

Christmas Treats

Gluten Free, Refined-Sugar Free, Egg Free, Paleo & Vegan Friendly Recipes

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Table of Contents

Cinnamon Rolls

Gluten Free Chex Mix

Condensed Milk

Seven Layer Bars

Wedding Cake Cookies

Paleo Marshmallows

Rice Krispie Treats

Sugar Cookies

Peppermint Mocha Sauce

Carmel Cereal Bars

Puppy Chow

Graham Cracker Toffee



Hi my name is Laura Sanders and I am the founder of Health, Healing & Hope (H3).

The Journey of H3 incorporates lifestyle changes, including focusing on nutrient dense foods, managing stress and learning to listen to our bodies.

I created this E-Book because I spent many Holidays not being able to partake in traditions and enjoy my favorite holiday treats.

I spent many Holidays feeling sad because I was not able to enjoy the holiuday treats I used to. I created this E-Book so that you do not have to feel that way. I wanted to re-create some of my favorite holiday treats without the refined sugar and gluten but gave the same feeling as the treats you grew up making with your Mom.

A lot of these recipes are family favorites and I hope the become a family favorite in your house too.



Cinnamon Rolls

Ready in: 1 hr

Servings: 12 Rolls

Paleo & Egg Free

Ingredients

Rolls

- 1 flax egg
- 1 ¾ cup almond flour
- 1 ½ cup tapioca flour
- 1 tsp baking powder
- ½ teaspoon fine sea salt
- 1/3 cup unsweetened almond milk
- 3 Tablespoons softened grass-fed butter
- 2 Tablespoons raw honey
- 1 ½ teaspoons vanilla extract

Filling

- ¼ cup melted grass-fed butter
- 1/4 cup maple sugar
- 1 tablespoon coconut sugar
- 1 tablespoon cinnamon

Frosting (optional)

- 2 Tablespoons softened butter
- 2 oz of cream cheese (Kite kill makes a great dairy free one)
- ½ cup powdered sugar (see notes for how to make paleo)
- ½ tsp vanilla extract

Instructions

1. Add 1 tablespoons ground flaxseed and 2.5 tablespoons boiling water and let sit for 15 minutes
2. Combine the flours, baking powder and sea salt in a bowl. Then add almond milk, butter, raw honey, vanilla extract and flax egg until a dough is formed.
3. Form dough into a ball and place in the fridge for 30 minutes.
4. Make filling while dough is chilling by combining all ingredients until the consistency is like a wet paste.
5. Preheat oven to 350F
6. Place a piece of parchment paper on a cutting board and add chilled dough. Add another piece of parchment paper on top and roll out into a long rectangle.
7. Spread the filling out all over the dough (leaving an inch or so on the sides). Then using the parchment paper roll the dough and slice into 12 pieces.
8. Place the cinnamon rolls into a circle pan with parchment paper on the bottom. If you have any filling left you can add on top of cinnamon rolls.
9. Sprinkle it with cinnamon and place into the oven.
10. Bake at 350 for 16-20 minutes (mine are perfect at 18).
11. While cinnamon rolls are baking make the frosting by adding all ingredients into a mixer. Mix until a thick frosting is formed.
12. Once cinnamon rolls are done, after frosting and serve warm!

Tips

You can also freeze the dough after step 7 (don't slice). Just cover with plastic wrap and freezer paper and store in a freezer safe bag or container

To make powdered sugar combine 1 cup maple sugar (can also use coconut sugar) and 2 teaspoons arrowroot powder in a high-speed blender and blend until a powder forms.





Gluten Free Chex Mix

Ready in: 1 hr and 10 minutes

Servings: 9 cups

Gluten Free, Egg Free, Corn Free, Vegan Friendly

Ingredients

- 5 cups rice chex
- 1 box Simple Mills Farmhouse cheddar Crackers (about 2 cups)*
- 2 cups Quinn Grain Free Pretzels
- 1 cup mixed nuts
- $\frac{1}{2}$ cup unsalted grass fed butter*
- 3 tablespoons Worcestershire
- 1 teaspoon seasoning salt
- $\frac{1}{2}$ teaspoons onion powder
- $\frac{1}{2}$ teaspoon garlic powder

Instructions

1. Preheat the oven to 250 Degrees F and line a large cookie sheet with parchment paper.
2. In a large bowl add Rice Chex, cheddar crackers, pretzels, and nuts.
3. In a small saucepan over medium low heat add butter, Worcestershire, seasoning salt, garlic powder and onion powder.
4. Whisk until combined and cook until butter is melted (around 3 minutes).
5. Pour butter mixture over dry ingredients and mix carefully until combined.
6. Spread onto a cookie sheet and bake for 1 hour stirring 3-4 times.

Tips

If making vegan, use regular simple mill crackers and vegan butter

Condensed Milk

Ready in: 20 minutes

Servings: 2 cups

Paleo & Vegan

Ingredients

- 1 can full fat coconut milk
- $\frac{1}{3}$ cup pure maple syrup
- 1 teaspoons vanilla extract
- $\frac{1}{8}$ teaspoon fine sea salt

Instructions

1. Whisk together non-dairy milk and maple syrup in a medium saucepan over medium-high heat.
2. Whisking often bring to a low simmer.
3. Continue to simmer for about 30- 45 minutes or until liquid has reduced in half (make sure you are whisking often).
4. Once reduced remove from heat and store in vanilla extract and fine sea salt.
5. Cool completely and store in the refrigerator for up to 7 days.

Seven layer Bars

Ready in: 1 hr and 30 minutes

Servings: 25 Bars

Paleo & Vegan

Ingredients

Crust:

- 1 box smashed Simple Mills Pecan cookies or graham crackers (about 1 ¼ cups)
- 6 tablespoons vegan or grass-fed butter

Filling:

- ½ cup chopped pecans
- ½ cup shredded coconut
- 1 paleo/vegan chocolate bar Homemade

Condensed Milk:

- 1 can full fat coconut milk
- ⅓ cup pure maple syrup
- 1 teaspoon vanilla extract
- 1/8 teaspoon fine sea salt

Chocolate Sauce:

- ½ cup paleo/vegan chocolate chips
- 1 teaspoons coconut oil

Caramel Sauce:

- ¼ cup pure maple syrup
- 2 tablespoons pecan butter (I used salted)
- 1 teaspoon vanilla extract
- Dash of salt (if your nut butter is not salted)

Instructions

Crust:

1. Preheat the oven to 350 degrees F. Prepare an 8 by 8 square pan with parchment paper.
2. In a small bowl mix together melted butter and crushed cookies. Press into the bottom of the prepared pan and bake for 5 minutes.
3. Make chocolate sauce by combining chocolate chips and coconut oil in a small saucepan over low heat. Stir until completely melted and immediately remove from heat.
4. Pour $\frac{3}{4}$ cup condensed milk evenly over the crumb mixture (store the rest of the condensed milk in the fridge).
5. Layer evenly with chopped pecans, coconut and chocolate. Pour chocolate sauce on top.
6. Lastly, pour as much caramel sauce as desired on top. Bake for 25 minutes. Let cool completely and then refrigerate for 2 hours before slicing.

Condensed Milk:

1. Whisk together non-dairy milk and maple syrup in a medium saucepan over medium-high heat. Whisking often, bring to a low simmer.
2. Continue to simmer for about 30- 45 minutes or until liquid has reduced in half (make sure you are whisking often).
3. Once reduced remove from heat and store in vanilla extract and fine sea salt.
4. Cool completely and store in the refrigerator for up to 7 days.

Caramel Sauce:

1. In a small saucepan over medium heat, add all the ingredients for the caramel pecan sauce.
2. Whisk until all the ingredients are mixed and become smooth.
3. Bring to a boil and whisk continuously for about a minute or until the sauce starts to thicken up.

Tips

If you do not want to make homemade condensed milk you can buy coconut condensed milk



Wedding Cake Cookies

Ready in: 45 minutes

Servings: 24 cookies

Paleo, Egg Free & Vegan Friendly

Ingredients

- 8 tablespoons softened unsalted grass fed butter (or vegan butter)
- $\frac{2}{3}$ cup homemade paleo powdered sugar plus $\frac{1}{3}$ cup for rolling
- 1 $\frac{3}{4}$ cup almond flour
- 1 cup finely chopped/crushed unsalted pecans
- 2 teaspoons vanilla extract
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon fine sea salt

Instructions

1. Preheat oven to 350 degrees F and line a cookie sheet with parchment paper.
2. In a medium sized bowl with a hand mixer or stand mixer cream together the butter and $\frac{2}{3}$ cup powdered sugar.
3. Add in almond flour, chopped pecans, vanilla extract, baking powder and sea salt in the bowl and mix until combined
4. Place dough in the fridge for 30 minutes. Roll into balls, about 1 tablespoon of dough at a time and place them 2 inches apart on the cookie sheet and place in freezer for 10 - 15 minutes (this will help them keep their shape).
5. Bake for 14-18 minutes until the bottom is golden brown (mine took about 17).
6. Allow cookies to cool for 4 minutes and then roll in powdered sugar.
7. Cool on a cooling rack and store at room temperature for 3 days or in the fridge for up to a week

Tips

If you do not want to make your own powdered sugar, just use regular
If you like them extra sweet, roll them a second time after they have cooled off



Paleo Marshmallows

Ready in: 45 minutes

Servings: 24 cookies

Paleo, Egg Free & Vegan Friendly

Ingredients

- ½ cup water plus 1 cup raw honey
- ½ cup water plus 3 ½ tablespoons unflavored gelatin powder
- 2-4 tablespoons arrowroot

Instructions

1. Line a quarter cookie sheet with parchment paper and spread 1-2 tablespoon of the arrowroot powder on top (if you do not have a quarter cookie sheet a half works just fine).
2. In a medium saucepan add ½ cup water and honey over medium high heat.
3. Bring to a low boil and turn down to low- medium heat.
4. Allow honey mixture to cook until a candy thermometer reads to 240 Degrees F. Mine took about 30 minutes. Your mixture will bubble up a lot. Make sure to cook on low-medium (like 2 or 3) if you cook this at a high heat the honey will burn.
5. Meanwhile, in a stand mixer, add ½ cup water and sprinkle gelatin powder on top and let sit for 15 minutes.
6. Once your honey syrup has reached 240 Degrees F, turn your stand mixer on low and slowly pour the honey syrup down the side of the bowl.
7. Once it is all added, turn your mixer to a medium high speed and let it beat for 8-12 minutes or until your mixture has turned from brown to white and has tripled in volume.
8. Immediately transfer the marshmallows to the prepared cookie sheet and spread out evenly (you have to work fast before the marshmallows start to set). If you are using a half sized cookie sheet, only spread the mixture on half of the sheet (if you do it all the way it will be too thin).
9. Allow the marshmallows to sit out overnight (they are very sticky so letting them sit out makes it easier to cut them)
10. Add 2 tablespoons of arrowroot on top of the marshmallows(this will help it not be sticky) and grease a knife with coconut oil. Cut the marshmallows into squares.

Tips

Do not try this if you do not have a candy thermometer. It is crucial for making this recipe.

I keep mine on the cookie sheet for a couple days after I make them as it will make the texture more like a regular marshmallow. Then I transfer them to an airtight container for a couple weeks.



Rice Krispie Treats

Ready in: 1 hr and 15 minutes

Servings: 12 treats

Gluten Free, Egg Free, Refined Sugar Free, Vegan Friendly

Ingredients

- 6 tablespoons unsalted grass-fed butter or vegan butter
- 5 oz homemade paleo marshmallows
- 4 ½ cups rice cereal
- ½ teaspoon vanilla extract
- Pinch of salt

Instructions

1. Line an 8 by 8 square pan with parchment paper and lightly spray with coconut oil.
2. In a large pot melt the butter over medium high heat.
3. Once melted, add in the marshmallows and stir until the marshmallows are completely melted.
4. Remove from heat and add in the vanilla extract and salt.
5. Fold in the rice cereal and transfer to the prepared baking pan.
6. With a wet spatula (or wet hands), press the mixture down into the pan evenly.
7. Let sit at room temperature before cutting.

Tips

If you want to add in food coloring, add in with the vanilla extract and salt.

Store in an airtight container at room temperature for three days.





Sugar Cookies

Ready in: 45 minutes

Servings: 12- 15 cookies

Paleo & Egg Free & Vegan Friendly

Ingredients

Sugar Cookies

- 8 tablespoons softened unsalted butter or vegan butter
- $\frac{1}{3}$ cup plus 1 tablespoon maple sugar*
- 1 tablespoon unsweetened nut milk (or regular)
- 2 cups almond flour $\frac{1}{2}$ cup tapioca flour
- 2 teaspoons vanilla extract

- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon fine sea salt

Glaze

- $\frac{1}{2}$ cup maple sugar powdered sugar
- 1 - 2 tablespoons unsweetened nut milk*
- $\frac{1}{4}$ teaspoon vanilla extract
- Food coloring if desired



Instructions

1. In a medium bowl, sift together the flour, baking powder and salt. In a stand mixer fitted with the paddle attachment, beat the butter until smooth (about 2 minutes).
2. Add the maple sugar and continue beating until the mixture is light and fluffy, (about 3 minutes) then add the vanilla and mix until combined. Add the flour and beat just until combined.
3. Remove the dough, shape it into a disk about 6 inches wide and wrap it securely in plastic wrap and chill in the fridge for at least 3 hours or overnight.
4. Preheat the oven to 350 degree F and line a cookie sheet with parchment paper.
5. Place tapioca flour on the parchment paper and place dough on top, sprinkling a little more on the dough.
6. Roll half the dough between two pieces of parchment or wax paper until it's about 1/4-inch-thick.
7. Using cookie cutters, cut out your desired shapes and place them roughly 2 inches apart on the cookie sheets.
8. Repeat the rolling and cutting process with the remaining dough (leftover scraps can be re-rolled).
9. Refrigerate the cut-out cookies for at least 15 minutes. (this helps them keep their shape when baking).
10. Bake for 9- 11 minutes.
11. Cool completely on a wire rack before frosting.

Tips

You can sub coconut sugar but the cookies will be darker.

If using food coloring start with 1 tablespoon. You can always add more if needed but you do not want it to be runny.





Peppermint Mocha Sauce

Ready in: 20 minutes

Servings: 1 1/2 cups

Paleo & Vegan

Ingredients

- ¾ cup filtered water
- ¾ cup unsweetened cocoa powder ¼ cup pure maple syrup
- ¼ cup coconut sugar
- ¼ teaspoon fine sea salt
- ¼ teaspoon peppermint extract*

Instructions

1. Combine all ingredients except vanilla extract in a saucepan over medium high heat.
2. Whisking constantly, let cook for around 5 minutes or until the sauce has thickened.
3. Add in the peppermint extract and allow to cool.
4. Store in an airtight container in the fridge for up to 2 weeks or in the freezer for up to 3 months.

Tips:

You can add more peppermint extract if you like it pepperminty but it is strong. I recommend tasting it and then adding more if desired



Caramel Cereal Bars

Ready in: 20 minutes

Servings: 12 bars

Gluten Free, Grain Free, Vegan

Ingredients

- 4 cups unsweetened Three Wishes Grain Free Cereal*
- ½ cup pure maple syrup
- ¼ cup unsalted cashew butter (or any nut butter)
- ¼ teaspoon fine sea salt (omit if cashew butter is salted)
- 1 teaspoon vanilla extract
- ½ cup chocolate chips
- 1 teaspoon coconut oil

Instructions

1. Line an 8 by 8 square pan with parchment paper and set aside.
2. In a small saucepan over medium heat, add the maple syrup, cashew butter and fine sea salt for the caramel sauce.
3. Whisk until all the ingredients are mixed and become smooth.
4. Bring to a boil and whisk continuously for about a minute or two or until the sauce starts to thicken up.
5. Once caramel is done, stir in the vanilla extract.
6. In a medium bowl, add cereal and caramel sauce and mix until combined.
7. Pour the caramel cereal into the square pan and flatten mixture down until it is even and place in the freezer for 5 minutes.
8. In a microwave safe bowl, add chocolate and coconut oil and microwave on medium power in 30 seconds increments, stirring in between until chocolate is melted. Alternately, cook on the stove on low heat, stirring until melted.
9. Pour the melted chocolate over the caramel cereal and stick in the freezer for 10 minutes before cutting, or a couple hours in the fridge.
10. Keep refrigerated in an airtight container. Best served cold!

Tips

If you cannot find Three Wishes cereal, you can sub Cheerios.



Puppy Chow

Ready in: 20 minutes

Servings: 4 1/2 cups

Gluten Free, Vegan, Peanut Free

Ingredients

- ½ cup raw cashew butter
- ⅓ cup paleo/vegan semi sweet chocolate chips*
- 4 ½ cups Rice Chex
- 1- 1 ½ cups paleo powdered sugar
- Dash of fine sea salt

Instructions

1. In a small saucepan over low heat, combine cashew butter, chocolate chips and fine sea salt (if your cashew butter is not salted) and cook until melted, stirring frequently. You can also use a microwave safe bowl and microwave in 30 second increments until melted.
2. In a bowl, add half your Rice Chex and half the chocolate mixture.
3. Stir carefully until the Chex is coated.
4. Add the rest of the Chex and chocolate, mixing until coated.
5. In a paper bag, add your Rice Chex and powdered sugar and shake it until the chocolate Chex is covered in powdered sugar.
6. Store in an airtight container or bag and enjoy!

Tips

I use Hu Kitchen Chocolate gems

You can add as much or as little powdered sugar as you like

A paper bag may seem random but it is crucial for getting the powdered sugar evenly distributed



Graham Cracker Toffee

Ready in: 25 minutes

Servings: 25 pieces

Paleo, Egg Free, Vegan Friendly

Ingredients

- 10-12 sheets of graham crackers
- ½ cup maple syrup
- ¼ cup cashew butter
- 1 tablespoons grass fed butter or vegan butter
- ½ cup semi sweet chocolate chips
- ½ teaspoon coconut oil
- ½ cup chopped pecans toasted*
- Dash of sea salt

Instructions

1. Preheat the oven to 350 degrees F and line a 12 by 8 (quarter sheet) cookie sheet with parchment paper.
2. Arrange graham crackers side by side in a single layer so they fit on the cookie sheet.
3. In a small saucepan, heat the maple syrup, cashew butter and butter over medium heat until melted.
4. Continue cooking until the caramel reaches a boil and let it boil for two minutes stirring constantly.
5. Pour caramel on top of the graham crackers, spread out evenly.
6. Bake for 7 minutes.
7. In a microwave safe bowl, add chocolate chips and coconut oil and microwave in 30 second increments until melted.
8. Once the graham crackers are done baking pour the chocolate on top and add toasted pecans or whatever topping you prefer. Sprinkle with sea salt if desired.
9. Place in the freezer for an hour and then break apart and enjoy!

Tips

To toast your pecans add them on a cookie sheet at 350 Degrees F and bake for 7-10 minutes (you do not have to toast them, raw is fine)