



# New Year Recipes 2021

ERIN DONLEY M.ED NTP

# Decadent Chocolate Peppermint Truffles

10 SERVINGS 20 MINUTES



## INGREDIENTS

1 cup Pitted Dates (packed)  
3 cups Water (just boiled)  
1/3 cup Cocoa Powder  
1/2 tsp Peppermint Extract  
3 tbsps Coconut Oil  
1/3 cup Dark Chocolate Chips  
1/4 tsp Sea Salt (large flakes, for topping)

## NUTRITION

### AMOUNT PER SERVING

Calories	133	Cholesterol	0mg
Fat	7g	Sodium	61mg
Carbs	17g	Vitamin A	1IU
Fiber	2g	Vitamin C	0mg
Sugar	13g	Calcium	17mg
Protein	1g	Iron	1mg

## DIRECTIONS

- 01 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 02 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 03 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 04 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 05 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to seven days.

### SERVING SIZE

One serving is equal to approximately two truffles.

### ADDITIONAL TOPPINGS

Top with crushed up candy cane or shredded coconut flakes.

### MORE FLAVOR

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

# Baked Blackened Salmon

4 SERVINGS 20 MINUTES



## INGREDIENTS

2 tsps Paprika  
1 tsp Oregano  
1/2 tsp Garlic Powder  
1/2 tsp Dried Thyme  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
1/4 tsp Cayenne Pepper  
1 1/4 lbs Salmon Fillet  
1 tbsp Extra Virgin Olive Oil  
1/2 Lemon (cut into wedges, optional for serving)

## NUTRITION

### AMOUNT PER SERVING

Calories	239	Cholesterol	78mg
Fat	13g	Sodium	211mg
Carbs	2g	Vitamin A	680IU
Fiber	1g	Vitamin C	2mg
Sugar	0g	Calcium	28mg
Protein	28g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a small bowl combine the paprika, oregano, garlic, thyme, salt, black pepper and cayenne pepper.
- 03 Rub the salmon with the oil on all sides and place on the prepared baking sheet. Coat the top sides of the salmon with the spice mixture.
- 04 Bake for 12 to 15 minutes or until salmon is cooked through and flakes easily. Season with additional salt if needed and serve with lemon wedges, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

For a spicier salmon use more cayenne pepper. For a smoky flavor, used smoked paprika instead.

### MAKE IT A MEAL

Serve with roasted veggies and potatoes or on top of a salad.

# Cinnamon Yogurt Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Oats (rolled)  
1 tbsp Chia Seeds  
1/8 tsp Cinnamon  
1/4 tsp Vanilla Extract  
1/2 cup Unsweetened Coconut Yogurt  
1/2 cup Plain Coconut Milk (from the carton)  
1/2 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	313	Cholesterol	0mg
Fat	12g	Sodium	45mg
Carbs	47g	Vitamin A	288IU
Fiber	9g	Vitamin C	5mg
Sugar	12g	Calcium	563mg
Protein	7g	Iron	3mg

## DIRECTIONS

- 01 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove from the fridge and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/4 cup.

### NO COCONUT YOGURT

Use another type of yogurt.

### ADDITIONAL TOPPINGS

Berries, nuts and/or seeds.