

🌲 From savory starters to indulgent desserts—make your plant-based holiday menu easy, festive, and unforgettable. ✍️ Subscribe to get it straight to your inbox!

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## Delicious, make-ahead, and plant-forward recipes even non-vegans will rave about!

Hi ,

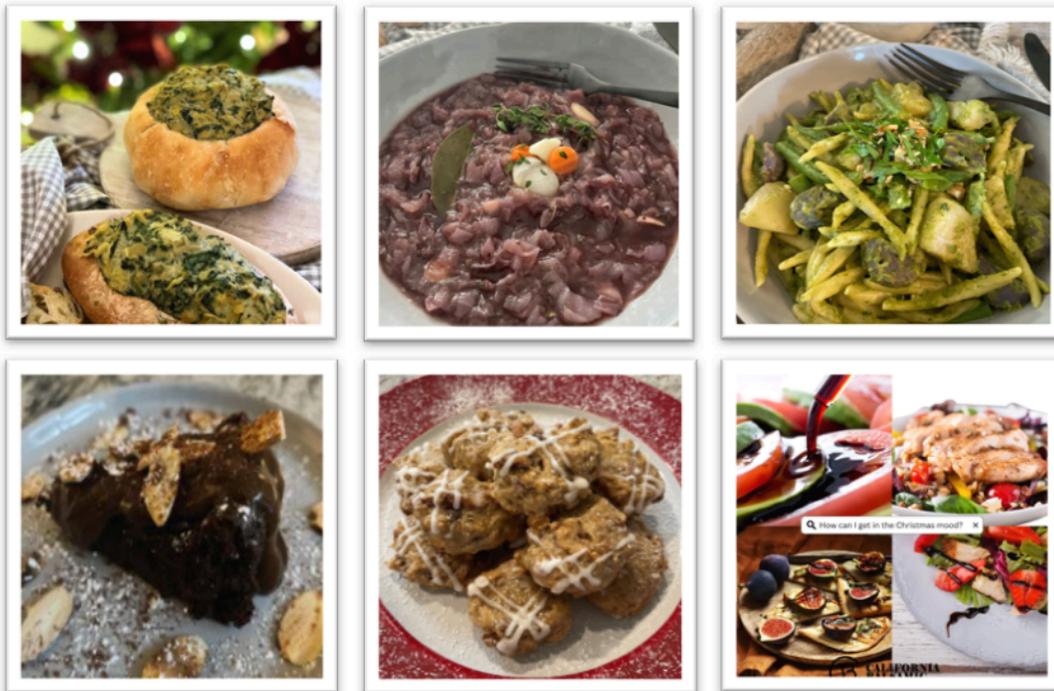
As we head into December—whether you're celebrating Christmas, Hanukkah, or simply savoring a well-earned break—it's the perfect moment to slow down and enjoy cozy, nourishing meals that warm both body and spirit. This month, we're leaning into plant-based comfort foods, seasonal flavors, and a few festive treats to make your holidays bright, balanced, and delicious.

### Holiday Menu Planning Made Simple

The holidays are a wonderful time to share beautiful plant-based meals—but the planning can feel overwhelming. To help, I've put together a festive, flavorful menu that's easy to prep, make ahead, and serve with confidence. From savory starters to decadent desserts, these WFPB, oil-free recipes bring joy to your table with less stress. And the best part? Even non-vegans and committed carnivores won't miss the dairy, oils, or processed ingredients. Your guests will be surprised by how indulgent, comforting, and satisfying these dishes are—and you'll feel great enjoying them too.

### Holiday Menu for Effortless Entertaining

- [Healthy Baked Vegan Spinach Artichoke Dip](#): Serve in individual ciabatta rolls for a festive first course.
- [Carabaccia – Tuscan Red Onion Soup](#): A savory crowd-pleaser that warms hearts and tables alike.
- [Trofie Pasta with Broccoli Basil Pesto, Potatoes, and Green Beans](#): Festive, hearty, and full of flavor.
- [Dark Chocolate Almond Eggplant Torte](#): Rich, decadent, and surprisingly wholesome—perfect for dessert.
- [Sourdough Holiday Fruitcake Cookies](#): Sweet, chewy, and spiced just right for the season.



**Bonus Tip:** For a simple pre-dinner bite, try California Balsamic's Fig or Premium Classic Dark balsamic as a bread dip, drizzled over baked brie, or paired with fresh fruit skewers. At just 36 calories per tablespoon, it's salt-free, oil-free, and sugar-free. Enjoy free delivery on your first order with code **DONNAPENCER**, plus a free 3-oz bottle for every \$25 spent. ★[Order](#) by **December 11** to ensure delivery before December 25th.

### Bake-Ahead Tips

- Make cookies up to three days ahead and store in an airtight container.
- Prepare the soup up to three days in advance; reheat an hour before dinner or serve family-style in a crockpot.
- Prep the dip, pesto, and pasta up to two days ahead, keeping each component separate; assemble on the day of your event.
- Cook the potatoes, blanch the green beans, and bake the Dark Chocolate Almond Eggplant Torte one day ahead.
- On the day of your event, assemble the spinach artichoke dip bowls and finish the trofie pasta.

Add a few simple festive touches—like rosemary sprigs, fresh cranberries, or seasonal napkins—to bring warmth and color to your table.

Most importantly, enjoy the process: turn on your favorite holiday music, sip something cozy, and let cooking become part of the holiday joy.

### PLANTifull Mindset

December can feel hectic, but remember: nourishing yourself is just as important as nourishing others. Even a few minutes of mindful eating, sipping herbal tea, or enjoying a plant-based treat can reset your energy and lift your spirits.

From my PLANTifull kitchen to yours, I wish you a season full of warmth, joy, and delicious plant-based creations. May your holidays be bright, your meals be hearty, and your hearts be full.

With peas and love,

~ Donna



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My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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