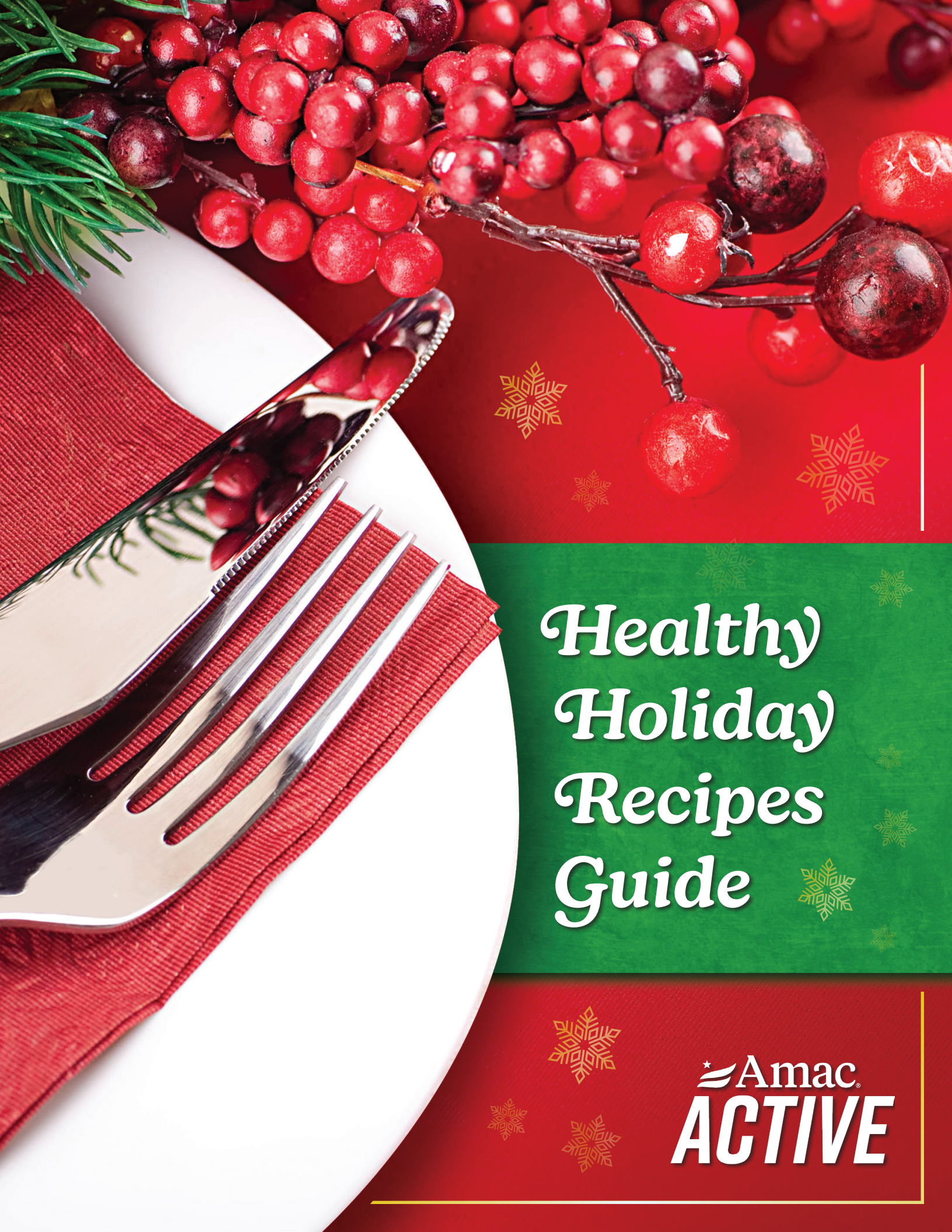


Healthy Holiday Recipes Guide

Amac ACTIVE

Welcome to this special collection of holiday recipes!

As we celebrate the Christmas season, it's the perfect time to focus on our health and well-being, while still enjoying the flavors of the holidays.

Each recipe in this eBook has been thoughtfully designed to be both delicious and nutritious, helping you stay active and healthy as a member of the AMAC family.

Whether you're gathering with loved ones or preparing a cozy meal for yourself, these dishes will fill your home with warmth and festive joy.

From our AMAC family to yours,

Merry Christmas!

Amac ACTIVE



Spiced Hot Fruit Bake

Loaded with Vitamin C, this warm, comforting dessert is packed with health benefits. The fresh fruits and pecans provide fiber, promoting digestive health, while the cranberries and spices are rich in antioxidants.

It's a sweet, nourishing treat that's as good for you as it is satisfying.

Ingredients:

- 3 large apples of choice, cored and sliced
- 3 pears, cored and sliced
- ½ lemon, juiced
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ cup chopped pecans
- 2 cups grapes
- 1 ½ cups fresh cranberries
- ⅓ cup maple syrup
- 1 orange, juiced
- ½ tablespoon orange zest
- 2 tablespoon coconut oil

Instructions:

1. Preheat the oven to 300°F and grease a baking dish with a bit of coconut oil.
2. Combine apples and pears in a large mixing bowl. Add lemon juice, cinnamon, nutmeg, and toss the fruits well.
3. Transfer the fruits to your prepared baking dish and add grapes, pecans, and cranberries.
4. In another mixing bowl, whisk fresh orange juice, maple syrup, and coconut oil.
5. Pour the dressing over the fruits and toss well to combine.
6. Bake for 1 hour. Sprinkle with cinnamon if desired, serve warm and enjoy.

Why It's Better For You:

- ***Vitamin C***
- ***Antioxidants***
- ***Fiber***

Roasted Goat Cheese Stuffed Mini Peppers

A vibrant , flavorful dish that's as good for your body as it is for your taste buds.

The mini sweet peppers are rich in Vitamin C, helping to boost your immune system, while also providing antioxidants that support overall health.

Stuffed with creamy goat cheese and a hint of garlic, this dish offers a satisfying and nutrient-packed bite!

Ingredients:

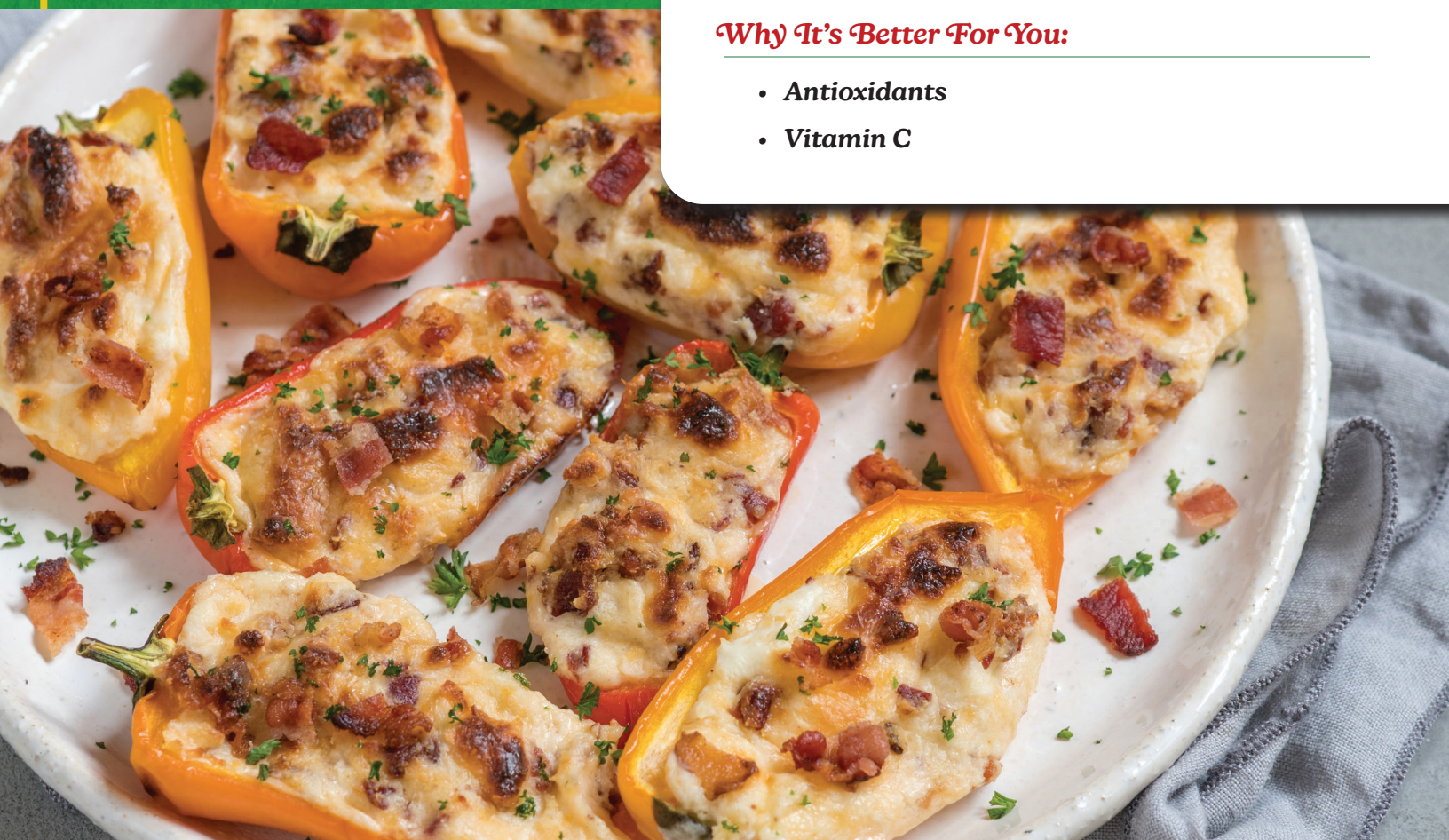
- 1 lb mini sweet peppers cut lengthwise (seeds removed)
- 8 oz goat cheese softened
- 3 large garlic cloves minced
- ½ teaspoon salt
- 1 teaspoon ground black pepper

Instructions:

1. Preheat oven to 425°F
2. Line 2 large baking sheets with parchment paper. Set aside.
3. In a medium bowl, add goat cheese, garlic, salt and pepper. Stir until thoroughly mixed.
4. Fill the peppers with filling, dividing evenly.
5. Place stuffed mini peppers on previously prepared baking sheets and bake for 15 minutes or until filling is hot.
6. Transfer to a platter, garnish with parsley (if you wish) and serve warm.

Why It's Better For You:

- ***Antioxidants***
- ***Vitamin C***





Cranberry Chicken with Rosemary

A delicious and nutritious dish that combines protein-rich chicken with fiber-packed cranberries.

The cranberries provide a boost of Vitamin C and antioxidants, while the chicken helps support muscle health. With the added flavors of rosemary and spices, this meal is both nourishing and full of flavor.

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons chopped fresh rosemary (leaves removed from stem and finely chopped)
- 1 tablespoon finely chopped fresh thyme leaves
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon avocado oil
- ¼ cup balsamic vinegar
- 12 ounces fresh cranberries
- ⅓ cup maple syrup
- 2 tablespoons finely chopped fresh ginger
- ¼ teaspoon cinnamon
- ¼ teaspoon dried cloves

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Season the chicken: Mix rosemary, thyme, salt, and pepper in a small bowl. Rub this mixture onto both sides of the chicken.
3. Brown the chicken: Heat avocado oil in a large oven-safe skillet (cast iron is ideal) over medium-high heat. Cook the chicken for about 3 minutes per side until browned.
4. Prepare the cranberry mix: While the chicken is browning, mix cranberries, maple syrup, ginger, cinnamon, and cloves in a medium bowl.
5. Deglaze the pan: Pour balsamic vinegar into the skillet to loosen any bits stuck to the bottom.
6. Add cranberries: Place the cranberry mixture around the chicken in the skillet.
7. Bake: Transfer the skillet to the oven and bake for 8-15 minutes until the chicken reaches 165°F and the cranberries start to burst.
8. Serve: Top each chicken breast with the cranberries and enjoy!

Why It's Better For You:

- ***Fiber***
- ***Vitamin C***
- ***Antioxidants***
- ***Protein***



Beef Tenderloin with Garlic Butter Sauce

This nutrient-packed dish promotes energy and boosts metabolism. With a generous serving of protein, it's perfect for muscle repair and overall strength.

Beef Tenderloin Ingredients:

- 3-pound grass-fed beef tenderloin, trimmed
- 3 cloves garlic, minced
- 4 tablespoons grass-fed butter, softened
- 1 teaspoon parsley
- 1 ½ teaspoons oregano
- 2 teaspoons rosemary
- 1 ½ teaspoons salt
- 2 teaspoons black pepper, coarsely ground

Garlic Butter Sauce Ingredients:

- 3 tablespoons grass-fed butter, divided
- 1 clove garlic, crushed
- ½ teaspoon parsley
- ½ teaspoon oregano
- ½ teaspoon rosemary
- 1 teaspoon balsamic vinegar
- ½ teaspoon Worcestershire sauce

Beef Tenderloin Instructions:

1. Preheat the oven to 475°F.
2. Tie the beef tenderloin to ensure even thickness.
3. Mix 4 tablespoons of softened butter with garlic, herbs, salt, and pepper. Spread this mixture over the tenderloin.
4. Line a baking sheet with foil and place a wire rack on top. Put the tenderloin on the rack.
5. Roast for 10 minutes at 475°F. Then, lower the oven to 450°F and continue roasting until the internal temperature is 5-10° below your desired doneness (135°F for medium-rare, 145°F for medium). This will take about 25-35 minutes, depending on the size of the tenderloin.
6. Let the tenderloin rest for 15 minutes before serving. The internal temperature will rise as it rests.

Garlic Butter Sauce Instructions:

1. Melt 1 tablespoon of butter in a small pan.
2. Add the herbs and garlic and cook for about 1 minute until they smell fragrant.
3. Stir in the balsamic vinegar and Worcestershire sauce.
4. Turn off the heat and mix in the rest of the butter. Serve with tenderloin.

Why It's Better For You:

- ***Iron***
- ***B Vitamins***
- ***Protein***

Christmas Salad

This festive salad is a nutrient-packed delight. Walnuts and pumpkin seeds provide omega-3s, while pomegranate seeds and apples offer antioxidants. Avocados add healthy fats and fiber for digestion and heart health.

Tossed in a tangy dressing with olive oil, balsamic vinegar, and orange zest, it's both nourishing and delicious!



Salad Ingredients:

- 1 ½ cups chopped walnuts
- ½ cup pumpkin seeds
- ⅓ cup honey or maple syrup
- ¼ teaspoon chipotle chili powder
- 6 cups greens of choice
- 1 ½ apples, chopped
- 2 avocados, sliced
- 2 cups pomegranate seeds
- ¾ cup crumbled feta or goat cheese

Dressing Ingredients:

- ⅓ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- 2 teaspoons Dijon mustard
- 2 tablespoons honey
- 1 tablespoon fig preserves
- 2 teaspoons orange zest + 2 tablespoons fresh squeezed orange juice
- salt and black pepper
- chili flakes (optional)

Salad Instructions:

1. Toast the nuts: Preheat the oven to 375°F (190°C)
2. Line a baking sheet with parchment paper.
3. Toss walnuts and pumpkin seeds with honey or maple syrup, chili powder, and salt.
4. Bake for 15 minutes, stirring once, until toasted. Once done, spread them out in a single layer and sprinkle with salt.
5. Assemble the salad: In a large bowl, add greens, apple slices, avocado, pomegranate seeds, cheese, and the toasted nuts. Gently toss everything together.
6. Make the dressing: In a jar, combine all dressing ingredients and shake well. Drizzle the dressing over the salad just before serving and gently toss.

Why It's Better For You:

- ***Antioxidants***
- ***Fiber***
- ***Heart Healthy Omega-3s***

Honey-Thyme Butternut Squash

A deliciously sweet and savory dish, the butternut squash provides a hearty dose of fiber, which supports digestion and promotes fullness, while also offering powerful antioxidants that help protect the body from oxidative stress.

With the addition of honey and thyme, this dish is both nourishing and full of flavor.

Ingredients:

- 1 large butternut squash, peeled and cubed
- ¼ cup grass-fed butter, cubed
- 3 tablespoons grass-fed half-and-half
- 2 tablespoons honey
- 2 teaspoons dried parsley
- ½ teaspoon salt
- ⅛ teaspoon dried thyme
- ⅛ teaspoon coarsely ground pepper

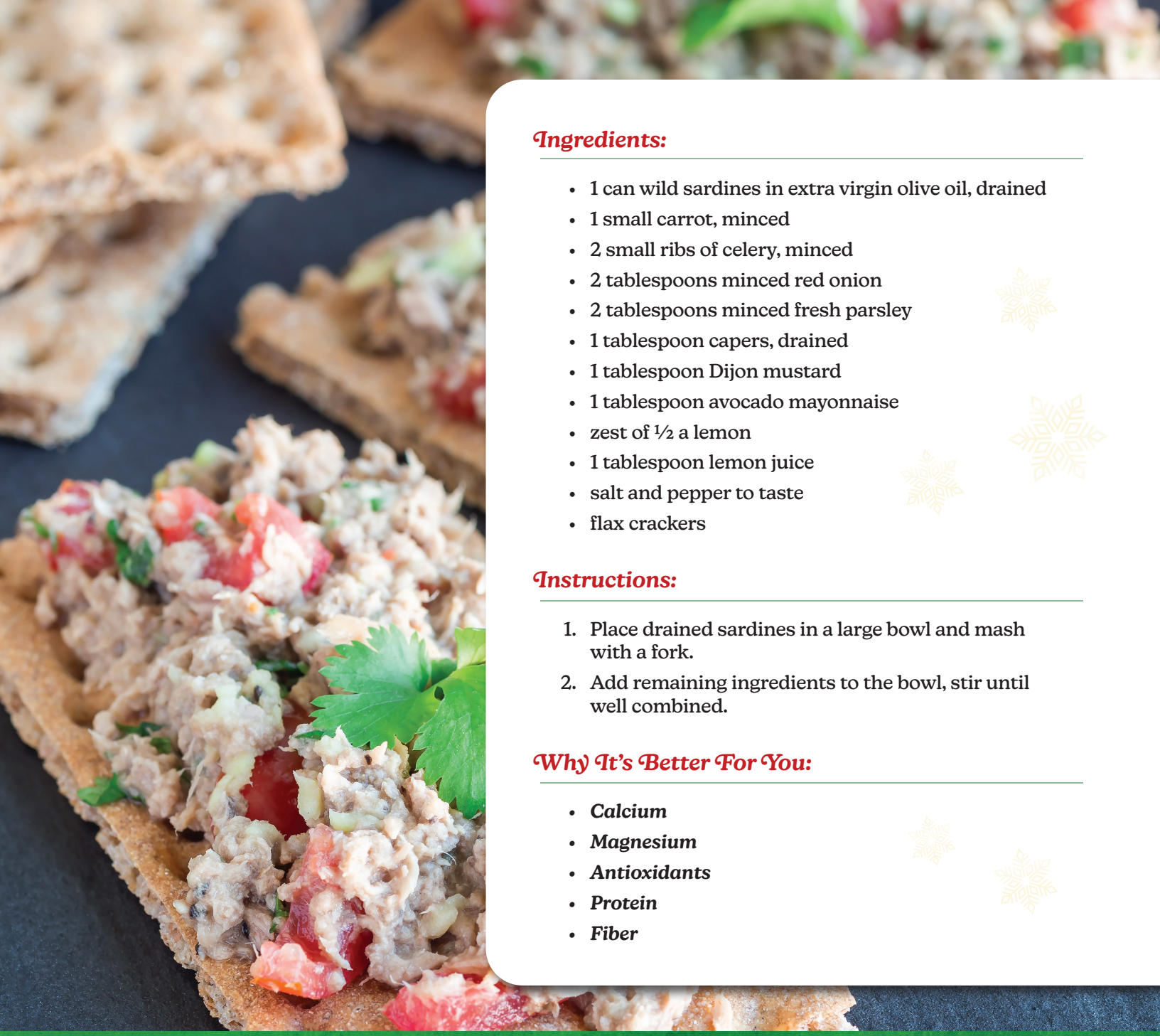
Instructions:

1. In a large saucepan, bring 1 in. of water to boil.
2. Add squash; cover and cook for 10-15 minutes or until tender.
3. Drain. Mash squash with the remaining ingredients.

Why It's Better For You:

- ***Fiber***
- ***Antioxidants***





Ingredients:

- 1 can wild sardines in extra virgin olive oil, drained
- 1 small carrot, minced
- 2 small ribs of celery, minced
- 2 tablespoons minced red onion
- 2 tablespoons minced fresh parsley
- 1 tablespoon capers, drained
- 1 tablespoon Dijon mustard
- 1 tablespoon avocado mayonnaise
- zest of ½ a lemon
- 1 tablespoon lemon juice
- salt and pepper to taste
- flax crackers

Instructions:

1. Place drained sardines in a large bowl and mash with a fork.
2. Add remaining ingredients to the bowl, stir until well combined.

Why It's Better For You:

- ***Calcium***
- ***Magnesium***
- ***Antioxidants***
- ***Protein***
- ***Fiber***

Sardine Salad with Flax Crackers

A heart-healthy dish packed with omega-3 fatty acids. These healthy fats help support cardiovascular health by reducing inflammation and promoting better cholesterol levels.

Combined with fresh veggies, mustard, and lemon for flavor, this dish is a nutritious and delicious way to nourish your heart.



Ingredients:

- 1/4 cup chopped pecans
- 1 cup pumpkin puree
- 1 ½ cups almond milk
- 1 ½ teaspoon pumpkin pie spice
- 1 tablespoon maple syrup
- pinch of salt
- 1/4 cup + 2 tablespoons chia seeds

Instructions:

1. Blend ingredients: Add almond milk, pecans, pumpkin, maple syrup, pumpkin pie spice, and salt to a blender or food processor. Process until smooth and all ingredients are combined, about 1 minute.
2. Chill: Transfer to a medium bowl or large jar. Whisk in chia seeds until combined. Cover and refrigerate for 3 hours or overnight.

Why It's Better For You:

- ***Calcium***
- ***Magnesium***
- ***Antioxidants***
- ***Protein***
- ***Fiber***

Pumpkin Pie Chia Pudding

This Pumpkin Pie Chia Pudding is a nutritious, fiber-packed treat that supports digestion and helps keep you full.

Chia seeds provide protein and fiber, while almond milk and pecans deliver calcium and magnesium for bone and muscle health

The pumpkin puree is rich in antioxidants, promoting healthy skin and immunity. With a touch of warming spice and maple syrup, it's a delicious, wholesome snack or dessert.

Appendix

1. Vitamin C:

- Boosts Immunity: Helps strengthen the immune system, reducing the risk of infections and illnesses.
- Promotes Skin Health: Aids in collagen production, which helps maintain skin elasticity and reduces the appearance of wrinkles.
- Enhances Wound Healing: Speeds up the healing of wounds and reduces the risk of skin infections.
- Improves Absorption of Iron: Helps the body absorb non-heme iron from plant sources, which is essential for preventing anemia.

2. Antioxidants:

- Fights Free Radicals: Helps prevent oxidative stress, which can damage cells and accelerate aging.
- Reduces Risk of Chronic Diseases: Antioxidants can lower the risk of heart disease, cancer, and cognitive decline.
- Supports Eye Health: Certain antioxidants like vitamin A, C, and E are crucial for eye health and may reduce the risk of cataracts and macular degeneration.

3. Fiber:

- Promotes Digestive Health: Helps prevent constipation and supports overall digestive function, which is especially important for seniors.
- Regulates Blood Sugar: Slows down digestion, helping to control blood sugar levels and lower the risk of type 2 diabetes.
- Supports Heart Health: Lowers cholesterol levels, reducing the risk of heart disease.
- Aids in Weight Management: Keeps you feeling full longer, preventing overeating and promoting a healthy weight.

4. Protein:

- Maintains Muscle Mass: Essential for preventing muscle loss (sarcopenia), which naturally occurs with age.
- Supports Bone Health: Adequate protein intake helps maintain bone density, reducing the risk of fractures.
- Promotes Healing and Repair: Vital for the repair and recovery of tissues, particularly after illness or injury.
- Boosts Immune Function: Helps build antibodies and supports the immune system.

5. Iron:

- Prevents Anemia: Iron is crucial for the production of red blood cells, which transport oxygen throughout the body, preventing fatigue and weakness.
- Supports Cognitive Function: Adequate iron levels support brain health and help maintain cognitive function.
- Boosts Energy Levels: Iron helps in oxygen transport, providing the energy seniors need to stay active and alert.

6. Vitamin B (Complex):

- Supports Brain Health: B vitamins, especially B6, B12, and folate, are crucial for cognitive function and may help prevent memory loss and dementia.
- Improves Energy Levels: Helps convert food into energy, keeping seniors more energetic and active.
- Promotes Heart Health: Vitamin B6 and B12 help lower homocysteine levels, which reduces the risk of heart disease.
- Supports Nervous System: Vital for maintaining healthy nerves and red blood cells.

7. Omega-3 Fatty Acids:

- Supports Heart Health: Reduces inflammation, lowers blood pressure, and decreases the risk of heart disease.
- Boosts Brain Function: Helps maintain cognitive function and may reduce the risk of dementia and Alzheimer's disease.
- Improves Joint Health: Reduces joint pain and stiffness, particularly beneficial for seniors with arthritis.
- Promotes Eye Health: Essential for maintaining vision and reducing the risk of age-related macular degeneration.

8. Calcium:

- Strengthens Bones: Essential for maintaining bone density and preventing osteoporosis, reducing the risk of fractures.
- Supports Heart and Muscle Function: Regulates heart rhythm, muscle contractions, and nerve function.
- Prevents Osteopenia and Osteoporosis: Helps to minimize bone loss, which is critical as seniors are at a higher risk for bone density loss.

9. Magnesium:

- Supports Bone Health: Works in conjunction with calcium to strengthen bones and prevent fractures.
- Maintains Muscle Function: Helps prevent muscle cramps, spasms, and weakness.
- Promotes Heart Health: Regulates blood pressure and supports normal heart rhythms.
- Improves Sleep and Reduces Stress: Plays a role in regulating sleep and may help alleviate insomnia, which is common among seniors.

For more health and wellness tips,
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