F
2. Grind the nuts in a food processor. Then mix in the almond flour, honey and coconut oil
3. Line a 9x13 glass baking dish with parchment paper and spread mixture evenly
4. Bake crust until edges are brown, about 10 minutes and then let it cool
5. Melt chocolate chips in a double broiler and mix in coconut cream.
6. Pour mixture on crust and refrigerate while moving onto the next steps
7. Combine eggs, maple syrup, salt, tapioca flour and coconut milk in a medium saucepan. Stir constantly and bring the mixture to a boil. Allow the mixture to thicken.
8. Stir in vanilla extract and the shredded coconut Pour the mixture over the crust. Refrigerate for at least 4 hours until the pie is firm.

Coconut Whipping Cream: *please refrigerate coconut milk the day before.*

1. Scoop out the solid coconut cream and place in a bowl with the powdered sugar • Whip with a hand mixer until fluffy.
2. Layer on top of the coconut cream pie.

NOTES

You can toast the coconut in the oven for a few minutes, at 350°F



H A P P Y H O L I D A Y S

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