



# FESTIVE

— Cookbook —



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Welcome to Team Empower's

# FESTIVE

## — Cookbook —

where we have lovingly created some festive recipes to help to keep you inspired this festive season! We want to show you that eating mindfully doesn't mean having to miss out on delicious food and festive flavours - you can still eat tasty treats and stay focused on your health and fitness goals!

There's something for everyone! From sweet to savoury, gingerbread to chocolate orange, pizza to pastry - there's so many fun festive flavours to try! Whether you're cooking for your family or hosting a party, we've got you covered!

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# SAVOURY

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Quick and Easy Festive Feasts

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# BRIE & CRANBERRY PASTRY WREATH

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A great recipe for sharing or for when you're hosting this festive season!

## Ingredients

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100g Cranberry Sauce

150g Brie

275g Reduced Fat Puff Pastry

Egg Wash

## Nutritional Info

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Per serving-

Calories: 173

Protein: 5g

Carbs: 18g

Fat: 9g



## Directions

- 1 Preheat your oven to 180°C
- 2 Roll the pastry out until flat, then cut a star shape in the centre
- 3 Then spread your cranberry sauce around the edge of your pastry and top with your Brie
- 4 Pull each point of the star to the edge then brush your pastry with egg wash, then bake for 20 minutes or until golden
- 5 Serve and enjoy!

\*Recipe makes 10 servings



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# LEFTOVER PIZZA

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The perfect Boxing Day recipe - a great way to use up your Christmas dinner leftovers as a perfect pizza treat!



## Ingredients

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1x Flatbread  
30g Tomato Purée  
20g Reduced Fat Mozzarella  
70g Cooked Turkey  
30g Potato  
1x Pig In Blanket  
10g Carrot  
10g Peas  
20g Stuffing  
2x Tbsp Gravy

## Directions

- 1 Preheat your oven to 180°C
- 2 Cover your flatbread in tomato purée and top with the mozzarella
- 3 Then add all of your favourite Christmas dinner leftovers and pop into the oven
- 4 Once your pizza is golden, remove from the oven, top with your gravy and enjoy!

## Nutritional Info

---

Calories: 463

Protein: 36g

Carbs: 49g

Fat: 13g





# CRANBERRY, BRIE AND MOZZARELLA SWIRLS

You'll be surprised at how easy yet DELICIOUS this recipe is!



## Directions

- 1 Preheat your oven to 180°C
- 2 Mix your flour with the baking powder. Then add the greek yogurt and mix to create the dough (if it's too gooey - just add a little more flour)
- 3 Roll dough out on a floured surface to avoid it sticking
- 4 Once you have a nice big rectangle, add grated mozzarella, chunks of brie and cranberry sauce and spread evenly over the dough
- 5 Slice into even lines from the top - it should make 6 nice sized swirls!
- 6 Roll up each individual roll and place into a baking dish and bake for around 15ish minutes or until golden
- 7 If you want to make the tops of the swirls crispier & more golden, add some melted butter

\*Recipe makes 6 servings

## Ingredients

120g Self Raising Flour  
150g 0% Fat Greek Yogurt  
1 Tsp Baking Powder  
40g Lighter Mozzarella  
30g Cranberry Sauce  
30g Brie

## Nutritional Info

Per serving-  
Calories: 117  
Protein: 6.3g  
Carbs: 17g  
Fat: 2.4g



# BOXING DAY QUESADILLAS

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A fun way to use up your Christmas dinner left overs - smothered in cheese!

## Ingredients

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2x Tortillas

30g Cranberry Sauce

150g Cooked Turkey

100g Camembert

A few springs of thyme

## Nutritional Info

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Per serving-

Calories: 412

Protein: 33g

Carbs: 40g

Fat: 12g



## Directions

- 1 Preheat your oven to 180°C
- 2 Lay out one tortilla and spread over your cranberry sauce, then shred up and place your turkey on top
- 3 Slice the camembert into thin slices spread out evenly over the turkey and sprinkle over some chopped thyme
- 4 Then top with your final tortilla
- 5 Place onto an ovenproof tray and pop into the oven for 10 minutes or until golden and crispy. Once removed from the oven, cut into wedges and sprinkle with thyme and enjoy!

\*Recipe makes 2 servings





# CHRISTMAS TREE BITES

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Become a hostess with the mostest with this recipe! A great way to impress your guests and super simple to make - what more could you want?!

## Ingredients

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25g Reduced Fat Green Pesto  
30g Reduced Fat Grated Mozzarella  
30g Reduced Fat Grated Cheddar  
2 Tbsp Cranberry Sauce  
2 50g Sheets of Puff Pastry  
1 Egg; beaten  
Oregano + Parsley  
Christmas Tree Stencil/ Cookie Cutter

## Nutritional Info

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Per serving-

Calories: 57

Protein: 2g

Carbs: 4g

Fat: 3.5g

## Directions

- 1 Preheat oven to 200°C and line a baking sheet with baking paper
- 2 Combine the pesto and mozzarella in a small bowl & stir (leave some pesto for the top)
- 3 Unfold & roll out the puff pastry and cut out 12\* tree shapes
- 4 Spread a very thin layer of pesto mozzarella mixture onto the pastry shapes and then add a little sprinkle of cheddar cheese on top
- 5 Roll out the 2nd puff pastry sheet, and cut out another 12\* tree shapes and layer over to match first cut outs
- 6 Brush the tree cut outs with the beaten egg and bake for about 20 min till golden brown
- 7 Make an indent in the top of each tree. Add a little bit of cranberry sauce & green pesto on top. Enjoy!

\*Recipe made 12 with a mini cookie cutter - the number of servings will depend on the size of your 'cookie cutter stencil'

# SWEET

Festive favourites to satisfy your sweet tooth!









# GINGERBREAD COOKIE LAYERED OVERNIGHT OATS

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The ultimate festive breakfast  
for busy gals...

## Directions

\*Note - prepare the recipe the night before\*

- 1 In a bowl, mix your oats with your protein powder and almond milk with a dash of nutmeg, cinnamon & ginger
- 2 Make sure there's just another liquid so that it's covering the oats. Leave in the fridge for a minimum of 4 hours (best left overnight!)
- 3 Mix your yogurt with a teaspoon of cinnamon and optional zero calorie flavouring (we used vanilla)
- 4 Add a large tablespoon of the overnight oat mixture to the bowl/ glass, followed by a teaspoon of the yogurt. Layer this on top of each other until you've used all of the oats & yogurt
- 5 Crumble up a lotus biscuit & sprinkle some nutmeg & cinnamon over the top
- 6 Drizzle with sugar free syrup or maple syrup and add your gingerbread men and enjoy!

## Ingredients

---

50g Rolled Oats

50-60ml Almond Milk

200g 0% Fat Greek Yogurt

20g Vanilla / Speculoos/  
gingerbread Protein Powder

2 Mini Gingerbread Cookies

Zero Sugar Maple Syrup

1 Lotus Biscuit

Optional addition of  
Nutmeg, Cinnamon and  
Ginger

## Nutritional Info

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Per serving-

Calories: 504

Protein: 44g

Carbs: 61g

Fat: 10g



# CHOCOLATE ORANGE PROTEIN DONUTS

You do-not want to miss out on this sweet treat!



## Ingredients

60g Blended Oats  
30g Vanilla Protein Powder  
2x Tbsp Cocoa Powder  
1x Tsp Baking Powder  
1x Medium Egg  
1x Tsp Vanilla Extract  
70g Fat Free Greek Yoghurt  
30g Lindt Dark Chocolate  
Orange  
Donut mould

Toppings -

6x Strawberries

Reduced Fat Whipped Cream

## Directions

- 1 Preheat oven to 160°C
- 2 Add your dry ingredients into a bowl then stir in your wet ingredients until smooth
- 3 Spray your doughnut moulds with some zero calorie spray and pour in the mixture evenly into your doughnuts moulds
- 4 Bake 15 minutes or until a fork comes out clean and then remove from the oven and allow to cool
- 5 When serving, top with your strawberry and use your whipped cream to create your Santa hat!

\*Recipe makes 6 servings

## Nutritional Info

Per serving-

Calories: 100

Protein: 8g

Carbs: 8g

Fat: 4g



# GINGERBREAD PROTEIN PANCAKES

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The festive breakfast you'll make  
all year round!

## Ingredients

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70g Banana

1x Egg

70g Fat Free Greek Yoghurt

50ml Almond Milk

20g Plain Flour

25g Protein Powder

1x Tsp Baking Powder

1/2 Tsp Ground Ginger

1/2 Tsp Cinnamon

1x Tbsp Black Treacle

Toppings -

1/2 Tsp Icing Sugar

1x Mini Gingerbread Man

biscuit



## Directions

- 1 Combine all of the wet ingredients in a bowl and then gradually mix in the dry ingredients until you have a smooth consistency
- 2 Heat a large pan/skillet and spray with Frylight, then spoon your mixture onto the centre of the hot pan
- 3 Flip half way through cooking, and once golden on both sides, pop onto a plate
- 4 Repeat that process until you have used up all of your pancake batter
- 5 Lastly, place your gingerbread man in the centre, and top with your icing sugar!

## Nutritional Info

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Calories: 432

Protein: 35g

Carbs: 52g

Fat: 8g



# CHOCOLATE ORANGE BROWNIES

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Great for sharing or for your cosy night in treat!

## Ingredients

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100g Self Raising Flour

50g Lighter Butter

4 Eggs

3 Tbsp Chocolate Cocoa

Powder

3 Tbsp White Granulated

Sweetener

20g Sweet Freedom

Chocolate Sauce/Syrup

1 Tsp Baking Powder

3 White Chocolate Orange

Segments

3 Milk Chocolate Orange

Segments

Zest of an Orange finely

grated

Low Calorie Cooking Spray



## Directions

- 1 Preheat your oven to 170°C, spray an 8 inch square cake tin with low-calorie cooking spray and line with non-stick baking paper
- 2 Put the lighter butter, granulated sweetener, baking powder, self raising flour, eggs, cocoa, orange zest and chocolate syrup/ sauce into a large mixing bowl and mix until combined
- 3 Chop up the chocolate orange segments and add half into the brownie batter
- 4 Pour into the cake tin and sprinkle over the remaining chocolate orange pieces. Place in the oven for 16 minutes until slightly risen and set
- 5 Leave to cool in the tin for a few minutes and then transfer to a wire rack. Cut into 12 squares and serve!

\*Recipe makes 12 servings

## Nutritional Info

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Per serving-

Calories: 99

Protein: 3.4g

Carbs: 10g

Fat: 5g







# CHRISTMAS PUDDING PROTEIN BALLS



A perfect protein snack to get you into the festive spirit!

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## Ingredients

50g Porridge Oats  
60g Crunchy Peanut Butter  
25g Vanilla Protein Powder  
15g Honey  
25g Sugar-Free Syrup  
20g Flaked Almond  
25g Raisins

Toppings -

15g White Chocolate  
Festive Holly Icing

Decorations

## Directions

- 1 Add all of your ingredients to a bowl and mix until fully combined
- 2 Using your hands, mould the mixture into small evenly-sized balls. Then place them onto a plate and put them into the fridge for 6 hours to set
- 3 After 6 hours, remove them from the fridge and top each protein ball with melted white chocolate and holly icing decorations
- 4 Pop back into the fridge for 1 hour for the toppings to set, then enjoy!

\*Recipe makes 6 servings

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## Nutritional Info

Per serving-

Calories: 110

Protein: 6g

Carbs: 8g

Fat: 6g



We hope you love these fun, festive recipes and that these give you a nice taster into the Empower approach to nutrition - fun, and delicious meals that will tick all the boxes both taste wise and nutritionally!

If you've had a taste of the Empower way and you're interested to know more, then keep your eyes on your email inbox for your Christmas present surprise from all of us here at Team Empower! x