



*ALOHA recipe*

## HEALTHY HOLIDAY ENTERTAINING

Clean • Delicious • Festive

**ALOHA**

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It is hard to stay healthy during the holidays—the best strategy for avoiding pounds of processed sugar and countless calories is to cook yourself! Whether you are a guest or a host, these recipes make holiday entertaining easy and nutritious! And do not worry, these dishes are absolutely delicious too. Happy holidays!





**COCONUT WATER HYDRATES WITH ELECTROLYTES  
LIKE MAGNESIUM.**

## Tea-Infused Spiked Apple Cider

### **INGREDIENTS**

- 4 cups apple cider
- 1 cup orange juice
- 1/4 cup ginger ale
- 1 cup ALOHA Lovers Tea
- 1 1/2 cups vodka, whiskey, or liquor of choice
- 4 teaspoons ALOHA Coconut
- 1 apple, sliced
- 1 orange, sliced

### **DIRECTIONS**

Boil 1 1/2 cups of water. Place a bag of ALOHA Lovers Tea in a heat-safe mug and add the water. Steep for three minutes and then refrigerate for 10 to 30 minutes. In a punch bowl mix apple cider, orange juice, ginger ale, iced ALOHA Lovers Tea, ALOHA Coconut, and liquor of choice. Garnish with fresh orange and apple slices. Mix and serve!



**COMBAT HOLIDAY STRESS WITH CACAO,  
A PROVEN MOOD ELEVATOR.**

## Chocolate Coffee Smoothie Shots

### INGREDIENTS

- 1 pack ALOHA Daily Good Chocolate
- 1/2 serving ALOHA Chocolate Protein
- 1 tablespoon organic cocoa powder
- 1 banana
- 2 tablespoons drip coffee
- 1 tablespoon chia seeds
- 1/2 tablespoon almond butter
- 1 cup unsweetened almond milk

### DIRECTIONS

Blend all ingredients together. Pour into shot glasses or preferred glass. Garnish as desired.



**GINGER SETTLES STOMACHS AND THE DAILY GOOD HELPS WITH HANGOVERS.**

## Superfood Sangria

### INGREDIENTS

- 1 bottle of your favorite wine
- 1 cup fresh-squeezed orange juice
- 2 packets of ALOHA Daily Good Berry
- 1 cup of your favorite fruit
- 1 tablespoon finely chopped ginger
- 1 tablespoon ALOHA Coconut

### DIRECTIONS

Muddle half of your mixed berries or fruit of choice. Slice the other half of your fruit into small chunks. Chop the ginger as finely as possible. You can use a garlic press to squeeze the juice of the ginger out and discard the fiber. Mix all of the ingredients together in a pitcher. Stir well and refrigerate. You can enjoy this immediately, but the flavors blend better with time. If you can, allow to sit overnight or for a couple hours.



**PEPPERMINT IS A BREATH-SAVER AND IMPROVES DIGESTION.**

## Perfect Peppermint Patty

### INGREDIENTS

1/3 cup dried shredded coconut  
1/3 cup cashews or nuts of choice  
2 + 1/2 tablespoons coconut oil  
3 tablespoons ALOHA Coconut or sweetener of choice  
2 tablespoons almond milk  
1 teaspoon peppermint oil  
3/4 cup ALOHA Chocolate or dark chocolate chips  
1/4 teaspoon cinnamon + a pinch of salt  
1/4 teaspoon cayenne pepper  
Optional: 1 tablespoon ALOHA Vanilla Protein (plus water if needed)

### DIRECTIONS

Blend shredded coconut, nuts, two tablespoons of melted coconut oil, agave, almond milk, peppermint oil, and a pinch of salt. Pat this mixture into flattened disks (patties), and place on a baking sheet lined with parchment paper. Set the sheet in the freezer for approximately 30 minutes. After 30 minutes, melt the chocolate and 1/2 tablespoon of coconut oil in a small saucepan on the lowest heat. Sprinkle with cayenne pepper and cinnamon. Stir chocolate to keep from burning. When the chocolate is almost entirely melted remove the pan from the heat, and keep stirring until the mixture is fully melted. Take the peppermint patties out of the freezer. Dip each individually with chocolate. Place them back on the parchment paper and store in the freezer to harden.



**PUMPKIN IS LOADED WITH BETA-CAROTENE,  
ANTIOXIDANTS, AND SEASONAL JOY!**

## Pumpkin Pie Protein Truffles

### INGREDIENTS

- 1 1/2 cups pure pumpkin, canned
- 1/4 cup coconut butter
- 3 tablespoons ALOHA Coconut or coconut sugar
- 1 1/2 teaspoons pumpkin pie spice
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup yogurt of choice
- 1 serving ALOHA Vanilla Protein
- 2 ALOHA Chocolate Bars or 6 ounces of semisweet chocolate

### DIRECTIONS

Preheat oven to 350°F. Sift dry ingredients in a bowl. Cut in coconut oil until crumbly. Add banana, orange peel, and orange juice, and stir just until mixed and evenly moist. Fold in cranberries, and pour into a lightly greased loaf pan. Bake for 70 minutes.



**LAVENDER RELIEVES NERVOUS TENSION  
- A HELPFUL AND DELICIOUS PARTY AID!**

## Lavender-Infused Peppermint Bark

### INGREDIENTS

2 ½ cups white chocolate chips  
2 ½ cups ALOHA Chocolate or dark  
chocolate chips  
2 teaspoons ALOHA Coconut  
½ serving ALOHA Chocolate  
1 ½ teaspoon pure lavender extract  
1 ½ teaspoon pure peppermint extract  
1 tablespoon almond milk  
¼ cup finely crushed organic candy  
canes  
½ cup moderately crushed organic  
candy canes

### DIRECTIONS

Line a baking sheet with parchment paper. Melt your white and dark chocolate separately in saucepans over low heat. Add the lavender extract to the white chocolate and mix well. Pour the white chocolate into your baking sheet, use a spatula to spread evenly and place in the refrigerator. Add the milk, peppermint, protein, coconut, and finely crushed candy canes to the melted dark chocolate---mix well and reheat if needed. Remove the white chocolate from the refrigerator and spread the dark chocolate mixture over it evenly. Sprinkle the moderately chopped peppermint on top. Refrigerate for an hour or until the bark is solid. Break it up with a knife and enjoy!



**AVOCADOS HAVE FAT IN ALL THE RIGHT PLACES!  
AND THEY BURN BAD CHOLESTEROL.**

## Avocado Basil Cucumber Bites

### INGREDIENTS

- 1 medium cucumber
- 1 ripe avocado
- 1/2 cup basil leaves
- 1 clove garlic
- 1 tablespoon lime juice
- 1/2 teaspoon salt
- 1 teaspoon ALOHA Daily Good Greens
- 1/4 teaspoon pepper
- Optional garnish: yogurt of choice or capers

### DIRECTIONS

Blend all of the ingredients except for the cucumber in a food processor. Cut 12 cucumber slices, each about 1/4-inch wide. Plate the slices and top with the spread. Add a touch of yogurt on top for garnish, if desired. Capers are also a great topping.



**PUMPKIN SEEDS STIMULATE THYROID FUNCTION,  
KEEPING YOUR METABOLISM ACTIVE.**

## Squash & Pumpkin Seed Salad

### INGREDIENTS

#### Salad

- 1 medium delicata squash
- 5 heaping cups mixed baby greens
- 1/2 cup dried figs, halved
- 1 medium apple
- 1/4 cup toasted pumpkin seeds
- Small bunch fresh chives

#### Horseradish Green Goddess Vinaigrette

- 1/2 cup extra virgin olive oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons grated horseradish
- 1 packet ALOHA Daily Good Greens
- 2 teaspoons maple syrup or honey
- 2 cloves garlic, finely minced
- 1 tablespoon whole grain Dijon mustard

### DIRECTIONS

Preheat the oven to 400°F. Slice the squash into rings and remove the seeds. Toss squash with coconut oil, salt, and pepper. Arrange on a baking pan. Roast for 25 minutes or until tender. In a bowl add the dressing ingredients—whisk until emulsified. After the squash has cooled, arrange the greens in a bowl. Top with the squash, figs, apple slices, pepitas, and chives. Drizzle dressing on top, toss to combine.



**FATTY ACIDS IN PORTOBELLO MUSHROOMS  
REMOVE INTERNAL TOXINS.**

## Vegan “No-BBQ” Sliders

### INGREDIENTS

#### Barbecue Sauce Ingredients

- 1/2 cup organic ketchup or tomato sauce
- 2 tablespoons ALOHA Coconut
- 1 tablespoon apple cider vinegar
- 2 tablespoons soy sauce or tamari
- 1 teaspoon paprika
- 2 teaspoons chili powder
- 1/4 teaspoon mustard powder

#### Slider Ingredients

- 6 mini buns
- 2 teaspoons olive oil
- 2 portobello caps
- 1 clove garlic
- Toppings of choice

### DIRECTIONS

For the BBQ sauce, whisk the ingredients together in a small bowl and set aside. Slice the portobello caps into small strips and mince the garlic. Heat the oil in a pan, add the garlic and sliced mushrooms. Sauté until the mushrooms are soft, then add 1/3 cup BBQ sauce and stir until the sauce has thickened and completely coated the mushrooms. Divide the mushroom mixture among the buns and garnish with your toppings of choice.



**CAULIFLOWER FIGHTS INFLAMMATION AND IS PACKED WITH VITAMINS B, C, AND K.**

## Cauliflower “Steak” & Pea Pesto

### INGREDIENTS

1 head cauliflower (roughly 1 1/2 lbs)  
2 tablespoons coconut oil  
Salt + pepper to taste  
1 pound frozen peas  
2 cloves garlic  
2/3 cup parmesan cheese or nutritional yeast  
1 lemon, juiced  
1/4 cup almond milk  
1/2 packet of ALOHA Daily Good Greens  
1 teaspoon chopped scallions  
Olive oil, to taste

### DIRECTIONS

Preheat oven to 350°F. Thaw peas. Line a baking sheet with foil. Cut two 1” slices of cauliflower. Put 1 tbsp. oil in a skillet—heat on low. Place “steak” in the skillet—sear each side for 2 minutes. Place the steak on the baking sheet. Repeat with the second steak. Bake both steaks for 10 minutes. Add the leftover oil to the skillet and roast the garlic until golden. Place peas, garlic, cheese (or nutritional yeast), and lemon juice into a blender and blend on high until mixed. Add the remain ingredients and blend, until fully puréed. Slowly add the milk until the consistency is smooth. (You can also steam the leftover cauliflower and add one cup into your purée.) Remove the steaks from the oven when tender. On a plate, set down the purée and place steak on top of it. Top with scallions, and olive oil, parmesan if desired.



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