



Celebrate the Holidays
With Delicious Healthy Baking Recipes

Table of Contents



The recipes in this book were provided by Chef Vanessa Musi, as were the delectable photos of each recipe showcased with the LivSpoons.

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<u>Table of Contents</u>	1
<u>Introduction</u>	2
<u>For Success In These Recipes</u>	3
<u>Tips on how to manage healthy eating during the holidays</u>	4
<u>Chef Vanessa's baking hacks</u>	5
<u>Paleo Blondies Austin</u>	6
<u>Signature Paleo Brownies</u>	7
<u>Summer Fruit Galette</u>	8
<u>New Classic Biscoff Cookies</u>	9
<u>Chef Vanessa's Vegan Blueberry (or Raspberry) Muffins</u> <u>With Almond Crumble</u>	10
<u>Valentine's Chocolate Cake</u>	11
<u>Banoffee Banana Caramel Tart</u>	12
<u>The Best Chocolate Chip Cookies Ever</u>	13
<u>Apricot Rosemary Noble Scones</u>	14
<u>Reviews</u>	15
<u>For A Better And Healthier Alternative</u>	16
<u>Conclusion</u>	17
<u>About Us/Bios</u>	18

Introduction

We at Livliga love the holidays! We believe they bring out the best in all of us. There are the memories of those we shared the special times with, the festive foods we enjoyed together, and the pleasure of giving our time, love and attention to these exceptional moments in life.

We also believe the greatest gift we can give those we love is the gift of health, which is particularly true during the holidays.

There is no reason that the special foods we prepare cannot be all about health as well as the traditions and moments we cherish. Chef Vanessa Musi has collaborated with Livliga to create eight healthy holiday recipes that will fill the hearts of the ones you love with pleasure and their stomachs with consummate satisfaction while also being mindful of their health.

Enjoy these healthy holiday recipes throughout the year, with our complements, and at any holiday or celebration you choose.

**To your happy and scrumptious holidays!
Live vibrant!**



For Success In These Recipes



We Recommend:

1. Using a scale (grams are easier to use in baking) and use only the very best ingredients.
2. Scale and measure your recipes on a baking sheet (this is called a mise en place and will give you the best results).
3. Use the ingredients in the recipes (when you modify the ingredients you get different results).
4. When eggs are noted in grams, whisk two large eggs (organic, pasture raised) and then measure to amount designated with a scale.
5. Read through the recipes first.
6. Send me an email if you have any questions:
chefvanessamusi@gmail.com

Tips on how to manage healthy eating during the holidays

Truth be told we wake up everyday wanting to be in control and stay in control of what we eat. Every year we make a pact with ourselves during the holidays that we just aren't going to eat too much and gain those unwanted pounds. Yet we don't want to give up all the goodies—those one-time-a-year delectables we look forward to munching on during December. How can we have our cake and cookies and still stay in control? The answer: Holiday mindfulness.

The challenge we have with holidays is they are infused with tradition and ritual. This means we have set up a pattern to repeat the same activities over and over again. It doesn't require that we be mindful. This lack of mindfulness is what gets us in trouble. We aren't thinking about what we are doing so bad habits perpetuate.

We can only change out the bad habits with new healthier habits if we are aware of what we are doing. It is key that we are present as we navigate the holidays. We can't make the better choice if we aren't aware we have one because we merely repeat what we have always done—that extra glass of wine at the office party, the two extra sweets at our friend's holiday party or the extra batch of holiday cookies we bake to make sure we have “enough” on hand. Doing what we have always done sets us up for “the same ol' same ol'.”

If we really want to change and not gain the weight we don't want to then we have to stop doing the same things over and over again just because we did them before. Being more mindful will allow us to stay more in control.

Here is a link to a blog I have written previously that gives [10 ways to fight the battle of the bulge over the holidays](#). There are simple tips like eating a healthy snack before going to a party so you don't arrive famished, or drinking a tall glass of water between alcoholic drinks to help pace your consumption.

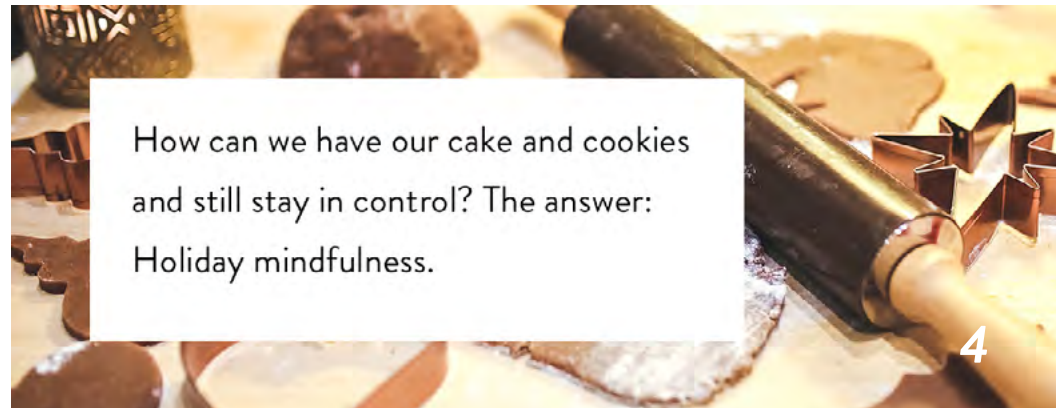
Print these tips out and tape them up where you will see them, look at them and remind yourself of the ways you can be mindful each day during the holidays. Hopefully my list will get you started on making your own list that will work for you.

Another step is to actually help yourself become more mindfully through adopting certain practices like starting the day by deep breathing before you get out of bed, stretching before you get dressed or taking up a yoga class at your local gym or YMCA. Here is another blog to check out for more ideas on [how to give temptation the slip](#) during the holidays.

If you have kids and are looking for ways to help them avoid overindulging during the holidays too then click on my blog [Top 10 tips to help kids avoid holiday overeating](#). Children are out of the routine during the holidays and without scheduled fun activities can get sedentary and bored. There are ways to avoid this by planning ahead and also including them in special activities of this joyful season.

Being mindful is relevant to everyone, no matter your age. It is always the right time to set you and your loved ones up for a happy and healthy holiday season.

Enjoy! And Live Vibrant!



How can we have our cake and cookies and still stay in control? The answer: Holiday mindfulness.

Chef Vanessa's baking hacks

Desserts don't have to be fattening or full of sugar. Pastry chefs around the world are discovering that the fourth course can be just as delicious without processed, high-fructose ingredients. [Chef Vanessa Musi of Austin, Texas](#) is one such baker. As the first healthy pastry chef, since 1994 she's been redefining the way we make desserts by adapting them for hypoglycemic, vegan, paleo, and gluten-free diets. The hacks below are some of Chef Musi's favorite ways to adapt everyday sweets into wholesome, yet heavenly pastries.

1. Ditch the White Flour

Flour power, not so much. While you probably know by now that white flour is devoid of any nutrition, you might not realize that it can actually increase your risk for diabetes. Yikes. Although wheat flour is the obvious substitution, you can make desserts paleo and gluten-free by using almond flour or coconut flour instead. Chef Musi likes to use a combination of the two for optimal texture and flavor. Check out this [paleo pumpkin cake](#) recipe as an example of the two-flour technique.

2. Substitutes for Peanut Butter

Need a guilt-free version of the peanut butter cookie? Swap out the P for almond butter—it's higher in healthy fats, vitamins and fiber. And in addition to all those benefits, almond butter has the same thick, creamy texture as peanut butter, so you won't miss a thing. Want to get more experimental? Try tahini. It's made from sesame seeds and has lower sugar and saturated fat than peanut butter. Healthy pastry chefs are going nuts for it right now.

3. Heal With Lavander

Sweets don't have to make us feel sluggish. In fact, they can soothe us. After all, we're most likely to eat a dessert right before bed, so why shouldn't it have some calming properties?

Lavander is becoming popular in healthy pastries because it's good for our well-being. Among its many health benefits are reducing stress, improving sleep and balancing blood sugar. All are good things. Lavander has a strong taste, so you'll want to use it sparingly and combine with other flavors like lemon. Take a peek at this [lemon lavender spelt cake](#), which does just that.

4. Add Superfoods

Who says you can't sneak a few nutrient-rich spoonfuls into your sweets? Try mixing wholesome ingredients into your desserts for extra energy and vitality, like hemp seeds, turmeric, cinnamon, and maca powder. Chef Musi likes to toss in golden berries and cayenne pepper for an extra healthful boost and savory taste. This [paleo phat fudge recipe](#) is so full of superfoods that you could eat it as a post-workout recovery snack.

5. Leave Out Sugar

Sugar is kind of the worst; we know that. But what to use instead? Maple syrup is a slightly healthier substitution, but still has a moderate glycemic impact. If you really want to cut out the sweet stuff, try brown rice syrup, which is even lower in fructose. It can be difficult to bake with, however, so you'll need to warm it up before using. If you have a restrictive sugar-free diet, you can also try a natural sweetener with no artificial ingredients or preservatives, like [Swerve](#).

As with everything, eat sweets in moderation, even the healthy kind. Be sure to pick up your [Livliga LivSpoons](#) to create mouthwatering desserts for guests at your next dinner party.

Paleo Blondies Austin

GLUTEN
FREE

PALEO

Ingredients

- 110 grams (approximately 1 stick) grass fed unsalted butter (such as Kerry Gold), leave out at room temperature until very soft
- 1 ¼ cups coconut sugar (any brand)
- 2 large eggs, pasture raised at room temperature
- 2 teaspoons vanilla extract (such as Nielsen Massey)
- ½ teaspoon almond extract (use only natural almond extract such as Nielsen Massey)
- 1 ¾ cups (192 grams) almond flour (I like the one in Costco, it is cheaper and has a great consistency)
- ¼ teaspoon baking soda (at high altitude use ⅛ teaspoon)
- ½ teaspoon fine sea salt (or Himalayan sea salt)
- ¾ dark chocolate (70-85% cacao) chopped in chunks (if you freeze these they won't melt so much, but I don't recommend chocolate chips. I prefer Valrhona or Guittard dark chocolate.)
- ¼ teaspoon Maldon salt to sprinkle on top (optional)



I love blondies and I try to stick to a grain free diet. I was inspired by a blondie I had in Austin and from which I then developed this recipe. It is a really fascinating texture, quite caramelly and dreamy. It tastes amazing chilled!

Makes

- 9 pieces (⅓ baking tray or an 8-inch brownie pan)

Directions

- Grease a ⅓ baking tray (you can find this on Amazon, the brand is Chicago Metallic) or an 8-inch brownie pan. Line it with parchment paper. Preheat oven to 350°F.
- In a small bowl: whisk almond flour, baking soda, salt.
- In a large bowl: mix eggs, vanilla, almond extract and coconut sugar with a whisk.
- Add butter and combine. Add almond flour mix and combine. Don't over mix, batter will look wet.
- Add in ½ of the chocolate chunks and mix with a spatula.
- Put batter into prepared pan and spread with an offset spatula.
- Sprinkle the rest of the chocolate and Maldon salt and bake for approximately 25 minutes or until a toothpick comes out with moist (but not wet) crumbs. Towards the end of baking remove from the oven and tap the pan on the table to settle the blondies, continue baking.
- Cool and unmold. Blondies will continue to set as they cool. Cut into 9 pieces.
- Store in a plastic container. Do not refrigerate. These keep optimally for 3 days.

Signature Paleo Brownies

DAIRY
FREE

GLUTEN
FREE

PALEO

Ingredients

- 140 grams dark chocolate (71% cacao), best quality, chopped and melted (such as Valrhona or Guittard)
- 75 grams coconut oil (organic), melted
- 2 eggs (organic pasture raised, at room temperature)
- 1 cup coconut sugar (any brand)
- 1 tablespoon vanilla extract (such as Nielsen Massey)
- ½ teaspoon fine sea salt
- 55 grams almond flour (use the brand at Costco or use Trader Joe's blanched almond flour)
- 40 grams cassava flour (Otto's Cassava Flour)
- 1/4 teaspoon baking soda (at high altitude use 1/8 teaspoon)
- 1/3 cup dark chocolate (71% cacao) chopped to add in batter or pecans chopped (divide in half)



Make forever friends by sharing these at potlucks and cookie exchanges during the holidays!

These brownies, I can't say enough about them, just that I am obsessed. It took me years to perfect this recipe. It is a winner and if I had a bakery it would be my best seller; my clients and students rave about this recipe. They are chewy and perfectly balanced. Make sure you use the very best chocolate.

Makes

- 9 (use an 8-inch brownie pan or 1/8 sheet pan lined with parchment)

To Decorate

- Chocolate Date Spread (I love the Date Lady) melted in the microwave for 30 seconds or so until it drizzles easily)

Method

- Prepare a ⅓ baking tray (Chicago Metallic brand, buy on Amazon) or use an 8-inch square metal pan: grease pan with coconut spray, line with parchment paper. Preheat oven to 350°F.
- In a large bowl with a whisk: mix eggs, vanilla, coconut sugar until combined. No need to mix a lot.
- Add melted coconut oil and mix. Add melted warm chocolate and mix.
- Add flours, salt and baking soda and whisk until combined. Mix half of the additional chopped chocolate and put into prepared pan. Level surface with a spatula, put the rest of the chocolate chunks on top and bake for about 25- 30 minutes until toothpick comes out with a moist crumb (it must not be wet or dry).
- Baking time depends on your oven and pan. Cool for several hours, carefully remove from pan and cut into 9 pieces. These brownies are chewy and truly are my best recipe!
- Just be aware of not over baking them :) These keep well for about 3 days in a plastic container, or freeze in a Ziplock bag for 2 weeks.

Serve with the melted Chocolate Date spread! Enjoy!!

Summer Fruit Galette

DAIRY
FREE

GLUTEN
FREE

LOW
SUGAR

Ingredients

Crust:

- 1 ½ cups (158 grams) almond flour
- ½ cup tapioca flour aka: tapioca starch (I use Bob's Red Mill)
- 1 tablespoon coconut sugar
- ½ teaspoon fine sea salt
- 90 grams grass fed butter, at room temperature
- 1 large egg, organic, pasture raised, cold
- 1 teaspoon vanilla paste (such as Nielsen Massey)
- Zest of 1 lemon
- ½ teaspoon Ceylon cinnamon

Fruit Filling (feel free to vary the fruit: apricot, raspberries, blueberries + blackberries) use only seasonal fruit

- 2 ½ cups berries or apples or a combination of cherries, raspberries, blueberries
- 1 tablespoon tapioca flour aka tapioca starch (I use Bob's Red Mill)
- 1 teaspoon lemon zest
- 3 tablespoons maple syrup
- 1 teaspoon lemon juice
- ¼ teaspoon fine sea salt (Himalayan)
- 1 teaspoon vanilla extract (such as Nielsen Massey)

Egg wash: 1 egg beaten with 1 tablespoon coconut cream, pinch salt, pinch sugar; mix well with a fork or small whisk and refrigerate up to 1 day.

This free form tart or galette is lovely all summer long when fruit is at its peak, made with berries or stone fruit. You can't go wrong using seasonal fruit and a lovely crust. Serve with dairy free ice cream and even drizzle some date syrup on top! It is so easy to make, and it's perfect for a Summer dinner or even in the Spring.

Makes

- 1 small galette approximately 9-inch

Prepare the galette pastry

- Combine the almond flour, tapioca flour, lemon zest, cinnamon, coconut sugar, salt and butter in a food processor, or use a pastry blender in a bowl. Pulse or blend until the texture of coarse meal.
- In a small bowl, whisk the egg and then add to the dry ingredients. Pulse/mix again just enough so dough comes together. It is important not to over mix! If you're mixing in a bowl, you may want to use your hands to bring the dough together at the end.
- Form a rectangle and wrap with plastic wrap. Refrigerate for at least 1 hour or overnight. Remove from fridge, bring to room temperature (not soft) and roll out into a disc on a Roll Pat or between 2 sheets of parchment paper. Try not to add flour (it's a paleo recipe) if you need to refrigerate this you can, it's easier to work the pastry when cold. You can also use some almond flour to roll out.
- When you're ready to bake, preheat oven to 400°F.
- Roll out the round of dough to form a 10- to 12-inch circle. Carefully lay dough onto a perforated baking tray with a Silpat (you can buy the perforated baking sheet on Amazon; this ensures even baking and best results, and it works like a cooling tray after wards. A Silpat is a silicon baking mat). If the dough breaks, that's okay! Just press it back into place and repair any holes or cracks that may have formed. Place in the freezer while preparing the filling.

Filling: Mix together the fruit, coconut sugar, tapioca starch, zest and juice of lemon, cinnamon, salt, and vanilla. Mix well in a large bowl and pour out into chilled crust.

Assembly: Put the fruit in the middle of the galette, leave borders free, brush with egg wash. Fold borders onto fruit filling. Be extra careful when folding the galette—the lack of gluten in the crust makes the dough much more susceptible to breaking. But if it does, just press back into place. Using a pastry brush, brush the crust with the egg wash. And bake for approximately 20 minutes at 200°F. Reduce the temperature to 350°F, and continue baking until the pie is golden brown on top and the filling is bubbling. Let cool for at least 1 hour before serving. Serve warm or chilled. Keep any leftovers stored in the refrigerator.



New Classic Biscoff Cookies

WHOLE
GRAIN

Ingredients

- 120 grams grass fed butter, unsalted at room temperature but still cold
- 170 grams brown sugar (use only the very soft kind, I like the less dark one)
- 3 grams fine sea salt
- 60 grams (XL) egg (pasture raised, organic, room temperature)
- 8 ml vanilla extract (such as Nielsen Massey)
- 15 grams milk or almond milk
- 180 grams spelt flour (I love Bob's Red Mill)
- 3 grams baking powder (such as Rumford or Clabber Girl)
- 1.5 grams baking soda (to scale this I use a baby scale that is used for jewelers) or measure ¼ teaspoon + ⅛ teaspoon)
- 150 grams oats (any brand just not quick cooking)
- 80 grams pecans chopped
- 100 grams Speculoos or Biscoff spread (get this at Trader Joes, Amazon, Central Market, World market) *see notes for options

These cookies are my decadent indulgence; I make these for my classes as a coffee break and they have become my students favorites. Thousands of bakers have raved about them, while they do use brown sugar (which I rarely use), I reduced the amount of sugar from the original recipe that called for 250 grams of sugar! It took me years to create this texture and I am sure these will become your go-to oatmeal cookie recipe. It is a perfect balance of flour, butter, and sugar. Plus it is a lovely cookie for Fall, Winter and the Holidays.

I love foundation recipes like these because you can do so many variations of this master formula. Check the notes below to see all the options.

Makes

19 cookies

Directions

- Preheat convection oven to 335°F. Line a baking tray with a Silpat (Silicon mat, buy on Amazon). Sift flour, baking powder and salt.
- In the mixer with a paddle, mix butter and sugar just until combined. You don't need to mix more. Add egg, vanilla and milk and mix well. Add oats and mix well. Add Speculoos or Biscoff spread and mix until combined.
- Add the sifted flour and combine just until incorporating—add the nuts—mix well.
- Weigh portions of 55 grams and shape cookies into balls and place the cookies onto the prepared cookie tray leaving enough room between them.
- Refrigerate for approximately 20 minutes (this is for the cookie dough to hydrate and prevents the cookies from spreading). Remove from the fridge and bake for about 8 - 10 minutes. Cookies should be golden and crisp on the edges and tender inside. Remember cookies will continue to bake when you remove them from the oven as they sit on the hot tray. Let cool for about 10 -12 minutes, remove and let cool on a cookie rack or place on a perforated tray.

Notes: the baking time depends on your oven and baking tray. Make sure you don't over bake these beauties! They must be chewy!!

Variations

Remove the Biscoff or Speculoos spread or substitute with peanut butter (same amount), change pecans for 1 cup dried cherries, raisins, yellow raisins or dried apricots chopped, or dark chocolate (70% cacao) chopped into chunks.



Chef Vanessa's Vegan Blueberry (or Raspberry) Muffins With Almond Crumble

WHOLE
GRAIN

VEGAN

LOW
SUGAR

DAIRY
FREE

Ingredients

- 2 ¼ cups (310 grams) whole spelt flour
- 2 teaspoons (8 grams) baking powder Rumford or Clabber Girl (at high altitude use 1 teaspoon or 4 grams)
- 1 teaspoon baking soda (at high altitude use half)
- 1 teaspoon (4 grams) fine sea salt or Himalayan salt
- 2/3 cup maple syrup
- 2/3 cup almond milk
- 3/4 cup coconut oil melted and warm
- 1 tablespoon lemon zest
- 2 teaspoons (10 grams) vanilla extract
- 1 cup cranberries (or fresh blueberries; or raspberries or blackberries, either fresh or frozen. For frozen, I buy berries at their peak season and freeze on a tray, package in a Ziplock, and store in freezer.)
- Zest of 2 oranges or 2 lemons (this depends on the pairing of fruit: cranberries + orange, berries with lemon)

Almond crumble topping:

- 50 grams almond flour
- 50 grams spelt flour
- 50 grams Stir Sweetener (buy on Amazon or on their website: www.stirsweetener.com)
- ½ teaspoon vanilla extract or paste (such as Nielsen Massey)
- Pinch of Maldon Salt (buy on Amazon or Whole Foods)
- ⅛ teaspoon Ceylon cinnamon
- 50 grams vegan butter (or 40 grams coconut oil, organic) at room temperature or use Palm Shortening (such as Spectrum Naturals)
- Optional: 50 grams chopped pecans or sliced almonds

These vegan muffins were one of my first healthy recipes, and I have been baking them for years. They became a signature in all my classes and workshops. I love the spongy texture and the limitless options for add ins. Use seasonal fruit or freeze seasonal berries (I find this much better than buying frozen fruit, which doesn't taste that great).

Makes

- 12 muffins

Directions

- Pre-heat oven to 350°F. Line standard 12-cup muffin tin with muffin liners. Or use a silicon muffin pan with no liners. In medium mixing bowl, whisk together the flour, baking powder, baking soda and salt. In another bowl combine oil, maple syrup, almond milk, vanilla and zest.
- Mix the dry ingredients into wet ingredients; mix until smooth. Gently fold in cranberries until evenly distributed throughout the batter. Using a 2-ounce scoop (I use a #16), portion out batter and fill muffins ¾ and distribute evenly into the prepared pan. Sprinkle the almond crumble on top.
- Bake on center rack for 18 - 22 minutes, rotating the muffin tin 180 degrees after 15 minutes.
- Remove muffins from oven when cake tester inserted into middle of muffin comes out clean.
- Let muffins stand in tin until cool enough to touch, and then transfer to a wire rack to cool completely.
- Store in airtight container at room temp for up to 2 days.



Valentine's Chocolate Cake

DAIRY
FREE

WHOLE
GRAIN

Ingredients

- 75 grams cane sugar
- 1 tablespoon brown sugar
- ¼ cup maple syrup
- 3 eggs, organic, pasture raised, at room temperature
- 5 grams vanilla
- 70 grams spelt flour (I use Bob's Red Mill)
- 70 grams almond flour (such as Trader Joe's blanched almond flour)
- 41 grams Dutch process cocoa
- 8 grams aluminium free baking powder (such as Rumford or Clabber Girl)
- 3 grams fine sea salt
- ½ cup coconut oil, melted and warm
- ¼ cup coconut cream from a can

This cake is made to celebrate! It's a "healthier" version of a Devil's Food Cake and a recipe I made exclusively for Livliga. Ideal for Xmas, Valentine's Day or Birthday celebrations. Kids love it!

Makes

- One 6-inch cake

Directions

- Grease two 6-inch round cake pans. Line the bottom with parchment. Place cake pans on a tray. Preheat oven to 350°F.
- Sift flours with cocoa and baking powder and salt.
- In the mixer with a whisk attachment beat eggs, sugars and maple sugar until foamy and light. Add vanilla and oil and mix until combined. Add coconut cream and mix. Add sifted flours and mix at low speed until just combined. Do not over mix because it will develop the gluten and create a tough texture. Pour batter into cake pans. Bake until a toothpick comes out clean, approximately 18 minutes.

Chocolate Frosting:

I used Simple Mills chocolate frosting (buy in Whole Foods); just soften this in the microwave for a bit so it spreads easier.



Banoffee (banana caramel tart)

PALEO

GLUTEN
FREE

LOW
SUGAR

Ingredients

Pastry:

- 1 cup (110 grams) almond flour
- ½ cup pecans (these will be ground)
- ½ cup tapioca starch aka tapioca flour (I use Bob's Red Mill)
- 1 tablespoon coconut sugar or Stir Sweetener
- ½ teaspoon fine sea salt
- 90 grams grass fed butter, unsalted (such as Kerry Gold; for a paleo option, use Ghee at room temperature)
- 1 egg, organic, pasture raised, cold
- 1 teaspoon vanilla paste or extract (such as Nielsen Massey)
- Lemon zest from 1 lemon
- 1 teaspoon Ceylon cinnamon

Salted Date Caramel:

- ½ cup dates, pitted (I use The Date Lady these are a special type of dates called Barhi)
- ½ cup maple syrup
- 1 tablespoon coconut oil
- 2 tablespoons raw almond butter
- 1 pinch Maldon Salt
- ½ teaspoon vanilla paste

This tart is a specialty in England, made with toffee, bananas, cream and a butter pastry tart. My version is healthy and amazing, the date caramel will transform your life. You can use it to fill the chocolate cake also!

Makes

- One 9-inch tart

Directions

Prepare the galette pastry

- Combine the almond flour, pecans, tapioca flour, lemon zest, cinnamon, coconut sugar, salt and butter in a food processor, or use a pastry blender in a bowl. Pulse or blend until the texture of coarse meal. In a small bowl, whisk the egg and then add to the dry ingredients. Pulse/mix again just enough so dough comes together. It is important not to over mix! If you're mixing in a bowl, you may want to use your hands to bring the dough together at the end.
- Form a rectangle and wrap with plastic wrap. Refrigerate for at least 1 hour or overnight. Remove from fridge, bring to room temperature so it can be rolled out into a disc on a Roll Pat or between 2 sheets of parchment paper. Try not to add flour (it's a paleo recipe). If you need to refrigerate this you can, it's easier to work the pastry when cold. You can also use some almond flour to roll out. Line a 9-inch tart pan with a removable bottom with the pastry and trim the edges. Freeze the tart for about 30 minutes so that it bakes better and does not lose its shape. Bake in a preheated oven at 350°F until golden brown. Remove from the oven and let cool. Leave tart in the pan.

Salted Date Caramel

- Blend all ingredients in a food processor or Thermomix until a smooth paste forms. Put into a small bowl.

3 large bananas sliced

- 2 cups of whipped coconut cream (buy canned coconut cream) to decorate or 2 cups of heavy cream (which is not paleo but it looks better and it has a nicer presentation) in both cases you need to refrigerate the cream and whip with a bit of sweetener of choice: for paleo use maple syrup or honey for gluten free version use some organic powdered sugar or Lakanto powdered sugar.

- Cocoa nibs or dark chocolate pearls or shaved dark chocolate curls to decorate

Assembly:

Baked tart shell, date caramel on top, bananas, cream and chocolate. Serve cold. The tart lasts 2 days refrigerated.



The Best Chocolate Chip Cookies Ever

WHOLE
GRAIN

Ingredients

- 2 cups (250 grams) whole spelt flour (I use Bob's Red Mill)
- ½ teaspoon baking soda
- 1 cup (225 grams) unsalted butter, room temperature (I use Kerry Gold)
- 2 cups Stir Sweetener (my favorite sweetener: it is a coconut sugar with probiotics)
- 1 teaspoon Himalayan sea salt
- 2 teaspoons pure vanilla extract
- 2 large eggs, organic, pasture raised, at room temperature
- 1 ¾ cups dark (70% cacao) chocolate (such as Guittard or Valrhona), chopped into chunks (if you freeze the chocolate chunks before baking, it helps these retain their shape)
- Pinch of Maldon Salt to sprinkle on every cookie before baking



Whole Wheat and Paleo version

Seriously amazing cookies. You won't regret making these! I have made these multiple times, and they never cease to amaze me. Normal chocolate chip cookies have a ton of sugar and use white flour. I revamped a great recipe and even made a paleo version and a double chocolate chip option: check notes below.

Makes

- 20 large cookies

Directions

- Preheat oven to 345°F. Prepare a baking tray with a Silpat (silicon liner). In the mixer with a paddle mix butter with Stir just until well combined. Do not aerate the mixture, or the cookies will spread.

- Add the vanilla and eggs and mix until incorporated. Combine dry ingredients: flour, baking soda, and salt in a separate bowl. Whisk together until blended. Add the flour mixture to the butter mixture on low until blended. Don't over mix.

Add in chocolate chunks and mix. Shape cookies with a #24 scoop. Drop onto a cookie sheet lined with a silpat. Bake 7-8 minutes for chewy cookies, 9-10 minutes for crisp cookies. Remove from oven and cool for 10 minutes on the hot cookie sheet. Remove and place cookies onto cooling racks or perforated baking trays to cool completely.

Double chocolate chip cookie version:

- Keep all ingredients the same: just use 213 grams flour and add 37 grams cocoa (or 18 grams of raw cacao and 18 grams Dutch process cocoa)

Paleo version: use all the ingredients the same except substitute ghee for the butter (this must be at room temperature but cold), and substitute a combination of 150 grams cassava flour (I use Ottos Cassava flour), 60 grams almond flour, and 68 grams arrowroot for the flour. These just take a bit longer to bake.

You can make half the recipe perfectly well.

Apricot Rosemary Noble Scones

WHOLE
GRAIN

LOW
SUGAR

Ingredients

125 grams unsalted European butter
485 grams spelt flour (I use Bob's Red Mill)
5 grams fine sea salt
½ cup coconut sugar or Stir Sweetener
25 grams baking powder: aluminum free powder (such as Bob's Red Mill or Rumford)
90 grams buttermilk
90 grams heavy cream, preferably organic
100 grams whole eggs approx. 4 Vital Farms organic eggs
170 grams currants (or dried apricots, a combination of chopped apricots and currants with 2 tablespoons chopped fresh rosemary or blueberries, or raspberries or mission figs or chocolate chunks)

Egg wash

25 grams egg yolks
17 grams heavy cream
⅛ teaspoon fine sea salt
Combine all ingredients and whisk until homogenized.

Coconut sugar, maple or date sugar for sprinkling on top if left with no glaze or:

Blood orange glaze:

½ cup Lakanto powdered sugar or organic powdered sugar
1 tablespoon blood orange juice
Combine in a bowl with a whisk until thick and a glaze is formed. Consistency varies: you might need more sugar or more juice.

Low Sugar, Whole Wheat

These Scones are my favorite recipe! I have made so many scones in my pastry life, I am seriously scone addicted! A scone is a timeless, evergreen recipe you can bake all year long. For brunch, coffee breaks, tea, breakfast, buffets. Enjoy this master recipe and feel free to adapt the add ins and be creative. I love having some in my freezer ready to bake.

Makes

- Approximately 10-12

Directions

- Cut the butter into 1/2" cubes and place in the refrigerator or freezer (just don't let it get super hard). Combine and sift the flour, salt, sweetener and baking powder and put them into a mixing bowl. Add the cold, cubed butter to the dry ingredients while mixing with a paddle attachment. Mix until the butter has fully incorporated into the flour and no large pieces of butter are visible. Combine the buttermilk, heavy cream and whole eggs.
- Add the liquid ingredients to the dry ingredients and mix until just combined.
- Add the currants and mix briefly.
- Finish mixing the dough by hand (don't knead the dough) divide it into 2 equal parts and then shape into 2 circles approx. 2" thick. Wrap the scone dough and let it rest in the cooler for a minimum of 1hr and up to 24 hrs.
- Cut each circle into 8 triangles (you can freeze half, which is what I do as this recipe makes so many!) Note: when you bake a frozen scone do NOT thaw but rather egg wash and bake directly, it will just take longer to bake.
- Brush the scones with egg wash and sprinkle with sugar or leave plain. Place onto a lined baking tray (or preferably a perforated baking sheet with a Silpat).
- Bake in a convection oven at 380°F, approximately 3 minutes; lower temperature to 350°F and bake until golden but moist inside, approximately 15 minutes depending on the size and thickness of your scones.



Reviews

The holidays include lots of baking and serving. We feature the LivSpoons in this holiday baking recipe ebook because they are ideal for both. Below see many of the reasons people love them through the reviews they shared with us. We included the most recent ones:

★★★★★ LivSpoons

Linda Anderson from Silver Spring, MD United States

"I'm keeping one set for myself and giving the other to a friend. What a novel idea to shape the handle so that your ingredients are handy and I can also use them as serving utensils. How unique!"

★★★★★ portion ladles

Kathleen from springville, NY United States

"I love the portion ladles. Thank-you for thinking up this great line of products to help people learn to eat well."

★★★★★ Excellent!

Nahuel Velasquez from Miami, FL United States

"Excellent product! Would buy again without hesitation for a second. Also excellent attention, communication and monitoring. Livliga is in all the details. Live vibrant!"



For a Better and Healthier Alternative

Why not have it all?

We want to bake healthier so why not serve those delectable and healthier treats in just right portions on Livilga mindful eating dinnerware?

For those looking for another option with an emphasis on a healthy lifestyle there is an answer—Livilga—a suite of patented portion control dinnerware. It is easy, beautifully designed and affordable portion control tableware, which incorporates the psychology of eating for a healthier, happier lifestyle. A great way to include the whole family, serve elegant meals to friends and celebrate any holiday. It is made of porcelain, a sustainable material, with the choice of designs and color—all microwave and dishwasher safe as well as lead and cadmium free!

This stunning, award winning and artist designed tableware embraces the notion that you can live a healthy lifestyle with beauty and subtlety. As you prepare for your holiday entertaining Livilga can help you set a stunning table with your health, and the health of the ones you love, in mind. To your health! Live vibrant!



Conclusion

To New Delectable Traditions!

We hope you enjoy these specially created holiday baking recipes by Chef Vanessa Musi we now share with you in Livliga's healthy holiday baking recipe ebook. We predict many of them will become your new favorites and part of your healthy lifestyle holiday traditions.

Livliga is committed to supporting you on your healthy lifestyle journey. Our company and the products we develop are all about mindful eating and the satisfaction that comes from eating good food, in just right amounts, with the beauty and enjoyment you deserve.

Wishing you the gift of health all year long. Happy Baking Holidays from all of us at Livliga!



About Us/Bios



Sheila Kemper Dietrich

Sheila Kemper Dietrich, Founder and CEO of Livliga, created the VisualQs philosophy based on her professional experience as Executive Director of The American Heart Association – Denver as well as her personal experience in waging the war against obesity and her desire to embrace a healthier lifestyle. She has personally benefited, as have other members of her family, from the concepts integrated into Livliga and has become a great advocate for their efficacy in living a healthy life.



Walter Dietrich

Walt Dietrich serves as Livliga's CFO and COO. He blends his extensive background in both for-profit and non-profit business management with experience in fields as diverse as finance, distribution, visual arts and design.



Vanessa Musi

Vanessa Musi is the first healthy pastry chef in the world and has changed the baking world since 1994, using alternative sweeteners and flours to create more memorable and nourishing pastries. Her personal journey of hypoglycemia inspired her to create a sweet and healthy world. She has taught thousands of bakers around the world and consulted for the best bakeries and developed recipes for Starbucks Mexico. She currently teaches workshops in Austin and travels around the world. Her recipes and workshops are transforming the pastry world. Her next projects are writing a cookbook and opening the first healthy pastry school in the world in Austin Texas.



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