



Press Release

Swiss Food Bloggers' Favorite Christmas Recipes - a healthy collection of your favorite food blogger's best Christmas recipes.

A healthy Christmas dinner doesn't have to be a compromise on flavor or festivity. With a few simple swaps and a focus on fresh, whole ingredients, you can enjoy a delicious and nutritious holiday meal. I love Fruit & Veg from Europe asked Swiss Vegan Bloggers to share their best recipes to make your Christmas Dinner healthy and yet delicious. With these ideas, you can enjoy a festive and healthy holiday meal without sacrificing flavor or festivity.

“Roasted Sweet Potatoes in the oven” by Shiruna, Vegan Food Blogger @eat.click.travel

INGREDIENTS

6-8 tbsp olive oil	½ tsp fennel powder
600 g sweet potatoes big	½ tbsp black pepper
¼ cup almonds	¼ tsp nutmeg powder
¼ cup sunflower seeds	1 pinch cinnamon powder
2 tbsp coriander powder	1 tbsp sea salt
1 tbsp cumin powder	

INSTRUCTIONS

1. Preheat your oven to 200°c.
2. Cut the sweet potatoes into little pieces as shown (about 1 inch cubes). Cover the sweet potatoes in the olive along with the rest of the ingredients and mix well.

600 g sweet potatoes, 6-8 tbsp olive oil

3. Place in a baking tray. Bake for 25 – 30 minutes. Make sure to remove the tray from the oven every 10 minutes, stir and place it back into the oven.

1/4 cup almonds, 1/4 cup sunflower seeds, 2 tbsp coriander powder, 1 tbsp cumin powder, 1/2 tsp fennel powder, 1/2 tbsp black pepper, 1/4 tsp nutmeg powder, 1 pinch cinnamon powder, 1 tbsp sea salt



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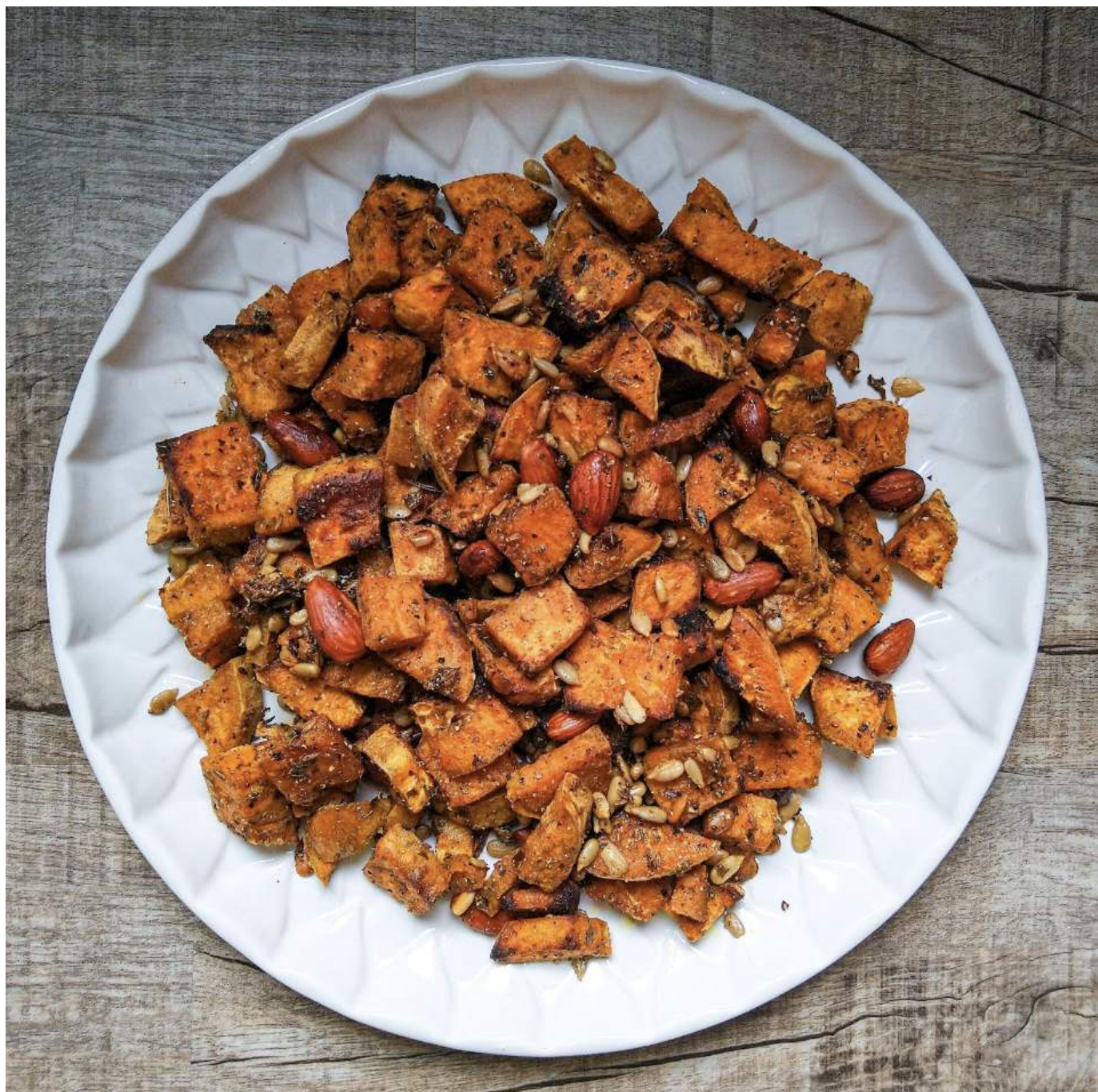


4. Remove from the baking tray immediately after the potatoes look golden brown. Serve warm!

Follow for more recipes:

Instagram: [@eat.click.travel](https://www.instagram.com/eat.click.travel)

Food Blog: <https://myelephantkitchen.com/>



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"Spinach Lasagna with Feta & Bechamel Sauce" Anastasia Lammer, Healthy Eating Blog, ANA+NINA.

INGREDIENTS

1 kg frozen spinach leaves	50 g butter
3 cloves of garlic	50 g flour
2 shallots	1 liter milk
2 tablespoons olive oil	¼ tsp nutmeg
4 thyme sprigs	½ tsp salt
1 chili pepper	300 g feta
½ tsp salt	12 lasagne sheets
some pepper	100 g feta



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INSTRUCTIONS

Preheat the oven to 200°C. Defrost the spinach in a colander and drain well. Press the garlic and finely chop the shallots. Pluck the thyme leaves from the branches and set aside about 1/3 of them. Cut the chili pepper into fine rings and place them in a large bowl with the spinach, thyme, garlic, and shallots.

Prepare the béchamel sauce: Heat the butter in a pan. Add the flour and sauté while stirring with a whisk, being careful not to let the flour turn brown. Remove the pan from heat. Add the milk and bring it to a boil while stirring. Reduce the heat and season the sauce. Simmer for about 10 minutes, stirring occasionally, until the sauce becomes creamy. Crumble the feta cheese into pieces and stir it into the sauce.

Layer the lasagna: Spread a layer of spinach at the bottom of the prepared dish, followed by a layer of lasagna sheets, and then the béchamel sauce. Repeat the layering process, finishing with a layer of béchamel sauce on top. Sprinkle the remaining feta cheese and thyme on top of the sauce.

Bake the lasagna in the middle of the preheated oven for approximately 40 minutes. Remove it from the oven and let it rest for about 5 minutes before serving.

"Roasted Pumpkin with Sage, Almonds and Honey" - Anastasia Lammer, Healthy Eating Blog, ANA+NINA.



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INGREDIENTS

1 butternut squash	50 g cranberries
1 tsp salt	2 tablespoons balsamico
½ bunch of sage	2 tablespoons honey
50 g almonds	

INSTRUCTIONS

Begin by peeling the pumpkin and slicing it in half. Place two wooden sticks, such as barbecue skewers, lengthwise on either side of the pumpkin. Proceed to make cuts every 5mm into the pumpkin, being careful not to slice through to the bottom. The wooden sticks should prevent the knife from cutting all the way through. Add sage leaves to the cuts.

Next, cover the pumpkin with foil and bake in the oven at 180 degrees Celsius for around 30 minutes. Chop the almonds and cranberries and sprinkle them over the pumpkin, then drizzle with balsamico and honey. Bake the pumpkin for an additional 15 minutes at 200 degrees Celsius and serve immediately.

For more recipes:

Instagram: [@anaundnina](https://www.instagram.com/anaundnina)

Food Blog: <https://www.anaundnina.ch/>

“Chocolate zucchini cake” by Alisa, owner of the online healthy baking school [@thefinecakery_school](https://www.thefinecakery.school)



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INGREDIENTS

Wet ingredients:

- Coconut oil 25g
- Warm water 50g
- Zucchini 60g
- Dark chocolate 25g
- Vinegar 3g

Dry ingredients:

- Buckwheat flour 50g
- Almond flour 12g
- Cocoa powder 17g
- Baking powder 3g
- Baking soda 1g
- Coconut sugar 25 g

Add-ins:

- Zucchini grated 85 g

INSTRUCTIONS

1. Preheat the oven to 170 degrees Celsius, no fan.
2. Line your baking tin with parchment paper. (Skip this step if using silicon tin).
3. In a bowl, whisk together all dry ingredients.
4. Peel and cut the zucchini (60g).



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5. Melt the chocolate in the microwave or using the bain-marie method.
6. Place all the wet ingredients into a tall glass, blend with a blender.
7. Peel and grate the zucchini (85g).
8. Incorporate the wet ingredients into the dry ones, mix in the grated zucchini. Pour the cake batter into the baking tin.
9. Place it in the oven and bake for 30-40 minutes.
10. Let cool completely before serving.

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Online School: <https://school.thefinecakery.ch/>

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Enjoy.

It's from Europe!

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