



GEORGIA LIMMER
NATUROPATH & NUTRITIONIST

Christmas Cheer

Created by Georgia Limmer, Naturopathy & Nutrition



Super Seed Chocolate Bark

5 ingredients · 40 minutes · 8 servings



Directions

1. Line a plate or baking sheet with parchment paper.
2. Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

Serving Size

One serving is equal to approximately 1/4 cup of bark.

More Flavor

Add sea salt or vanilla extract.

No Seeds

Use chopped nuts instead.

Ingredients

80 grams Dark Chocolate

10 milliliters Coconut Oil

28 grams Pumpkin Seeds

32 grams Sunflower Seeds

20 grams Hemp Seeds

Nutrition

Amount per serving

Calories	126	Calcium	14mg
Fat	10g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	3g	Vitamin K	1µg
Monounsaturated	3g	Thiamine	0mg
Carbs	6g	Riboflavin	0mg
Fiber	2g	Niacin	1mg
Sugar	3g	Vitamin B6	0.1mg
Protein	3g	Folate	12µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphorous	118mg
Potassium	136mg	Magnesium	45mg
Vitamin A	5IU	Zinc	1mg
Vitamin C	0mg	Selenium	4µg



No Bake Maple Pecan Bars

11 ingredients · 2 hours 10 minutes · 12 servings



Directions

1. Line a baking pan with parchment paper.
2. In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
3. Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
4. Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
5. Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
6. Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

Notes

Leftovers

Store leftover slices in the fridge for up to one week, or freeze for longer.

Serving Size

One serving is one square.

Baking Pan

This recipe was tested in an 8 by 8-inch baking dish.

Gluten-Free

Use gluten-free oats.

No Cashew Butter

Use almond butter instead.

Ingredients

- 122 grams Oats
- 143 grams Almonds
- 100 grams Maple Syrup
- 5 grams Cinnamon
- 15 milliliters Coconut Oil
- 3 grams Sea Salt (divided)
- 294 grams Pitted Dates
- 30 milliliters Water
- 5 milliliters Vanilla Extract
- 64 grams Cashew Butter
- 74 grams Pecans (roughly chopped)

Nutrition

Amount per serving

Calories	284	Calcium	67mg
Fat	15g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	4g	Vitamin K	1µg
Monounsaturated	8g	Thiamine	0.1mg
Carbs	36g	Riboflavin	0.3mg
Fiber	5g	Niacin	1mg
Sugar	21g	Vitamin B6	0.1mg
Protein	6g	Folate	18µg

Georgia Limmer

<http://www.georgialimmer.com>



GEORGIA LIMMER
NATUROPATH & NUTRITIONIST

Cholesterol	0mg	Vitamin B12	0µg
Sodium	101mg	Phosphorous	156mg
Potassium	359mg	Magnesium	80mg
Vitamin A	7IU	Zinc	1mg
Vitamin C	0mg	Selenium	5µg

Mini No Bake Lemon Coconut Tarts

6 ingredients · 50 minutes · 12 servings



Directions

1. Line a muffin pan with paper or silicone baking cups. Soak 1/4 of the dates in warm water.
2. Add the remaining 3/4 of the dates, the almonds, half of the salt and half of the lemon zest to a food processor and blend until the date mixture forms a sticky ball. Divide the dough between baking cups and press into an even layer in the bottom of each baking cup. (Use damp fingers if the dough is too sticky.)
3. Add the coconut butter, the soaked dates, lemon juice, coconut oil and the remaining salt and zest to the food processor and blend until smooth (the mixture will form a soft wet dough). Spoon the coconut lemon mixture on top of the date layer and use a spoon or damp fingers to spread the coconut lemon mixture into an even layer.
4. Transfer the muffin pan to the freezer and allow the tarts to set for 20 to 30 minutes before removing the paper and transferring to an airtight container in the fridge. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to a week.

Serving Size

One serving is equal to one tart.

Nut-Free

Use sunflower seeds or shredded coconut instead.

More Flavor

Add vanilla extract or lemon extract.

More Color

Add some dried turmeric for a yellow tart.

Lemon

One large lemon yields 1/4 cup of juice and two teaspoons of zest.

Ingredients

147 grams Pitted Dates (divided)

72 grams Almonds

750 milligrams Sea Salt (divided)

1 Lemon (large, zest and juice divided)

192 grams Coconut Butter

15 milliliters Coconut Oil

Nutrition

Amount per serving

Calories	185	Calcium	21mg
Fat	15g	Iron	1mg
Saturated	10g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Vitamin K	0µg
Monounsaturated	2g	Thiamine	0mg
Carbs	15g	Riboflavin	0.1mg
Fiber	4g	Niacin	0mg
Sugar	9g	Vitamin B6	0mg
Protein	3g	Folate	6µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	30mg	Phosphorous	37mg
Potassium	128mg	Magnesium	22mg
Vitamin A	2IU	Zinc	0mg
Vitamin C	2mg	Selenium	1µg

Georgia Limmer

<http://www.georgialimmer.com>



GEORGIA LIMMER
NATUROPATH & NUTRITIONIST

Chocolate Covered Stuffed Dates

5 ingredients · 20 minutes · 4 servings



Directions

1. In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
2. Slice each date in half and stuff with almond butter.
3. Use a fork or spoon to dip the dates into the melted chocolate. Place on a parchment lined plate and place in the fridge until the chocolate is hardened, about 15 to 20 minutes. Garnish with flaky salt if desired. Enjoy!

Notes

Leftovers

Refrigerate in a sealed container for up to one to two weeks.

Serving Size

One serving is equal to approximately two dates.

Nut-Free

Use sunflower seed butter or tahini instead.

Additional Toppings

Add chopped almonds into the stuffed dates for more crunch.

Ingredients

80 grams Dark Chocolate Chips

5 milliliters Coconut Oil

74 grams Pitted Dates

31 grams Almond Butter

2 grams Sea Salt (flakes)

Nutrition

Amount per serving

Calories	230	Calcium	34mg
Fat	12g	Iron	1mg
Saturated	8g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Vitamin K	1µg
Monounsaturated	3g	Thiamine	0mg
Carbs	26g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	21g	Vitamin B6	0mg
Protein	3g	Folate	8µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	148mg	Phosphorous	51mg
Potassium	179mg	Magnesium	30mg
Vitamin A	2IU	Zinc	0mg
Vitamin C	0mg	Selenium	1µg



Chocolate Dipped Cherries

2 ingredients · 35 minutes · 4 servings



Directions

1. Place the dark chocolate in a microwave-safe bowl. Microwave for one minute, then stir. Return to the microwave for 30 seconds at a time, stirring each time, until all the chocolate has melted.
2. Line a baking sheet with parchment paper.
3. Dip each cherry into the melted chocolate and place on the baking sheet. Refrigerate for at least 25 minutes or until the chocolate has hardened. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

200 grams Dark Chocolate (chopped)

616 grams Cherries (stems on, washed and dried very well)

Nutrition

Amount per serving

Calories	396	Calcium	57mg
Fat	22g	Iron	7mg
Saturated	12g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	1g	Vitamin K	7µg
Monounsaturated	6g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.1mg
Fiber	9g	Niacin	1mg
Sugar	32g	Vitamin B6	0.1mg
Protein	6g	Folate	6µg
Cholesterol	2mg	Vitamin B12	0.1µg
Sodium	10mg	Phosphorous	186mg
Potassium	699mg	Magnesium	131mg
Vitamin A	118IU	Zinc	2mg
Vitamin C	11mg	Selenium	3µg

Goat Cheese Apricot Bites

4 ingredients · 15 minutes · 4 servings



Directions

1. Spread the goat cheese onto each dried apricot. Sprinkle the pistachios ovetop and drizzle with honey. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving equals approximately four goat cheese apricot bites.

Dairy-Free

Use vegan cheese instead of goat cheese.

Nut-Free

Use pumpkin seeds or sunflower seeds instead of pistachio.

Additional Toppings

Add prosciutto.

Ingredients

- 56 grams** Goat Cheese
- 130 grams** Dried Apricots
- 21 grams** Pistachios (crushed)
- 14 grams** Raw Honey

Nutrition

Amount per serving

Calories	152	Calcium	33mg
Fat	5g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Vitamin K	1µg
Monounsaturated	1g	Thiamine	0mg
Carbs	25g	Riboflavin	0mg
Fiber	3g	Niacin	1mg
Sugar	21g	Vitamin B6	0.1mg
Protein	4g	Folate	6µg
Cholesterol	5mg	Vitamin B12	0µg
Sodium	68mg	Phosphorous	48mg
Potassium	430mg	Magnesium	17mg
Vitamin A	1198IU	Zinc	0mg
Vitamin C	1mg	Selenium	1µg

Macadamia Nut Clusters

3 ingredients · 30 minutes · 8 servings



Directions

1. Place the dark chocolate in a microwave-safe bowl. Microwave for one minute, then stir. Return to the microwave for 30 seconds at a time, stirring each time, until all the chocolate has melted.
2. Line a baking sheet with parchment paper. Arrange the macadamia nuts into groups of five or six nuts. Scoop the melted chocolate over top until each macadamia cluster is covered. Sprinkle with salt.
3. Refrigerate for at least 20 minutes or until the chocolate has hardened. Enjoy!

Notes

Leftovers

Keep refrigerated for up to one week or freeze if longer.

Serving Size

One serving equals approximately two macadamia nut clusters containing five to six nuts each.

Nut-Free

Use pumpkin seeds and dried fruit instead.

Additional Toppings

Dried fruit, shredded coconut, hemp seeds or sesame seeds.

No Macadamia Nuts

Use almonds instead.

Ingredients

155 grams Dark Chocolate (chopped)

101 grams Macadamia Nuts

2 grams Sea Salt (coarse)

Nutrition

Amount per serving

Calories	206	Calcium	25mg
Fat	18g	Iron	3mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Vitamin K	1µg
Monounsaturated	10g	Thiamine	0.2mg
Carbs	11g	Riboflavin	0mg
Fiber	3g	Niacin	1mg
Sugar	5g	Vitamin B6	0mg
Protein	3g	Folate	1µg
Cholesterol	1mg	Vitamin B12	0.1µg
Sodium	78mg	Phosphorous	83mg
Potassium	185mg	Magnesium	61mg
Vitamin A	8IU	Zinc	1mg
Vitamin C	0mg	Selenium	2µg