



6 quick recipes for
a relaxed Christmas
season

Healthy

Advent baking





Almond chocolate cookies

Ingredients for 12 pieces:

- 100 g whole cane sugar
- 120 g spelt flour type 1050
- 2 tsp baking powder
- 1 large pinch of sea salt
- 180 g almond butter (at room temperature, liquid)
- 60 ml plant-based milk or organic milk
- 2–3 tbsp dark chocolate chips (or: chopped dark chocolate sweetened with dates)with dates)

1

Put the whole cane sugar, spelt flour, and baking powder in a bowl and mix together.

2

Add the almond butter and plant-based milk and mix with a spoon until smooth. Finally, stir in the chocolate chips.

3

Form about 12 round balls from the dough. Place on a baking sheet and flatten slightly. Bake in the oven at 180 degrees for 10 minutes. Allow to cool after removing from the oven, then they will be firm and will not crumble. Best stored in a metal tin.



Tip: These cookies are much higher in nutrients than traditional varieties, even though they are not completely sugar-free. If you have other nut butters at home, you can use those as well. Hazelnut butter, for example, goes particularly well with this recipe.



Winter granola

Ingredients for 1 baking sheet:

- 100 g pecans
- 100 g walnuts
- 1 handful of dried fruit of your choice, e.g., raisins and apricots
- 200 g rolled oats
- 4 tbsp ground flaxseed
- 1 tsp speculoos spice
- 1 pinch of sea salt
- 4 tbsp coconut oil
- 4 tbsp liquid honey

1

Roughly chop the nuts and dried fruit and place them on a baking sheet lined with parchment paper along with the oats and flax seeds.

2

Mix the liquid coconut oil (melt in a pan if necessary, depending on the temperature and type) with the other ingredients. Mix with the granola ingredients on the baking sheet and press the mixture down slightly.

3

Bake in the oven at 180 °C for about 15 to 18 minutes until golden brown.

4

Remove and allow to cool. When stored in screw-top jars, the granola will stay fresh for weeks.



Tip: Also perfect as a gift!



Swedish *cardamom cinnamon rolls*

Ingredients for approx. 10 pieces:

- 250 ml milk
- 75 g organic butter
- 450 g spelt flour (type 1050)
- 1 packet dry yeast
- 1 pinch salt

For the filling:

- 90 g organic butter
- 1 tsp cinnamon and 1/2 tsp cardamom
- 4 tbsp coconut blossom sugar or whole cane sugar

1

Heat the milk and butter on low heat until the butter has melted. Do not let it get too hot, as yeast cannot tolerate heat. Mix with flour, yeast, and salt to form a smooth dough. Let rise for 45 minutes.

2

Roll out the dough into a rectangle (approx. 25 x 35 cm). For the filling, mix the softened butter with spices and sugar and spread thinly on the dough.

3

Roll up the dough from the long side and cut into ten slices. Place on a baking sheet or in a springform pan and bake in the oven at 180 °C for 20 to 25 minutes. They taste best warm, but are still delicious the next day.

Did you know? According to Ayurvedic medicine, cardamom is beneficial for digestion.



Tip: Organic butter provides more healthy unsaturated fats than conventional varieties due to the higher quality feed given to the animals.



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Apple oatmeal like crumble cake

Ingredients for 1 baking dish:

- 100 g flour of your choice, e.g., spelt flour, buckwheat flour, or a mixture
- 50 g soft oat flakes
- 4 tbsp whole cane sugar
- 1 tsp cinnamon
- 100 g organic butter
- 3 large, tart apples, e.g. Boskoop
- Juice of 1/2 lemon
- Optional: 2 tbsp raisins
- Optional: 2 EL Rosinen

1

For the crumble topping, mix the flour with the oats, sugar, cinnamon, and butter.

2

Cut the apples into pieces and mix with lemon juice. Place in a baking dish. Add raisins to taste. Sprinkle the crumble mixture over the apples.

3

Bake in the oven for 25 to 30 minutes. Allow to cool briefly and enjoy while still warm.

Any apple oatmeal left? It will stay fresh in the refrigerator for three days and tastes good reheated.



Tip: This apple oatmeal with oat flakes and apples is sure to make you feel good. Add mineral-rich buckwheat flour to make it even more nutritious.



Granola baked apples with vanilla sauce

Ingredients for 3–4 servings:

- 4 tbsp trail mix (or: 2 tbsp each of mixed nuts and raisins)
- 2 tbsp rolled oats
- 1 pinch each of anise and cinnamon
- 1 tbsp almond butter
- 1 tbsp honey
- 3–4 tart apples (Braeburn or Boskoop)

For the vanilla sauce:

- 400 ml organic milk or plant-based milk
- 2 tbsp starch
- 1 tbsp almond butter
- 1 tsp honey
- 1/2 tsp ground vanilla powder
- 1 pinch of salt
- 1 Prise Salz

1

Mix the trail mix with oatmeal, spices, honey, and almond butter.

2

Wash the apples, cut off the tops, and set aside. Cut out the cores. Fill each apple with the granola-nut mixture and place in a baking dish. Bake in the oven at 180 °C for 25 minutes.

3

For the vanilla sauce, mix the milk with the cornstarch, almond butter, honey, vanilla powder, and salt, then bring to a boil in a saucepan. Simmer for 1 to 2 minutes, stirring constantly, until thickened.

4

Remove the baked apples from the oven and enjoy them with vanilla sauce.



Tip: Warm fruit is particularly good for our bodies when it's cold and is very easy to digest.



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Speculoos cookies

Ingredients for 18 cookies:

- 120 g almond butter (liquid, room temperature; alternatively, another nut butter, e.g., hazelnut)
- 90 g coconut oil
- 120 g whole cane sugar
- 160 g whole grain spelt flour or type 1050
- 40 g rolled oats
- 1 pinch of sea salt
- 2 tsp cream of tartar baking powder
- 2 tsp speculoos spice mix
- 2 tbsp raisins

1

Melt the coconut oil in a saucepan. Mix the almond butter with coconut oil and sugar. Add the flour, oats, salt, baking powder, and speculoos spice, and stir everything with a spoon until you have a smooth dough.

2

Finally, mix in the raisins. Shape the dough into 18 balls and place them on a baking sheet. Flatten them slightly and bake in the oven at 180 °C for 12 to 14 minutes.

3

Remove from the oven and leave to cool. As they cool, the cookies will become firm and crispy. Best stored in a tin.



These cookies are our favorite: instead of butter, they contain nutritious nut butter with lots of unsaturated fats, and the spices give them a wonderful Christmas flavor. They also contain plenty of nutritious ingredients and are quick and easy to make without cookie cutters.

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Imprint

Publisher:
LaVita GmbH, Ziegelfeldstr. 10, 84036 Kumhausen

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