



# SUGAR FREE CHANUKAH

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## SUGAR FREE HOLIDAYS

Often we think the holidays are an aberration from our daily lifestyle. In fact, they are the litmus test of our healthy living strategy. If we have a good sense of balance we can find all of ways to enjoy ourselves and still stay true to the foundations we cherish that empower us to live long and live well.





Beautiful miracles are everywhere  
when our eyes know how to search  
for them.

## GUIDING PRINCIPLES

The way we determine a fair division between food that make us feel well and the holiday favorites is to really stay in touch with our bodies. We can talk about calories and portions, but emotional needs and cravings care little about cups and tablespoons and more about emotional satisfaction and love. So how do we stay off the sugar wagon of hormonal and emotional tumult and still enjoy the Holiday of Chanukah, a winter fried and sweet wonderland of foods. We enjoy those holiday staples like dried fruit. Dried fruit is a distillation of all of the sweetness of the fruit itself, in a small and tasty package. We are going to do the same thing, use a small amount to create great meaning. Perfect for the very spirit of the

holiday, where one small portion of oil inspired the Jewish people for 8 days and 8 nights.

We will focus on the spiritual, physical and emotional elements of the holiday and not rely on the food for our only source of connection.

There are many wonderful ways to celebrate without a daily fried doughnut or potato. In fact, respecting the soul within the body is exactly what the conquest of the Jews over Greek culture is all about.

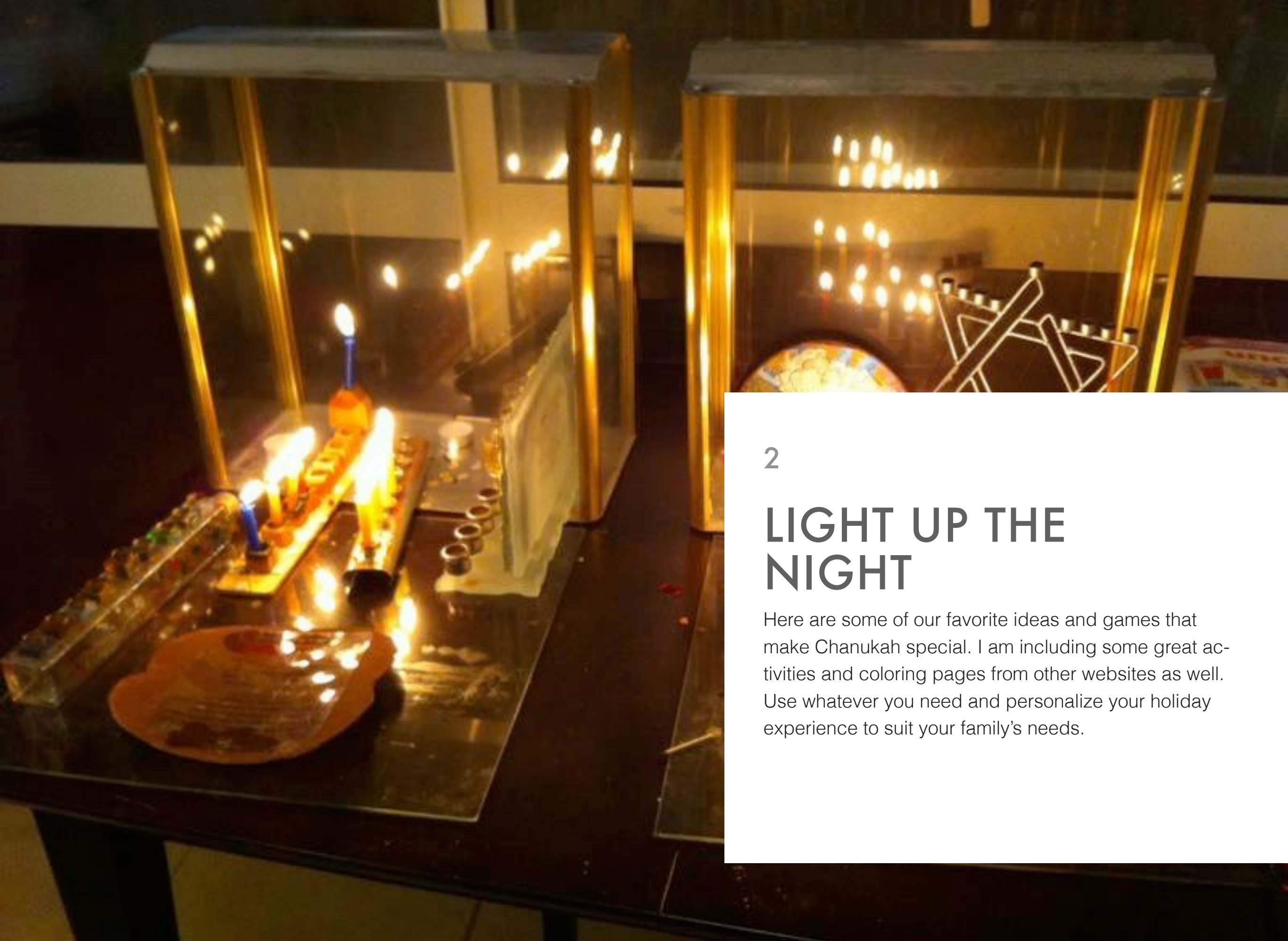




**Keep the focus on family fun, and not just food.**

Chanukah is the perfect time to reflect on family, and the small miracles that get us through the dark times. Candle lighting is the focal point of each day. Instead of exhausting yourself with so many activities during the day, choose only enough things to do that you return home excited for the candle lighting instead of worn out of time and patience. Years that I have had to work over the holiday and years in which I have been blessed to enjoy vacation with my kids, this outlook has transformed our experience and insured that I never worry about Chanukah weight gain or sugar related negative behavior rhythms with my kids. So how do we manage the constant flow of food and sweets presented everywhere we go all holiday long? We talk about how we want to feel, what is important to us as a family, even the kid's put in their thoughts and feelings. After we decide the best and most critical ways to succeed over Chanukah we can implement our plan and forgo the excesses that end up ruining the fun.





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## LIGHT UP THE NIGHT

Here are some of our favorite ideas and games that make Chanukah special. I am including some great activities and coloring pages from other websites as well. Use whatever you need and personalize your holiday experience to suit your family's needs.



So many tiny miracles can happen  
when we spend time with our kids.

## OUR FAVORITE THINGS

- \* homemade latkes
- \* dreidel with chocolate candies and light up dreidels
- \* lighting every Hanukkah ever made by a member of the family
- \* inviting guests for candle lighting
- \* a sufganiot tasting party
- \* making Chanukah cookies
- \* decorating the house with their artwork from school
- \* putting on a musical and dance performance after candle lighting

\* Jerusalem Hanukkah walk and count

\* puzzle night/ game night

\* Classic Hanukkah story night

What are your favorite traditions? What would your kids say they remember most about the previous years?

What do you remember most from your own childhood?

[Pinterest Board fro recipes and decoration](#)



Rules for managing treats. Set clear guidelines for ourselves equally, with the kids. This shows everyone that it is about having a good time and staying healthy. What's good for you is also good for us. Parents as well as kids get cranky when we have too many sweets and not enough real food or down time. Too many treats and activities also sets an unrealistic expectation of gratitude on our kids. They can never say thank you enough for the things we give them without thinking, so when we add too many extras, then we feel taken advantage of and they feel confused by our frustration.

One treat a day. Homemade Latkes, a super delicious small sufgania, a hanukah cookie, a scoop of ice cream on a trip, a favorite popcorn topping, a slice of pizza, an iced coffee, a chocolate coin, a stuffed chocolate dipped date. Not every treat should be a million calories or an uber indulgence. Just pick one thing to mindfully enjoy that is special to your holiday. When I am not pregnant we make a hanukkah apple cider with some rum and raisins that is really a treat.

A family lighting tradition. Everyone should have the order they light the candles. When you create and repeat an exact sequence of events you give it power. Build your own family traditions for lighting candles and you will find every night get more and more enjoyable.

Examples: We add one verse to Maosur each night, and take turns playing music or signing or dancing in the candlelight. Then we sit, no work, no cooking, no homework and play or do a puzzle in the candle light for 45 minutes. Then we eat dinner. I leave out cut vegetables and dips before we light to munch on, and then we enjoy dinner time together, with friends or alone. No matter what else is going on or if dinner is just an omelet or a fun menu like in the pages to come, this is our nightly tradition.

### Gift/Gelt

There is a tradition of giving gelt to the children after learning some Chanukah torah in many families and many families outside of Israel give gifts. We give things they need, like a new sweatshirt or uniform shirt, new markers or a coloring book, and appreciate the small wonders or miracles of everyday. Instead we spend money on our activities. If the grandparents send money or gifts great, but we really try to space them out and not let it become the point of the Holiday. Why? When we focus on what we get or how much it cost, or unfortunately what we did not get, it creates an emotional vacuum, that is often filled with food. When you focus on gratitude and sharing light and love concerning what you have in your life, you fill that space and find hunger to be completely satisfied with normal amounts of food. That goes for adults as well as kids.



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## 8 DAYS OF RECIPES

Yes we finally got to the food. I have organized the recipes here by Day of lighting, with a sample menu. Of course, you can mix and match the recipes that appeal to you with your schedule and preferences. Each meal is neither too arduous to make or too expensive, but some meals are more costly or more work then others. For us, this is the social and family time of the day so every penny and every minute are worthwhile.





First Night Menu: 30 minutes

Starter: **Pesto Zucchini Soup**

Main Dish: **Eggplant Rollatini** with a green salad

Dessert: **Amaretto cookies**

Directions:

**Soup:** Add 1 Tablespoon Pesto to 4 cups cubes zucchini, 1 leek and 3 cloves of garlic and cover with boiling water. Simmer until soft and puree. Salt and Pepper to Taste.

**Rollatini:** Slice 2 eggplants into lengthwise slices and bake in a hot oven 220 C for a few minutes while you make the filling. Mix 1 lemon zest, 1 egg, 2 cups ricotta cheese, 1 tsp oregano, 1 Tablespoon parmesan, cheese in a bowl. Remove eggplant from oven and spoon 1 Tablespoon of filling per a large slice add 1 basil leaf. Wrap and place in a baking pan with 1/2 marinara sauce. When they are all prepped spoon an additional 1/2 cup over the rolls and sprinkle with 1/4 cup of your favorite grated cheese. bake for 20 -30 minutes at 200C.

**Cookies:** Mix 4 tablespoon of soft butter with 1 large mashed banana. 1/2 Cup honey and 1/8 cup silan. Then add 1 egg, 1 T amaretto liqueur, 3/4 whole spelt flour 1/2 tsp baking soda, pinch of salt. 1.5 cups old fashioned oats. Add 2 T chopped blanched almonds and 2 T all fruit apricot jelly. Bake 185 C 12 mins. 24 svgs.

With all of the carbohydrates we eat over Chanukah this lighter low carb recipe is a welcome change.





Second Night Menu 10 minutes prep, 1 hr cook time

Starter: **Green Salad with Lemon Vinaigrette**

Main: **Pesto Sole or Halibut with Almonds Thyme sweet potato, steamed green beans.**

Dessert: **1 Scoop frozen yogurt with 1 crumbled amaretto cookie and half shot amaretto liqueur.**

**Dressing:** 1/4 cup fresh lemon juice, 1/8 cup good olive oil, 1/2 tsp mustard powder 1 T honey s/p to taste.

**Pesto Sole and Sweet Potato:** Half the washed potatoes length wise, drizzle with olive oil, kosher salt black pepper and thyme. Bake at 200 uncovered until soft in the middle. Pat the fish fillets dry, then spoon leftover pesto onto each fillet and sprinkle with sliced almonds. bake in the same 200 Oven until firm 20 minutes. Steam green beans on the stove top.

Before dessert, assemble the treat and I buy my frozen yogurt at my favorite local shop by the kilo look for 2% fat.

This healthy balanced meal will hopefully help you to be mindful and not snack again all night.





Third Night Menu: 30 minutes

Starter: **Salmon Ceviche**

Main: **Lentil Tomato Salmon Soup, Latkes**

Dessert: **Fresh fruit**

**Ceviche:** 2 Cups Fresh fillet skinless Salmon chopped into tiny pieces. 1 Green chili (with or without seeds) 4 Lemons juice and zest, 1 handful fresh cilantro chopped. 10 colorful diced cherry tomatoes and 5 chopped kalamata olives. s/p to taste. Let it “cook” in the acid for 25 minutes in the fridge. Drizzle with good olive oil when you serve.

**Soup:** in a large pot, add 1 T regular olive oil, 1 onion chopped, 1 garlic clove chopped, 3 carrots diced 1 bag frozen green lentils and 500 gm chopped salmon like above. Add 1 T cumin, 1 tsp coriander, 1 T hawiaj for soup. Add 1 250 gm can container crushed tomatoes, 1 T tomato paste and 1 Cup white wine. Add boiling water to cover plus 1 inch. Simmer for 30 minutes until carrots are softer and fish is cooked through. serve with fresh cilantro and lemon juice.

**Latkes:** 5 Peeled potatoes grated, 1 carrot grated, 1 onion grated 1 garlic clove grated. I do it by hand. 4 eggs, salt and pepper, 2 T gluten free flour. Deep fry and strain in paper towels.

**Its all about the Balance, and  
ease of managing time, money,  
holiday spirit and health.**





Fourth Night Menu: 30 minutes

Starter: **Green salad with apples in balsamic dressing**

Main: **Zucchini Pasta with meatballs marinara**

Dessert: **Chocolate balls with blue and white sprinkles**

**Dressing:** 1/4 cup balsamic vinegar, 2 tsp silan, 1 T soy sauce, 1/8 cup good olive oil. Pinch black pepper.

**Main:** Mix 500 gm ground dark meat turkey with 500 gm lean ground beef. 1 egg, 1/2 cup Gf breadcrumbs. 1 handful parsley 1 finely chopped onion 1 Tablespoon Italian seasoning. (my favorite is the simply organic brand) 1 tsp black pepper. Mix and roll into balls, Bake for 10 minutes on a lined baking tray in a 200 C oven. In a pot add 1 stalk celery 1 onion 2 cloves garlic 2 chopped carrots to 1 T olive oil. add 2 cans crushed tomatoes and 1/2 glass red wine. S/P to taste simmer until the meatballs are done and then add them to the sauce and simmer for 20 minutes. Use a Julianne peeler, or a spiralizer to make the zucchini pasta and sauté in a pan for 2 minutes right before serving.

**Dessert:** Melt 2 bars good quality 70% dark chocolate and 1 T good olive oil with a pinch of cinnamon and vanilla. Add a few tablespoons of finely ground almond flour and a dash of almond extract, let set in the fridge for 5 minutes before rolling into balls and into sprinkles. Keep in the fridge until serving.

**Keep it festive, fresh and light without too much effort in the kitchen.**





Fifth Night: Friday Night Menu 1 hr.

Starter: **Light and Winter Chicken Soup**

Main: **Coconut Chicken tenders with Pumpkin bake and steamed broccoli.**

Dessert: **Chanukah Cookies**

**Soup:** 1 head of fennel, 1 onion, 1 head of garlic, 4 carrots, 3 stalk of celery, all washed well and whole. 1 kilo chicken necks. 1 handful of dill. Salt and pepper to taste. 1 stalk of fresh rosemary. Cover plus 4 inches of boiling water. Simmer for 1 hour.

Main: **Tenders.** 1 Kilo Chicken schnitzel cut into tenders. Dip in 3 eggs beaten with 1 tsp turmeric salt and pepper. Then dredge in a deep plate with, 4 cups ground coconut, 4 T corn flour and 4 packets stevia. Drizzle olive oil over a lined baking sheet and line the chicken tenders on it. Drizzle with 1 T honey and 1 T olive oil and bake at 200 until cooked through 10-15 minutes.

**Pumpkin Bake:** 4 Cups of Steamed and pureed pumpkin, 4 eggs 2 tsp cinnamon, 1/4 cup honey, (1/4 cup almond milk mixed with 2 T corn flour) Puree and bake with a sprinkle of cinnamon on top.

**Chanukah Cookies:** My favorite recipe

[.http://www.yummymummykitchen.com/2012/12/the-best-sugar-cookies-shhhh-theyre.html](http://www.yummymummykitchen.com/2012/12/the-best-sugar-cookies-shhhh-theyre.html)

Shabbat can be special and festive without losing a whole day in the kitchen.





Sixth Night Menu: 20 minutes

Starter: **Homemade apple sauce**

Main: **Oat Pancakes**

Dessert: 1 scoop **Leftover frozen yogurt with a drizzle of honey a tsp chopped raw pistachios and drizzle of raw te-hina.**

**Applesauce:** In a saucepan put 6 apples peeled or unpeeled and sliced, 1 cinnamon tea bag torn open. Add 1 T butter, and turn the heat on low. Add 1 cup white wine the juice and zest of 1 orange and 1 Tablespoon apricot jelly. Simmer for 20 minutes.

**Pancakes:** [Adapted from Nigella Lawson](#)

Mix 1 Cup oat flour GF, 1/2 tsp sea salt, 2 tsp baking powder, 3 tsp cinnamon, 1 Cup milk 2 eggs, 2 tsp vanilla extract. Cook on a hot griddle with tsp vegetable or coconut oil wiped over it.

Make after shabbat candle lighting a treat especially since it begins so early.





7th Night Menu: 20 minutes

Starter: **Sun Dried Tomato Bruschetta**

Main: **Mushroom Onion and Green Cheesy tangle.**

Dessert: **Favorite Sufganiot**

**Bruschetta:** Purchase your favorite loaf of sourdough bread. Cut in to thick 2 inch slices. Drizzle with olive oil and sprinkle with sea salt and cracked black pepper. Toast in a hot oven until desired crispness 2-5 minutes. Top with Sun dried tomato puree. Add 200g rehydrated or soft sun dried tomatoes to a food processor Add 1 tsp good olive oil, a few leaves fresh basil lemon zest and juice. Blend until smooth. Top the toasts with the spread.

**Tangle:** In a very large pan or sauce pan sauté 2 onions in 1 T of olive oil, as they soften add 3 pints of mushrooms sliced. Then add 1 T of soy sauce and 1 of hoisin sauce. Add 2 T boiling water and 2 bags of baby spinach or kale. Add a little at a time. Adjust soy and hoisin to taste. Serve with 3% gvinanah for baking it looks like farmer's cheese. Brand name Noam. and fresh grated parmesan cheese.

We make our sufganiot into a party. We each pick 2 favorites and the cut them all into halves or quarters so we can try all of the different kinds.





Our last night of Chanukah is usually a gift to myself. Sushi a family favorite. we all roll our own rolls and have a blast.

Eighth night Menu: Depends on how much fun you have. Prep 15 minutes. Cook time 30 minutes.

Starter: **Steamed frozen edamame with salt and lemon**

Main: **Roll your own sushi**

Dessert: **Leftovers!**

**Brown Sushi Rice:** 3 Cups Organic round brown rice. 6 Cups boiling water. After the rice is done about 25 minutes on a simmer, immediately add 1 T honey and 2 T rice vinegar, cool it in a glass bowl and keep it covered with plastic wrap so it stays stickyish. DO NOT Refrigerate.

**Garnishes:** sliced avocado, green onion, julienned cucumber and carrot. we like smoked salmon in ours pictured here.





### וודקה דאבל אספרסו

גנאש ביאנקו, צייסר וודקה דאבל אספרסו,  
ציפוי שוקולד בלגי וקרמבל קקאו 9 ₪  
ערך קלורי: 316



### פבלובה

מילוי קצפת, צייסר פירות יער עם נגיעות  
וודקה, ציפוי שוקולד לבן ומרגג צרפתי 9 ₪  
ערך קלורי: 304



### שוקולטה ביאנקו

גנאש קרם חלב איטלקי, צייסר שוקולטה  
אגוזי לוז, ציפוי שוקולד בלגי ופנינים 9 ₪



### סוכריות קופצות

גנאש שוקולד וסוכריות קופצות, ציפוי  
שוקולד בלגי וסוכריות צבעוניות 8 ₪  
ערך קלורי: 260



### פיסטוק

גנאש פיסטוק ושוקולד לבן, ציפוי  
שוקולד בלגי ושכבי פיסטוק 8 ₪  
ערך קלורי: 276

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## THE AFTERMATH

After the last sufgania has been eaten and the candles put away, you feel a bit burned out from the holiday. I always do a 24/48/72 hour cleanse after a major holiday to reorient myself and get a quick boost back into daily living and cooking. In order to successfully complete the cleanse I keep it simple. One Pot of Soup, one large salad and some oats bring it home that sim-



ple is back and that my stomach may need to shrink back to size for a day or two.

### **Post Chanukah Cleanse: makes enough for 48/72 hours**

Breakfast: 1/2 Cups Oats Cooked with almond milk in the microwave and a pinch of salt. With 1 sunny side up egg on top. I grab 1 Tomato and 1 Cucumber as well.

3-4 L of water throughout the day.

Snack 1: 7 walnut halves

Lunch: Cauliflower Red lentil Dahl soup. Fast version.

1 Bag frozen cauliflower, 4 carrots, 1 onion, 2 cloves of garlic, 2 cups red lentils. 1 T ground cumin and 1 T coriander, salt and pepper, if you have 1 tsp fennel seeds. Cover with boiling water + 2 inches. Simmer for 40 minutes and puree. Add lemon and cilantro to taste.

Snack: 1 plain 1.5% yogurt with optional stevia or 1 tsp honey and 1 apple.

Dinner: 1 Cup uncooked quinoa rinsed , 1 large unspilt chicken cubed breast. Sauté them both in 1 T olive oil. Add salt, pepper, and your favorite seasoning mix, I like herb de provence As soon as the chicken cubes brown, and 4 cups chopped frozen broccoli. Then, add 2.5 cups boiling water. Simmer until the chicken and quinoa are ready.

1 hour of good exercise every day of the cleanse.

You will feel amazing afterwards and cap a perfect holiday with a great back to reality experience.

I hope you enjoyed this and have a truly magical and miraculous holiday. Please visit me at [www.lilyaronin.com](http://www.lilyaronin.com). We have recipes, classes, podcasts and even a healthy home delivery option for homemade meals. Welcome to the community, we are happy to have you. Our next Sugar detox begins January 4. See you then.