

MEATLESS MEALS • FESTIVE APPETIZERS • HEALTHY HOLIDAY RECIPES • EASY SIDE DISHES

Live Deliciously[®]

December 2020 | 1st edition

18 RECIPES to keep
you warm during this
Holiday season!

pure
flavor[®]

HOLIDAY FLAVORS GUIDE

**TIPS &
TRICKS TO A
SUCCESSFUL
HOLIDAY DIY
SEASON**

INFLUENCER
AND CHEF
RECIPES

RECIPES

RECIPE

Chili Stuffed Peppers
Mini Pepper Pizzas
Vegan Risotto
Cucumber Turkey Salad
Sangria® Caprese Bruschetta
Cucumber Shrimp Salad
Shishito Pepper Stir Fry
Holiday Charcuterie Board
Holiday Snacking Board
Fresh Breakfast Sandwich
Tuscan Chicken Pasta
Homemade Tomato Galette
Stingrays™ Hot Sauce
Grilled Tomato Swordfish
Cucumber Peanut Salad
Cucumber Tomato Salad
Vegan Vegetable Primavera
Shrimp Salad Platter

CREATOR

Jenan Zammar
 Mary Harp, Healthy Christian Home
 Laurel Perry, Darn Good Veggies
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 Denisse Salinas, Le Petit Chef
 Julie Hartigan, Cooking w/ Julie
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**ARE YOU A TALENTED
 RECIPE CREATOR AND
 FOOD PHOTOGRAPHER
 WITH A PASSION FOR
 HEALTHY LIVING?**

Send an email to:
community@pure-flavor.com
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 Flavor® brand partner!

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CHILI STUFFED PEPPERS

TIP: A small pinch of cinnamon can add a wonderful layer of flavor.



55 min



6



easy

JENAN ZAMMAR @jenan_zammar

There's nothing better than warm, homemade chili on a cold winter's day. Jenan takes her chili recipe up a notch by adding it to stuffed Sweet Bell Peppers for a delicious, healthy twist.



TRY IT YOURSELF →

MINI PEPPER PIZZAS



25 min



8



easy



MARY HARP @healthychristianhome [visit website](#)

Easy two-bite mini pepper pizzas are a perfect lunch or fun app to share with family. Encourage your kids to explore their favorite flavors by adding all the ingredients they like the most: pepperoni, olives, mozzarella, bacon bits, mushrooms – you name it.

[SEE RECIPE →](#)

VEGAN RISOTTO



30 min



4



easy



REDROYALS™ SWEET CHERRY
TOMATOES ON-THE-VINE

DON'T FORGET:

Make extra so you can
enjoy this as a warm
lunch during the week.



LAUREL PERRY  @darngoodveggies  visit website

Sweet roasted cherry tomatoes on-the-vine are the perfect garnish for this creamy Italian favorite.

MAKE RISOTTO TONIGHT →

CUCUMBER TURKEY SALAD



5 min



8



easy



MEGAN HUTSON  @mamaofwholelittles

Crunchy cucumbers with a creamy homemade mayo dressing and dried cranberries make this the perfect lunch salad to enjoy during the Holidays.

MAKE IT FOR LUNCH →

TIP: After Holiday dinner, shred your leftover turkey to include in this delicious and healthy salad.

COOKING TRICK:

To save time and maximize that amazing garlic flavor, cut a clove of garlic in half and use it to scrape the top of each baguette.

SANGRIA CAPRESE BRUSCHETTA



20 min



10



easy



DENISSE SALINAS [@lepetitchefsb](#) [visit website](#)

Bring a little taste of summer indoors this winter. This Sangria® Caprese Bruschetta is a bright and flavorful all-season app with cucumber, tomatoes, basil, garlic and fresh mozzarella.

START COOKING →

HOMEMADE PESTO:

For a smoother homemade pesto, chop up your fresh herbs like basil, mint and cilantro before adding them to the food processor.

JULIE HARTIGAN  @cookingwjulie  visit website

Cucumbers are transformed into crisp, juicy “noodles” in this easy no-cook dish that features juicy Juno® Bites and a tasty homemade lemon herb pesto.



CHECK IT OUT →

CUCUMBER SHRIMP SALAD



10 min



4



easy

SHISHITO PEPPER STIR FRY



40 min



4



easy

CHEF'S TIP:

For easy preparation, make sure to get Pure Flavor's new Shishito Pepper Grill Pack. All you have to do is drizzle with olive oil and toss in the oven at 400°F for fifteen minutes!

CRAFT HOUSE
SHISHITO PEPPERS

AMBER CARDOSI  [a_toastedcrumb](#)  [visit website](#)

Ignite your senses with this spicy meatless stir-fry recipe made with Craft House Shishito Peppers and chipotle roasted cauliflower.



STIR IT UP! →



HOLIDAY CHARCUTERIE BOARD



20 min



6



easy

FEAST FOR THE EYES:

The way you arrange a charcuterie platter or snacking board is very important. Make sure to mix in bright ingredients like pomegranate seeds, dragon fruit and Sangria® Medley tomatoes for an impressive pop of color.



GET SNACKING →

When spending time with family during the holidays or snacking all night long on New Year's Eve, this full and flavorful snacking board will satisfy all your cravings.

UNO BITES™ NANO CUCUMBERS, SANGRIA® MEDLEY TOMATOES,
AURORA BITES MINI SWEET PEPPERS & LONG ENGLISH CUCUMBERS



UNO BITES™ NANO CUCUMBERS, JUNO® BITES RED
GRAPE TOMATOES, AURORA BITES MINI SWEET PEPPERS

CREATE TOGETHER: Play some holiday classics while preparing this delicious snacking board with your family. Everyone can choose their favorite flavors to enjoy later on while watching a family holiday movie together!

HOLIDAY SNACKING BOARD



15 min



6



easy

A family style Holiday Snacking Board with lots of bright, healthy veggies. Perfect for family movie night or a special New Years Eve treat!

[SEE THE RECIPE →](#)



FRESH BREAKFAST SANDWICH

WAKE UP TO FLAVOR →

Looking for something to make for brunch? These fresh Breakfast Sandwiches are perfect for special occasions and take very little time to prepare.



20 min



6



easy

FRESH & QUICK:

This is a one-pot recipe, so there's no mess and very little cleanup.

TUSCAN CHICKEN PASTA



30 min



4



easy



MARIAM TARABEIN  @bait_ana

Creamy pasta with delicious Tuscan flavor. This dish is sure to warm up your whole family when the weather gets chilly.

TRY IT TODAY →

JENNA URBEN  @theurbanlife  visit website

A quick weeknight dinner, weekend brunch, or satisfying appetizer! What's not to love about this buttery, golden galette?



THE FULL RECIPE →

HOMEMADE TOMATO GALETTE



2:30h



4



easy

MAKE IT VEGAN:

Check out the full recipe for a dairy-free, vegan almond ricotta that only takes a few steps.

STINGRAYS™ HOT SAUCE



20 min

FERMENTATION
TIME

6 days



easy

MARY HARP  @healthychristianhome  visit website

Join the Stingrays™ Club with this blazin' hot sauce that will make your mouth (and eyes!) water. Try it with wings, fries or tacos and enjoy the Thrill-Seeking Flavor™.



SPICE IT UP →

GIFT IDEA: Makes a great
homemade holiday gift for
the heat seeker in your life!

CHEF'S TIP:

Sear swordfish just like a steak: 2 minutes on each side.

GRILLED TOMATO SWORDFISH



20 min



4



easy

DENISSE SALINAS  @lepetitchefsb  visit website

Grilled swordfish served with deliciously charred tomato basil compound butter.

TRY THE RECIPE →



EASY SUBSTITUTION:

*If you don't have any shrimp around,
use baked chicken breast instead!*

CUCUMBER PEANUT SALAD



15 min



4



easy

HEATHER ENGLUND [@fitmamarealfood](#) [visit website](#)

A great go-to salad for busy weeknights, this Cucumber Shrimp Peanut Salad is loaded with crispy crunchiness thanks to Mini Cucumbers.



CRUNCH INTO FLAVOR →

CUCUMBER TOMATO SALAD



5 min



4



easy

TOMATOES ON-THE-VINE AND
LONG ENGLISH CUCUMBERS

SPIRALIZE LIKE A PRO:

Cucumbers are 95% water, so pat your noodles dry with a towel after spiralizing them.



MEGAN HUTSON  @mamaofwholelittles

Spiralized cucumber and juicy tomatoes on-the-vine add delicious texture and flavor, making this simple salad an ideal light lunch or side.

THE FULL RECIPE →

MAKE EXTRA:

Prepare a double batch and put some away in small portions you can enjoy for lunch during the week.



LAUREL PERRY  @darngoodveggies  visit website

Healthy and delicious – this super simple Vegan Vegetable Primavera is one of our favorites for a quick lunch or fresh side dish.

FIND OUT MORE →

VEGAN VEGETABLE PRIMAVERA



20 min



4



easy

SHRIMP SALAD PLATTER



20 min



4



easy

JUNO® BITES
RED GRAPE TOMATOES



ELIF ALVERSON  @elifisikalverson

Spice up your winter menu with the sweet and smoky flavors of Cajun cuisine.

GET COOKING →

PERFECTLY COOKED SHRIMP:

In a frying pan with olive oil or butter, cook shrimp for 2 minutes per side – until each is white all the way through.



Live Deliciously[®]