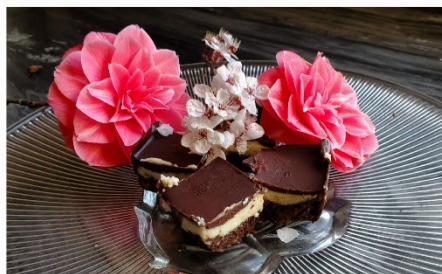


Holiday Recipes

Celebrate the Season

A collection of recipes, except one,
all created by Sharon K. Summerfield



Sharon K. Summerfield
The Nourished Executive

Be kind. Be patient. Be nourished in all you do.

Collection of Recipes

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Recipe * was created by Stephanie Kay Nutrition
All other recipes created by Sharon K. Summerfield

Healthier “Turtle” Chocolate and Pecan Treats

Ingredients:

12 Dates

48 Pecans

1 cup of chocolate chips*

I like the [Enjoy Life Foods](#) Mega Chocolate chunks as they contain no dairy, gluten or soya.

Prep Time:

10 minutes

Cook Time:

5 minutes

Total Time:

10 minutes



Directions:

Prepare a 9 X 13 pan with parchment.

Open the dates up and place on the parchment.

Press a pecan on each corner so you have four pecans on each date.

Melt the chocolate. I like to boil a pot of water, then place a small pot on top of the water, then add the chocolate. This is a beautiful way to melt chocolate. It is important to continue to stir the chocolate. A double broiler works really well.

Once the chocolate is melted now spoon over the dates and pecans. Be very generous.

Let this sit for four hours.

This is so easy and so delicious.

Christmas Chocolate Log

Ingredients

The Log

3 large eggs
1 cup cake flour or $\frac{3}{4}$ cup all purpose flour
1 cup of sugar
 $\frac{1}{4}$ cup cocoa powder (I like Camino)
1 tsp baking powder
 $\frac{1}{4}$ cup water
 $\frac{1}{8}$ cup Carolan Irish Cream

Prep Time:

60 minutes

Cook Time:

15 minutes

Total Time:

60 minutes



Icing

$\frac{1}{2}$ cup butter
2 tbsps Carolan Irish Cream
2 cups icing sugar
 $\frac{1}{2}$ cup whipping cream

Directions to make the log:

1. Preheat oven to 375.
2. Line a 9 X 13 pan with parchment paper.
3. Combine eggs, sugar, water and Carolan Irish Cream and mix well.
4. Add the Cocoa and Flour. Continue to mix well. Small bubbles should appear in your bowl.
5. Pour into pan.
6. Bake for 10 to 12 minutes.

Prepare a tea towel. Sprinkle the counter first with icing sugar, and then sprinkle icing sugar on the tea towel.

Invert tray on to the prepared tea towel with icing sugar. Roll cake between the prepared tea towel and freeze for 30 minutes.

Prepare the icing:

Combine the butter, Carolan Irish Cream and beat well. Add the icing sugar. Once this is combined well add the whipping cream and beat until this is light and fluffy.



Check the towel, before removing it from the freezer. This should be cool and no longer warm. If the towel is still warm the icing will melt into the cake, which you do not want.

Select two longer pieces of tin foil. You want these to wrap your cake filled with the icing and whipping cream.

Roll out your cake and then fill it with the icing sugar and whipping creams. Carefully roll your cake you want a generous amount of icing and whipping cream as you roll the cake.

Once the cake is now rolled, wrap this in tinfoil and then freeze for minimally 4 hours.

When you are ready to serve the log, remove from the freezer just before cutting in ½ inch slices.

This recipe is always a hit and one I have been making for my family for more than 4 decades. When I worked in different offices as an executive assistant, this was also a recipe I would bring to share with our team each year as part of our holiday celebrations.

Recipe by: Sharon K. Summerfield

Lemon and Shortbread Tarts

Ingredients:

Shortbread Base:

½ cup butter – at room temperature – cut in cubes
½ cup icing sugar
1 cup gluten free flour*

After the Blind Bake

1 to 2 egg whites

Lemon Filling

2 egg yolks
1 tbsp lemon zest (from approx. 2 lemons)
¼ cup lemon juice (from approx. 2 lemons)
¾ cup sugar
3 tbsp cornstarch
1 cup water
1.5 tbsp butter

*I like the [Namaste Gluten Free Perfect Flour Blend](#).

Prep Time:

2 hours

Cook Time:

60 minutes

Total Time:

2 hours



Directions

Mix all the ingredients together in a mixer and mix well.

Prepare a small tart pan, I like the one that has 12 tarts. This recipe will make close to 24 tarts; or 12 tarts and a few extra pieces of shortbread, just because. Form a small ball that covers most of the base of one tart and press into the individual tart pan.

Do a “blind bake”. Cut small square or rounds of parchment paper and place in each tart. Fill with beans or weights for baking. This will help to reduce the “puffing” of the shortbread. Bake for 10 minutes, at 375, until the shortbread is a light brown.

Take out of the oven and remove the parchment and beans/weights.

Puncture the shortbread with a fork to release the steam. Paint the shortbread lightly with egg whites. Bake for another 5 minutes. Remove from oven and let cool.

Lemon and Shortbread Tarts - continued

Prepare the Lemon Filling

Directions:

1. Clean your lemons.
2. Using your grater and the finer setting, grate the lemon to get your lemon zest.
3. Find a bowl and put a sieve in it. Cut your lemons in half and then manually squeeze these lemons into the sieve on top of the bowl. This will help to catch any of the seeds.
4. Place water, sugar, butter in a bowl and heat this up. Add egg yolks, lemon zest and juice, and cornstarch while mixing on low to medium heat. Once the cornstarch is well mixed turn off the heat. Continue to whisk the mixture. As I do like a tart lemon filling please do taste. If it tastes too tart, add more sugar. If the mixture is too runny, then small amounts of cornstarch. Continue to whisk and taste.
5. The mixture should thicken nicely.
6. Once the mixture is the desired consistency, carefully spoon into the cooked shortbread shells. Then bake for another 5 minutes. Take out of the oven and let cool in the tart pan.
7. Remove from tart pan once these have cooled for 30 minutes.
8. The best results are when you prepare the filling a few hours before you will serve the lemon tarts.

These go really well with afternoon tea.

Recipe by Sharon K. Summerfield

Delicious Sugar Cookies

Ingredients:

1 cup shortening
1 cup granulated sugar
1 egg
1 tsp vanilla
2 1/3 cups gluten free flour*
1 tsp baking powder
1 tsp cream of tartar

*I like the Namaste Gluten Free Perfect Flour Blend.

Prep Time:

10 minutes

Cook Time:

10 minutes

Total Time:

20 minutes



Directions:

Preheat oven to 350.

In a large bowl, cream shortening.

Add sugar and 1 egg

Then add the remainder of the ingredients.

Divide dough into thirds. Start to knead the dough until it does not feel sticky. Cover your counter with parchment paper. This helps greatly with your clean up.

Begin to roll out the dough, to around ¼ of an inch and then cut with your favourite cookie cutter. I like to use a star and a small heart.

Prepare 2 - 9 X 13 cookie sheets with parchment paper. Place cut out cookies on your cookie sheet.

Bake at 375 for about 8 to 10 minutes, until your cookies are a light golden brown. Once cooked remove from oven and cool on a cooling rack.

Once cooled then store in the freezer in your favourite container.

Recipe by: Sharon K. Summerfield

Earl Grey Shortbread

Ingredients:

1/4 cup Organic Earl Grey Loose Tea *

1 1/4 cup Butter

2 tbsp Orange Zest

1 1/2 cups Gluten-Free Blended Flour)

3/4 cup Icing Sugar

* The Denman Island Tea Company Cream Earl Grey is one of my favourites for this recipe.

* I find the Namaste Foods Gluten Free Perfect Flour Blend works so well.

Prep Time:

Several hours

Cook Time:

10 to 12 minutes

Total Time:

Allow half a day



Directions:

1. Place tea in a bullet or coffee grinder and blend the tea leave so they are a finer texture.
2. Mix the tea, butter and orange zest. Let this sit for 6 to 8 hours.
3. Mix all ingredients together with a good quality mixer.
4. Using gluten-free flour, take small handfuls of batter and knead the batter until it is no longer sticky.
5. Roll batter on a floured surface. Cut your cookies with your favourite cookie cutters.
6. Place the cut out cookies on a prepared baking sheet and bake at 350 for 10 to 12 minutes. The shortbread should be a light golden colour.
7. Once cookies are golden brown, remove from oven and cool on rack.
8. I like to keep my cookies in the freezer. This recipe makes 2 to 3 dozen cookies, dependent on the size of your cookies.

Recipe by: Sharon K. Summerfield

Nanaimo Bars with a Healthier Twist

Ingredients:

Base

1/4 cup Butter
3 tbsp Cacao Powder
1 Egg
1 1/4 cup Medjool dates
1/2 cup Almonds
1/2 cup Pecans
1/2 cup Walnuts
1/2 cup Pumpkin Seed
2 tbsp Gluten Free Oats

Buttercream Filling

1/2 cup Butter
3 tbsp Milk (or Chocolate
Liquor)
1 tsp Vanilla
2 tbsp Corn Starch
2 cups Icing Sugar

Chocolate Filling

4 oz Dark Chocolate Squares
2 tbsp Butter

Prep Time:

30 minutes

Cook Time:

8-10 minutes

Total Time:

45 minutes



Directions:

1. Line 8 X 8 pan with parchment paper.
2. Prepare the base. Mix almonds, pumpkin seeds and oats in a bullet or small blender. Chop the walnuts and pecans.
3. Cut dates in small pieces and soak in water for 20 minutes.
4. Melt butter on stove
5. Add remaining ingredients to the melted butter and mix together.
6. Drain the dates and add to the mixed ingredients of nuts, cacao and butter.
7. Transfer mixture to prepared pan and press into an even layer. Place in freezer for 10 to 15 minutes.
8. Prepare buttercream filling with an electric mixer until smooth and creamy.
9. Remove base from freezer and add the buttercream filling.
10. Melt butter in pot on the stove and add the chocolate square.
11. Pour melted butter over the second layer.
12. Place pan in freezer and chill for around 10 minutes. You want the chocolate to form. Remove and cut in two bite squares

Pecan Peanut Butter Cookies

Ingredients:

1/2 cup + 1 tbsp butter at room temperature

1/2 cup peanut butter (try to find a natural peanut butter with no added sugar)

1 cup granulated sugar

2 tbsp ground flaxseed

1 tsp vanilla

1 1/4 cups flour – I prefer Namaste Gluten Free Perfect Flour Blend

1 tsp baking soda

1/2 cups chopped pecans

Prep Time:

20 minutes

Cook Time:

10-12 Min

Total Time:

30 minutes



Directions:

1. Preheat your oven to 375.
2. Place the ground flaxseed in 1/4 cup of water and let soak for 20 minutes.
3. Chop the Pecans.
4. Combine all ingredients and mix thoroughly.
5. Shape balls, about an inch in diameter. Then place on a prepared cookie sheet.
6. Press down with a fork that has been dipped in water.
7. Bake in preheated oven for 10 to 12 minutes. Cookies should be a golden brown.
8. Cool on a cooling rack.

Created by Sharon K. Summerfield

Pumpkin Seed & Almond Butter Nourishing Oat Bars

Ingredients:

1/2 cup Almond Butter
1/4 cup Tahini
1/2 cup + 3 tbsp Maple Syrup
3 cup Slow Cooking Oats
1 tbsp Orange Zest (1-2 Oranges)
1 tsp Vanilla
1/4 cup + 1 tbsp Coconut Oil
1/3 cup Cacao Powder
1/2 cup Pumpkin Seeds

Prep Time:

20 Minutes

Cook Time:

This is no bake recipe

Total Time:

20 Minutes



Directions:

1. Combine almond butter, tahini, pumpkin seeds and 1/2 cup maple syrup. Mix together in a high speed mixer.
2. Add slow cooking oats.
3. Line 8 X 8 baking pan with parchment paper and press 3/4 of the oatmeal mixture into the pan. Place in the fridge.
4. Melt coconut oil, add vanilla, remaining maple syrup, orange zest and cacao.
5. Pour mixture over the oats mixture in the pan.
6. Sprinkle remaining oatmeal mixture on top and then place in the fridge for 2 hours.
7. Cut into bar sizes and enjoy. These are best stored in the fridge or freezer.

Sweet Potato Apple Nut Bread

Ingredients:

1 cup sweet potato puree (1 medium sized cooked yam – mashed)

1/2 cup unsweetened apple

1/2 cup Namaste Gluten Free – Perfect Flour Blend

1/2 cup oat flour

1/2 cup ground pumpkin seeds

1/4 cup chopped walnuts

1/4 cup chopped pecans

1 tsp baking soda

1 tsp ground cinnamon

1/2 tsp ground ginger

1/2 tsp ground cloves

1/2 tsp ground Cardamom – I like the one from the Gathering Place now in Campbell River, BC

2 medium size eggs – lightly beaten

1 tsp pure vanilla extract

*1/2 cup Chocolate Chips – I like the ones from Enjoy Life, as they are dairy, nut and soya free.

Prep Time:

10 minutes

Cook Time:

40-50 minutes

Total Time:

60 minutes



Directions:

1. Bring a medium size pot to a boil and add the yam that has been chopped up in small cubes. This will help the yams to cook faster and evenly. Once cooked, drain water, then mash.
2. Add the Apple Sauce to the mashed yams. If you would like to make the apple sauce from scratch, you will need two medium size apples.
3. For the Oat Flour you can use Old Fashion Oats that you blend in your bullet. Once blended add the pumpkin seeds to blend these as well.
4. Once steps 1 to 4 have been completed, add all of the remaining ingredients.
5. Place in a prepared loaf pan and bake for 40 to 50 minutes at 375 degrees. Keep an eye on the bread and check to see that it is cooking evenly. Before removing from the oven check the bread by inserting a clean butter knife. If it comes out clean with no unbaked batter then it can be removed from the oven.
6. Remove from oven and then cool. Once cooled remove from the loaf pan. Slice your bread and enjoy.

Recipe by Sharon K. Summerfield

Gingersnap Cookies

A Twist on a Traditional Favourite

Ingredients:

3/4 cup Shortening
1 cup Granulated Sugar
1 Egg
1/4 cup Molasses (to make it easier to measure the molasses, first drop 1/2 tsp of olive oil in the measuring cup and then add the molasses)
2 cups Namaste Foods Gluten Free Perfect Flour Blend
2 tsp Baking Soda
2 tsp ground Ginger
1 tsp Cinnamon
1/2 tsp ground Cloves
1/2 tsp Cardamom

Prep Time:

10 minutes

Cook Time:

10 minutes

Total Time:

20 minutes



Directions:

Preheat oven to 350.

In a bowl mix all ingredients and blend together, in the order suggested above.

Put half a cup of sugar (over and above the sugar for the cookies) in a bowl. Shape dough into balls and then role in sugar.

Place on prepared cookie sheet, greased or using parchment paper, about 2 inches apart. Bake for 8 to 10 minutes.

Cook on cooling rack. Once cool put in containers and keep the cookies in the freezer. I find freezing gingersnaps brings out the spices more.

Lemon Meringue Pie

Ingredients:

Base:

1 1/3 cup Graham Cracker
Crumbs
1/3 cup butter

Filling:

4 egg yolks
2 tbsp lemon rind (from approx.
4 lemons)
½ cup lemon juice (from
approx.. 4 lemons)
1 ¼ cups granulated sugar
6 tbsp cornstarch
2 cups water
3 tbsp butter

Meringue:

4 egg whites
¼ tsp cream of tartar
6 tbsp granulated sugar

Prep Time:

60 minutes

Cook Time:

20 minutes

Total Time:

60 minutes

You may be wondering, really Lemon Meringue Pie for the holidays? This year, my sister-in-law specifically requested I bring this pie. And yes, this is one of my husband's favourite pies. A Lemon Meringue Pie may not be a typical holiday dessert. No matter the occasion it is always delicious.



Directions:

1. Prepare the base. Melt the 1/3 cup of butter; then add the Graham Cracker Crumbs. Mix well together. Then press into a 9 inch pie plate that has been prepared.
2. Bake the base in the oven for 10 minutes at 350. Then remove to cool.
3. Prepare the filling. In a heavy saucepan combine sugar and cornstarch.
4. Stir in 2 cups of water, stirring as you do this, over medium heat. Turn heat down.
5. Add egg yolks, butter, lemon juice and rind and whisk mixture together, until small bubbles start to appear. Remember to taste, to ensure you have the tart or sweetness you prefer. Turn off the heat and continue to whisk the filling. It should start to feel thicker.
6. Pour into the Graham Cracker Crumb Base. Then let cool for a few minutes.
7. Prepare the meringue. Beat the egg whites with cream of tartar and sugar until the mixture holds soft peaks.
8. Spoon over filling and decorate with knife or fork with your preferred design.
9. Bake at 350 until the meringue is a golden brown. Keep a close eye on this.

Remove from the oven. Then cool at room temperature for a minimum of 2 hours. Suggest making this the day before you would like to serve it.

We hope you have enjoyed this collection of some of the recipes we enjoy during the holidays, featuring my photography. Remember less is more. Take the time to pause and just be.

Wishing you all the best for the holidays and in the New Year.

Your life treasures
are the experiences
of people that
nourish you,
bring you joy
and keep you
connected to what
really matters.

Keep them close this
season.

Janice Marturano



Photography Sharon K. Summerfield

Sharon K. Summerfield,
Founder
[The Nourished Executive](#)

